

Hello - Namaste  
Thank you - Dhanyabad  
You're welcome - Kehi pani chaina  
What's up? - Kasto cha?  
Good - Ramru  
Very good! - Dherai ramro!  
Excuse me - Maaf garnuhos  
Nice to meet you - Tapaiko sangai bhetaun pugda khushi lagyo  
Do you have? - Tapailai chha?  
Do you have a trash? - Kachara chha?  
Do you have a toilet? - Shauchalaya chha?  
This - Yo  
That - Tyo  
Where is this? - Yo kaham cha?

May I have... - Huna sakcha...  
May I have water? - Ma pani pauna saknu hunchha?  
No sugar - Sakkhar nai chaina  
Here / There - Yaha / Tyaha  
Left / Right - Baen / Dain  
Wait - Ruknu hola

How do you say this in Nepali? - Yo Nepali ma kasto bhancha?  
I like this place - Ma yo sthan man parcha

How much? - Kati ho?  
Check (bill) - Bill  
Good morning - Subha prabhat  
Takeaway - Bahira lyaunu  
Eat here - Yaha khau

Certainly, here are the phrases with phonetic spelling in English:

How old are you? - Timi ko umar kati cha?  
Where are you from? - Timi kata bata aayeko ho?  
Where are you going? - Timi kata jaane ho?  
Where have you been? - Timi kahaan gayeko ho?  
What's your country? - Timro desh ke ho?  
Are you single? - Timi single ho?  
How much? - Kati paisa?  
Can you give me a discount? - Kripaya ma lai discount dinu hos?  
Do you have this? - Yo timi ko paas cha?  
Do you have a pen? - Timi ko paas pen cha?  
Do you have a toilet? - Timi ko paas shauchalaya cha?

Do you have a trash? - Timi ko paas kachara cha?

How long will it take? - Yo kati samay lagcha?

What are you doing? - Timi ke gariraheko chau?

I am learning Nepali. - Ma Nepali sikairahachu.

Could I have the wifi password? - Kripaya wifi ko password dinu hos?

Can you take a photo? - Kripaya tasbir khichnu hos?

Have a nice day - Ramro din banaos

Good luck - Shubha kamana

Be careful - Saavdhan rahu

Interesting - Ramailo

Just kidding! - Majak matra!

I'll be back - Ma feri aaunchu

Please follow me - Kripaya mero pichle sadhai basnuhos.

Can you help me? - Ma lai sahayog garna sakchhau?

Can I help you? - Ma timilai madat garna sakchhu?

Help please! - Kripaya madat gara!

How do you say this in Nepali? - Yo Nepali ma kasto bhanchhau?

Where is the toilet? - Shauchalaya kahaan cha?

What's the matter? - Kehi samasya cha?

What happened to you? - Timilai ke bhayo?

Calm down - Shant hou

Relax - Aaraam gara

One - Ek

Two - Dui

Three - Tin

Four - Char

Five - Panch

Six - Choh

Seven - Saat

Eight - Aath

Nine - Nau

Ten - Dus

I understand - Maile bujhe

I don't understand - Maile bujhina

Water - Pani

Bagel - Bagel

Bread - Roti

Yogurt - Dahi

Cheese - Chij  
Cold / Hot - Thanda / Garam

Okay - Theekai  
Yes - Ho  
No - Hoina

Good luck - Subha yatra

Just a moment - Thik cha kehi samay  
Hold on - Thada gar  
Wait here - Yahaan parkh  
Welcome - Swagat cha  
Have a seat - Sthaan nau  
Do you speak English? - Timi Angreji bolchhau?  
Speak slowly - Dherai dherai bol  
It is raining heavy! - Maacha parchha!