Blessings Over Food (1)

Hamotzi / Bread

בָּרוּךְ אַתָּה יהוה	Båruch Atå Adonoy
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	Eloheinu Melech hå'olåm,
הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ.	hamotzi lechem min hå'åretz.

Blessed are You, Lord our God, King of the universe,
Who brings forth bread from the earth.

Hagaffen / Wine

בָּרוּךְ אַתָּה יהוה	Båruch Atå Adonoy
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	Eloheinu Melech hå'olåm,
בּוֹרֵא פְּרִי הַגָּפֶן.	boray p'ri ha'gåffen.

Blessed are You, Lord our God, King of the universe,
Who creates the fruit of the vine.

Mizonot / Grains

בָּרוּךְ אַתָּה יהוה	Båruch Atå Adonoy
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	Eloheinu Melech hå'olåm,
בּוֹרֵא מִינֵי מְזוֹנוֹת.	Bo'ray minay mizonot.

Blessed are You, Lord our God, King of the universe,
Who creates species of nourishment.

Blessings Over Food (2)

Ha'aitz / Fruits

בָּרוּךְ אַתָּה יהוה	Båruch Atå Adonoy
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	Eloheinu Melech hå'olåm,
בּוֹרֵא פְּרִי הָעֵץ.	boray p'ri hå'aitz.

Blessed are You, Lord our God, King of the universe,
Who creates the fruit of the tree.

Ha'adama / Vegetables

בָּרוּךְ אַתָּה יהוה	Båruch Atå Adonoy
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	Eloheinu Melech hå'olåm,
בּוֹרֵא פְּרִי הָאֲדָמָה.	boray p'ri hå'adåmå.

Blessed are You, Lord our God, King of the universe,
Who creates the fruit of the ground.

Sheh'hakol / Other

בָּרוּךְ אַתָּה יהוה	Båruch Atå Adonoy
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	Eloheinu Melech hå'olåm,
שֶׁהַכֹּל נִהְיֶה בִּדְבָרוֹ.	sheh'hakol neeh'yeh beed'våro.

Blessed are You, Lord our God, King of the universe,
through Whose word everything came to be.

Al Ha'michya

בָּרוּךְ אַתָּה יהוה	Båruch Atå Adonoy,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, עַל	Eloheinu Melech hå'olåm, al
הַמִּחְיָה וְעַל הַכַּלְכָּלָה,	(after grain products) ha'michyå v'al ha'kal'kålå,
הַגֶּפֶן וְעַל פְּרִי הַגֶּפֶן,	(after wine) hageffen v'al pri hageffen
הָעֵץ וְעַל פְּרִי הָעֵץ,	(after fruits) hå'eitz v'al pri hå'eitz
וְעַל תְּנוּבַת הַשָּׂדֶה,	v'al t'nuvaṯ haså'deh,
וְעַל אֶרֶץ חֶמְדָּה טוֹבָה וּרְחָבָה,	v'al eretz chemdå tovå ur'chåvå,
שֶׁרָצִיתָ וְהִנְחַלְתָּ לַאֲבוֹתֵינוּ,	sheh'råtziṯå v'hin'chaltå la'avoṯeinu,
לֶאֱכוֹל מִפִּרְיָהּ וְלִשְׂבּוֹעַ מִטּוּבָהּ.	le'echol mi'piryå v'lisbo'a mituvå.
רַחֵם יהוה אֱלֹהֵינוּ עַל יִשְׂרָאֵל עַמֶּךָ,	Racheim Adonoy Eloheinu al Yisråel amechå,
וְעַל יְרוּשָׁלַיִם עִירֶךָ, וְעַל צִיּוֹן מִשְׁכַּן כְּבוֹדֶךָ,	v'al Yerushålayim eer'echå, v'al Tzion mishkan k'vodechå,
וְעַל מִזְבְּחֶךָ וְעַל הֵיכָלֶךָ.	v'al miz'b'chechå v'al heichål'echå.
וּבְנֵה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בִּמְהֵרָה בְיָמֵינוּ	U'v'nay Yerushålayim eer hakodesh bim'hayrå v'yåmeinu,
וְהַעֲלֵנוּ לְתוֹכָהּ, וְשַׂמְּחֵנוּ בְּבִנְיָנָהּ,	v'ha'aleinu l'ṯochå, v'sami'cheinu b'vinyånå,
וְנֹאכַל מִפִּרְיָהּ, וְנִשְׂבַּע מִטּוּבָהּ,	v'nochal mipiryå, v'nisba mituvå,
וּנְבָרֶכְךָ עָלֶיהָ בִּקְדֻשָּׁה וּבְטָהֳרָה.	oon'vårech'chå åleh'hå bik'dushå oov'tåhårå.

וּרְצֵה וְהַחֲלִיצֵנוּ בְּיוֹם הַשַּׁבָּת הַזֶּה.	(On Shabbat)	Oor'tzay v'hachali'tzeinu b'yom haShabbåṯ ha'zeh.
וְזָכְרֵנוּ לְטוֹבָה בְּיוֹם רֹאשׁ הַחֹדֶשׁ הַזֶּה.	(On Rosh Chodesh)	V'zåchreinu l'tovå b'yom Rosh HaChodesh ha'zeh
וְשַׂמְּחֵנוּ בְּיוֹם חַג הַמַּצּוֹת הַזֶּה.	(On Passover)	V'samcheinu b'yom Chag HaMatzot ha'zeh
וְשַׂמְּחֵנוּ בְּיוֹם חַג הַשָּׁבֻעוֹת הַזֶּה.	(On Shavuot)	V'samcheinu b'yom Chag HaShavu'ot ha'zeh
וְשַׂמְּחֵנוּ בְּיוֹם חַג הַסֻּכּוֹת הַזֶּה.	(On Sukkot)	V'samcheinu b'yom Chag HaSukkot ha'zeh
וְשַׂמְּחֵנוּ בְּיוֹם הַשְּׁמִינִי חַג הָעֲצֶרֶת הַזֶּה.	(On Shemini Atzeret/Simchat Torah)	V'samcheinu b'yom HaShmini Chag Hå'Atzeret ha'zeh
וְזָכְרֵנוּ לְטוֹבָה בְּיוֹם הַזִּכָּרוֹן הַזֶּה.	(On Rosh Hashana)	V'zåchreinu l'tovå b'Yom HaZikåron ha'zeh

כִּי אַתָּה יהוה טוֹב וּמֵטִיב לַכֹּל,		Kee Atå Adonoy tov u'maytiv lakol,
וְנוֹדֶה לְךָ עַל הָאָרֶץ וְעַל הַמִּחְיָה.	(after grain products)	v'nodeh l'chå al hå'åretz v'al hamichyå.
בָּרוּךְ אַתָּה יהוה עַל הָאָרֶץ וְעַל הַמִּחְיָה.		Båruch Atå Adonoy, al hå'åretz v'al hamichyå.
וְנוֹדֶה לְךָ עַל הָאָרֶץ וְעַל פְּרִי הַגֶּפֶן.	(after wine)	v'nodeh l'chå al hå'åretz v'al pri hagåffen.
בָּרוּךְ אַתָּה יהוה עַל הָאָרֶץ וְעַל פְּרִי הַגֶּפֶן.		Båruch Atå Adonoy, al hå'åretz v'al pri hagåffen.
וְנוֹדֶה לְךָ עַל הָאָרֶץ וְעַל הַפֵּרוֹת.	(after fruits)	v'nodeh l'chå al hå'åretz v'al hapeiroṯ.
בָּרוּךְ אַתָּה יהוה עַל הָאָרֶץ וְעַל הַפֵּרוֹת.		Båruch Atå Adonoy, al hå'åretz v'al hapeiroṯ.

Al Ha'michya - Translation

Blessed are You, Lord our God, King of the universe, for the

(after grain products) nourishment and sustenance

(after wine) vine and the fruit of the vine

(after fruits) tree and the fruit of the tree

and for the produce of the field; for the desirable, good and spacious land that You were pleased to give our forefathers as a heritage, to eat of its fruits and to be satisfied with its goodness. Have mercy, Lord our God, on Israel, Your people; on Jerusalem, Your city, and on Zion, the resting place of Your glory; upon Your alter, and upon Your Temple. Rebuild Jerusalem, the city of holiness, speedily in our days. Bring us up into it and gladden us in its rebuilding, and let us eat from its fruit, and be satisfied with its goodness, and bless You upon it in holiness and purity.

On Shabbat – And be pleased to let us rest on this Shabbat day.
On Rosh Chodesh – And remember us (for goodness) on this Rosh Chodesh.
On Passover – And gladden us on this festival of Matzot.
On Shavuot – And gladden us on this festival of Shavuot.
On Sukkot – And gladden us on this festival of Sukkot.
On Shemini Atzeret/Simchat Torah – And gladden us on this festival of Shemini Atzeret.
On Rosh Hashana – And remember us for goodness on this Day of Remembrance.

For You, Lord, are good and do good for all, and we thank You for the land and for the

(after grain products) nourishment. Blessed are You, Lord, for the land and for the nourishment.

(after wine) fruit of the vine. Blessed are You, Lord, for the land and for the fruit of the vine.

(after fruit) fruit. Blessed are You, Lord, for the land and for the fruit.

Borei Nefashot

בָּרוּךְ אַתָּה יהוה	Båruch Atå Adonoy,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	Eloheinu Melech hå'olåm,
בּוֹרֵא נְפָשׁוֹת רַבּוֹת וְחֶסְרוֹנָן,	boray n'fåshoṯ raboṯ 'ches'ronån,
עַל כָּל מַה שֶּׁבָּרָא(תָ)	al kol mah sheh'båråṯå
לְהַחֲיוֹת בָּהֶם נֶפֶשׁ כָּל חָי.	l'ha'chayoṯ bå'hem nefesh kol chai.
בָּרוּךְ חֵי הָעוֹלָמִים.	Båruch chay hå'olåmim.

Blessed are You, Lord our God, King of the universe, Who creates numerous living things with their deficiencies; for all that You have created with which to maintain the life of every being. Blessed is He, the life of the worlds.