Pho

Eat, Pho Brighton 01273 202403

Starters / Sides dishes : All these dishes are homemade. Wrap in lettuce with herbs and dip!

1. **Goi Cuon Tom**: fresh summer rolls with prawns and fresh herbs. (choose nuoc cham* or peanut sauce)	£4.45
2. **Goi Cuon Ga:** summer rolls with chicken breast and fresh herbs. (choose nuoc cham* or peanut sauce)	£4.25
3. **Goi Cuon:** veggie summer rolls. (choose nuoc cham*, peanut, or sweet chilli dipping sauce)	£3.75
4. **Cha Gio:** fried pork spring rolls	£4.75
5. **Cha Gio Chay:** fried veggie spring rolls (choose nuoc cham* or vegetarian sweet chilli dipping sauce)	£4.45
6. **Nem Nuong:** delicious pork and lemongrass meatballs (choose nuoc cham* or peanut sauce)	£5.75
7. **Ban Phong Tom:** prawn crackers with sweet chilli sauce	£2.20
8. **Rau Muong Xao Lai:** stir fried morning glory (water spinach) with garlic	£5.75

Goi: Vietnamese salads: Fantastically different zingy salads. Some dressings contain fish sauce, please ask.

9. **Goi Xoai:** spicy green mango salad topped with pork, dried shrimp and peanuts	£5.45
10. **Goi Du Du:** papaya salad with chicken or prawn topped with peanuts and served with prawn crackers	£6.75/£7.75
11. **Goi Ga:** chicken salad with peppers, Asian herbs and a chilli and ginger dressing	£6.75
12. **Goi Ngo Sen:** a big bowl of crisp salad with tangy lotus stem, green beans and cashew nuts	£5.75
- with chicken or tiger prawn	£6.75/£7.95

Pho noodle soup: The classic Vietnamese dish – healthy and delicious rice noodle soups served with a side plate of fresh herbs and chillies to garnish. If you'd like to create your own bowl combining the different stocks and toppings please ask.

13. **Pho Tai:** thinly sliced steak (all beef pho served with beef stock)	£7.95
14. **Pho Tai Lan:** flash fried steak in garlic (Hanoi style)	£7.95
15. **Pho Chin:** brisket	£7.45
16. **Pho Bo Vien:** homemade beef meatballs	£7.45
17. **Pho Tai Chin:** steak, brisket	£7.95
18. **Pho Tai Bo Vien:** steak, meatballs	£7.95
19. **Pho Chin Bo Vien:** brisket, meatballs	£7.45
20. **Pho Bo Dac Biet:** steak, brisket, meatballs	£8.45
21. **Pho Ga:** chicken breast in chicken stock	£7.45
22. **Pho Tom:** juicy tiger prawns in veggie or chicken stock	£8.95
23. **Pho Chay:** tofu and mushrooms in veggie or chicken stock	£7.25
24. **Pho Nam Rom:** enoki, shiitake and button mushrooms in veggie or chicken stock	£7.75

Hot and spicy soups originating from the Imperial City, Hue. Choose from pho or bun noodles:

25. **Bun Ga Hue:** hot and spicy chicken soup	£8.25
26. **Bun Tom Hue**: hot and spicy juicy tiger prawn soup	£8.95
27. **Bun Chay Hue:** hot and spicy tofu and mushroom soup (veggie stock base)	£7.95
28. **Bun Bo Hue:** hot and spicy brisket beef soup (served with a chilli shrimp paste)	£8.25

Bun noodles: Vermicelli rice noodles with stir fried topping, fresh herbs, veggie spring roll and peanuts.
Noodles served cold just like in Vietnam. Served with nuoc cham* sauce on the side – *spicy or regular option*.

29. **Bun Cha Gio Ga:** lemongrass chicken	£7.45
30. **Bun Cha Gio Bo Xao Sa:** lemongrass beef	£8.45
31. **Bun Cha Gio Nem Nuong:** pork and lemongrass meatballs	£7.95
32. **Bun Cha Gio Tom:** juicy tiger prawns	£8.95
33. **Bun Chay:** tofu and mushroom (ask for vegetarian sauce, ginger soy)	£7.25
34. **Bun Cha Gio Chay:** topped with veggie spring rolls (ask for vegetarian sauce, ginger soy)	£7.45

Pho xao: Wok fried flat rice noodles with lemongrass, chilli and onion. Served with peanuts and nuoc cham*.

35. **Pho Xao Thit Ga / Ga Tom:** with chicken or chicken and prawn	£7.75/£8.25
36. **Pho Xao Thit Bo**: with beef	£8.75
37. **Pho Xao Chay:** with veggies, mushrooms and tofu	£7.45

Cari: Vietnamese curry topped with nuts and served with jasmine rice

38. **Com Tom Cari:** juicy tiger prawns, veggies and mushrooms	£9.75
39. **Com Ga Cari:** chicken, veggies and mushrooms	£8.75
40. **Com Chay Cari:** tofu, veggies and mushrooms	£8.25

Extras: If you'd like any additional extras added to any dish, for instance extra toppings in your pho or bun, please ask.
* Contains fish sauce. See back of menu for more information and allergy details

Pho

What is Pho?

Pho is Vietnam's national dish. It's their national obsession – often referred to as the "soul of the nation". It's quite simply a delicious and nutritious noodle soup dish eaten every day by the Vietnamese for breakfast, lunch or dinner – or sometimes for all. It's the ultimate street food.

Pho (in fact the vast majority of our menu) is really good for you. Just like in Vietnam our stocks are made from scratch and take up to 12 hours to prepare – it's this authentic preparation that's key to the stock retaining all its goodness and developing its subtle and distinctive taste. So it's extremely healthy, brimming with fresh ingredients and very low in fat. The perfect comfort food, hangover cure or cold remedy.

Saying Pho

Pho is correctly pronounced "fuh" although most people outside of Vietnam tend to pronounce it "foe".

Eating Pho

Pho is an eating experience with a difference. One of the most enjoyable aspects of eating Vietnamese food is the DIY act of sampling and enhancing your food as you eat – creating a dish that's distinctly yours - *One's Own Bowl*. If you're having a noodle soup then once you've chosen your topping from the menu then the final taste is determined by yourself at the table via the extent to which you garnish with the fresh herbs, salad and delicious sauces all served with it. As it comes, chilli hot, full of greens – it's your choice.

All our dishes come with lean cuts of traceable quality meats. Over in Vietnam though seasoned pho eaters enjoy flank, tendon and tripe as well as lean bits! If you'd like to try any of these please let us know and we'll happily get them in for you to try.

The Pho Story

Pho began life in Hanoi – and while Vietnamese by birth was influenced by Chinese neighbours and the French colonists (pho sounds like feu, the French word for fire, as in pot-au-feu). As it travelled south pho developed subtle traits distinctive to the region – very much akin to Vietnamese cuisine as a whole. In the north pho has more of a Chinese feel (subtle flavours) whereas in the south there's a more pronounced use of herbs, greens and chillies. Which is best is a subject fiercely debated by the Vietnamese. We find them all delicious so we'll let you decide how you prefer it.

Pho began to go global in the latter part of the 20th century, noticeably in France due to their colonial links and in North America where a large number of specialist "pho shops" were founded around the large Vietnamese expat communities. In fact there's something of a pho revolution happening in North America as pho restaurants begin to multiply rapidly - there's probably 200 in California alone. We believe we are the first restaurant to specialise in pho and Vietnamese street foods only in the UK and just like the pho restaurants in Vietnam and North America we've kept it simple - a specialised menu using only the freshest, highest quality ingredients.

Menu specifics*

- Nuoc cham contains fish sauce - please ask for an alternative if preferred.
- All our dishes may contain nuts, traces of nuts or sesame oil.
- Not all ingredients are listed for every dish – please inform a member of staff if there is something you do not like or are allergic to.

Debit/credit cards & service:

- All major cards accepted except Diners card. Sorry, cheques not accepted.
- An optional 12.5% will be added on parties of 5 or over throughout the day.

Opening hours

Please see window or website for details.

Web

- Website: www.phocafe.co.uk
- Sign up to our Pho-natics members area on our website for our quarterly newsletters, members only promotions and competitions.
- Follow us on Facebook and Twitter : PhoRestaurant

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Dessert

Banana Fritters

Chuoi Chien: banana fritter	£3.25
Chuoi Chien: with ice cream (honey and ginger or coconut)	£4.75

Pandan Pancake with roasted coconut, served with ice cream (honey and ginger or coconut)	£5.95

Delicious fresh fruit sorbets from La Maison des Sorbets made with over 55% fruit

Mango	£3.75
Pear	£3.75
Strawberry and fresh basil	£3.75

Rich, sumptuous dairy ice creams made with fresh, whole milk and double cream

Macupono coconut	£3.50
Honey and ginger	£3.50

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Drink

Beer

Halida, northern Vietnam	£3.60
Hue, central Vietnam	£3.70
Saigon, southern Vietnam	£3.70
Beer Lao, Laos	£3.70

Rice Wine and Vodka served in 50ml measures

Nep Ha Noi rice wine (39.5abv)	£2.50
Vodka Hanoi (29.5abv)	£2.50
Homemade lemonade with Vodka Hanoi	£4.00

Wine glasses served in 125ml and 175ml measures

White

Viognier, La Campagne, Vdp d'Oc, France	£3.10 / £4.25 / £14.90
Pinot Grigio, Cantine dei Marchesini, Provincia di Pavia, Italy	£3.40 / £4.65 / £16.95
Chenin Blanc, Kleinze Zalze, South Africa	£3.60 / £4.80 / £17.96
Sauvignon Blanc Southern Rivers, Nobilo, New Zealand	£4.20 / £5.80 / £19.95
Riesling Magnus, Leasingham, South Australia	£22.50

Red

Tempranillo Crianza, Condesa de Leganza, La Mancha, Spain	£3.10 / £4.25 / £14.95
Malbec, Etchart Privado, Valle de Cafayate, Argentina	£3.60 / £4.80 / £17.95
Beaujolais-Villages, La Perdrisette, Thorin, France	£3.90 / £5.40 / £18.95
Shiraz Tempranillo, The Bandit, Houghton, Western Australia	£21.50

Rose

Pinot Grigio Rose, Corte Vigna, Provincia di Pavia, Italy	£3.40 / £4.65 / £16.95
Shiraz Rose, Boschendal Pavillion, South Africa	£20.95

Vietnamese Coffee and Tea coffee supplied by Caphe VN

Ca Phe: wonderfully rich Vietnamese coffee served with or without condensed milk (short or long) £2.25

Ca Phe Sua Da: Vietnamese iced coffee (with condensed milk) served in a tall glass £2.75

Chon Ca Phe (aka Weasel coffee) : One of the rarest coffees in the world and exclusive to Pho in the UK. This coffee is eaten, digested and then passed by Vietnamese weasels - a process that dramatically alters the flavour of the deliciously tasty roasted beans! £5.95

Coffees (by Union Coffee Roasters)

Espresso, Macchiato (single / double)	£1.70 / £2.00
Americano	£2.00
Latte, Flat White, Cappuccino, Hot Chocolate, Mocha	£2.20

Numi Organic Teas

Temple of Heaven - Gunpowder Green Tea — all £1.70
Monkey King - Green Tea scented with Jasmine Flowers
Simply Mint - Fragrant Fresh Mint (or you can have fresh mint from our herb bar)
Sweet Meadow - Chamomile Flowers with Lemon Myrtle

Flower Teas

Beautifully fragrant and visually stunning tea balls that flower in the cup when hot water is added.
Available in 3 flavours: Jasmine, Green and Yulan (all with unlimited refills) £2.45

Fresh Juices, Pop and Water

Freshly squeezed juices all £3.20

Pineapple, apple & mint
Coconut, pineapple & apple
Carrot, apple & ginger
Apple, mint & lime
Apple, beetroot & carrot
Orange juice
Apple & orange
Cranberry & orange

Homemade lemonade	£2.75
Coke, Diet Coke	£2.20
Fanta Orange, Sprite	£2.20
Tau water small – Still /Sparkling	£1.90
Tau water large - Still /Sparkling	£3.60