

# DON'T EAT LESS, EAT PHO

## On a New Year diet?

Don't worry, there's no need to starve yourself at Pho. We have lots of filling, tasty choices with frighteningly **low calorie counts**.

### Gỏi gà:

shredded chicken salad with Asian herbs, peppers & a chilli ginger dressing

### Gỏi cuốn:

fresh rice paper summer rolls (veggie) with herbs, vermicelli & pickle

& **Jasmine flower tea**

**ALL TOGETHER:**

**UNDER 400 CALORIES!**



### Phở tái:

thinly sliced steak in beef broth with rice noodles & a side plate of fresh herbs to add as you please

**UNDER 400 CALORIES!**



### Gỏi đu đủ:

crunchy green papaya salad with prawns, topped with peanuts. Served with prawn crackers

### Gỏi cuốn:

fresh rice paper summer rolls (chicken) with herbs, vermicelli & pickle

**ALL TOGETHER:**

**UNDER 500 CALORIES!**



**Turn over  
for our January Specials...**

# JANUARY SPECIALS

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## Get your veg on!

Try one of our new delicious freshly squeezed juices (packed with loads of veg!) and our special soups with more than 2 servings of your five-a-day.

### FRESH JUICES

#### Green Detox:

spinach, cucumber, pear, apple & lemon

#### Energiser:

carrot, pear, lemon, ginger & turmeric

#### Slim Beets:

beetroot, carrot, apple & ginger

3.40

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### PHỞ

#### Spicy green phở:

tender chicken breast, morning glory, green beans, pak choi, lime & Thai basil in hot & spicy veggie broth

9.95

#### Super green phở:

green beans, morning glory, pak choi, fresh lime & Thai basil in veggie broth with garlic

8.75



@PhoRestaurant

