



Allergen Guide

Main Food Menu

Allergen guide introduction

All the food at Pho is made fresh in each restaurant by our kitchen staff, with the exception of some desserts and bottled table sauces.

Pho is accredited by Coeliac UK who carry out random audits and food testing.

If you have an allergy, even if it is not shown as being present in the meal you choose, please make staff aware of the allergy. Not all ingredients are listed on our menu.

We will be as flexible as possible in adapting our meals to suit your dietary requirements however we cannot accept meal alterations and allergen requests via Deliveroo.

This allergen chart outlines the known allergens in our meals based on the information we receive from our suppliers regarding ingredients and the recipes we work to. We use reputable suppliers that we have worked with for many years and we will endeavour to remove an allergen where we can, however we cannot account for any accidental cross contamination should it occur out of our control in the supply chain.

Please note that because our food is made fresh each day, in each restaurant, not under lab conditions, all allergens are present within the kitchen and **we cannot guarantee 100%** that we will always be successful in removing them. Our staff are all trained to deal with allergen requests but there is always the possibility of human error. Restaurants are also unable to stock EpiPens in our first aid boxes.

We therefore please ask that you use this guide with this in mind.

Many thanks for your understanding,

ALL AT PHO

The charts cover the **14 Allergens** as legally required by **EU Food legislation**



Cereals containing gluten
(e.g wheat, rye, barley, oats)



Nuts
(e.g hazlenut, walnut, cashew, pecan, Brazil, pistachio, Macadamia)



Molluscs
(e.g clams, oyster, squid)



Crustacea / Shellfish
(e.g prawns, crabs)



Peanut



Soya bean



Fish



Celery



Milk



Egg



Sulphur Dioxide (SO₂) / Sulphites
(at >10mg/kg or 10mg/L)



Lupin

























Sesame





Mustard

Table sauces

	 Cereals containing gluten	 Crustacea	 Egg	 Fish	 Lupin	 Milk	 Molluscs	 Nuts	 Peanut	 Soya	 Sesame	 Celery	 Mustard	 SO ₂ /Sulphites
Garlic vinegar vg														
Chilli paste in pot vg														
Hoi sin sauce in bottle (see bottle label) vg	 wheat													
Sriracha (see bottle label) vg														
Fish sauce (see bottle label)														
Soy sauce - kikoman-gluten free (see bottle label) vg														

 contains the indicated allergen, it cannot be removed

 contains the allergen, but we can endeavour to remove it on request

 may have been fried in oil also used to fry another item containing the allergen

vg vegan options available

Starters & Sides : món khai vị

Sauces

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / Sulphites
Nước chấm				●										
Nước chấm chay vg														
Peanut sauce vg									●		● may			
Sweet chilli (see bottle label) vg														
Sriracha (see bottle label) vg														●
Ginger soy vg										●				

Starters - WITHOUT sauces

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / Sulphites
Crispy spring rolls - veggie vg	● wheat	▼								●				
Crispy spring rolls - pork	● wheat	▼												
Summer rolls - veggie vg														
Summer rolls - chicken														
Summer rolls - THIS™ isn't chicken vg										●				
Summer rolls - prawn		●												
Spicy salad rolls vg														
Chicken wings		▼										●	●	
Pork & lemongrass meatballs		▼												
Baby squid		▼					●							
Seafood spring roll - king prawn, crab & pork	● wheat	●												
Beef betel		▼							●					●
Lotus stems - veggie vg														
Lotus stems - chicken & prawn		●		●										

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vg vegan options available

Starters & Sides : món khai vị

Cont...

Morning glory - classic or spicy **vg**

Stir fried Chinese leaf - classic or spicy **vg**

Prawn crackers - WITHOUT sauce

Prawnless crackers - WITHOUT sauce

													
Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / Sulphites

Vietnamese pancake : bánh xèo

Vietnamese pancake - tofu **vg**

Vietnamese pancake - THIS™ isn't chicken **vg**

Vietnamese pancake - chicken & prawn

Vietnamese salads : gỏi - including dressings & toppings

Chicken salad (incl. dressing*)

Veggie salad - veggie (incl. dressing*) **vg**

Veggie salad - THIS™ isn't chicken (incl. dressing*) **vg**

* Chef's dressing on chicken & veggie salads

* Ginger dressing on side of chicken & veggie salads

Green papaya salad - chicken

Green papaya salad - THIS™ isn't chicken **vg**

Green papaya salad - prawn

Mango salad

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vg vegan options available

Vietnamese noodle soup : phở



Stocks

Chicken stock - alone

Beef stock - alone

Veggie stock - alone **vg**

Spicy stock - alone **vg**

Classics

Beef brisket (beef stock)

Steak (beef stock)

Steak with garlic (beef stock)

Beef combo (beef stock)

Chicken (chicken stock)

King prawns (chicken stock)

King prawns (veggie stock)

Tofu & button mushrooms (chicken stock)

Tofu & button mushrooms (veggie stock) **vg**

3 Mushrooms (chicken stock)

3 Mushrooms (veggie stock) **vg**

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vg vegan options available

Vietnamese noodle soup : phở



Hot & spicy soups

Hot & spicy chicken (spicy stock)

Hot & spicy beef brisket - incl. shrimp paste (beef stock)

Hot & spicy king prawn (spicy stock)

Hot & spicy THIS™ isn't chicken (spicy stock) **vg**

Hot & spicy tofu & mushroom (spicy stock) **vg**

Hot & spicy 3 mushrooms (spicy stock) **vg**

House specials

'Super Green' (veggie stock) **vg**

'Spicy Green' - chicken, THIS™ isn't chicken or tofu (veggie stock) **vg**

Brisket & mushroom - incl. egg (beef stock)

Crab noodle soup - tomato, crab, steak, tofu, omelette* (chicken stock)

* Omelette added to Crab noodle soup

Phở house - prawn, chicken, steak (beef stock)

Curry noodle soup

Beef brisket

Chicken

King prawn

THIS™ isn't chicken **vg**

Tofu & mushroom **vg**

3 Mushroom **vg**

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vg vegan options available

Curry : cà-ri - including rice

Classic & Spicy

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / Sulphites
Chicken									●					
Beef brisket									●					
King prawn		●							●					
Tofu vg									●	●				
THIS™ isn't chicken vg									●	●				

Rice bowls : món cơm - including sauce

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / Sulphites
Chargrilled chicken thigh				●					●	●				
Beef in betel leaf		▼		●					●	●				●
Chargrilled pork				●					●	●				
3 meat combo		▼		●					●	●				
Tofu & veg vg									●	●				●
THIS™ isn't chicken & veg vg									●	●				●

Wok fried rice : cơm chiên - including ginger soy sauce

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / Sulphites
Chicken & dried shrimp		●		●					●					●
THIS™ isn't chicken vg									●					●
Shiitake & Thai basil vg									●					●















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vg vegan options available

Wok fried noodles : phở xào - WITHOUT sauce

	 Cereals containing gluten	 Crustacea	 Egg	 Fish	 Lupin	 Milk	 Molluscs	 Nuts	 Peanut	 Soya	 Sesame	 Celery	 Mustard	 SO ₂ / Sulphites
Chicken				●					●					●
Beef				●					●					●
Chicken and prawn		●		●					●					●
Tofu & mushroom vg									●	●				●
THIS™ isn't chicken vg										●				●

Vermicelli noodles : bún - WITHOUT sauce. Includes spring roll*

	 wheat								 wheat	 wheat				 wheat
Chicken	●								●	●				●
Beef	●								●	●				●
King prawn	●	●							●	●				●
Nem nuong pork balls	●	▼							●	●				●
Tofu & mushroom vg	●								●	●				●
Veggie spring rolls vg	●	▼							●	●				●
THIS™ isn't chicken vg	●								●	●				●
* Spring roll added to the bún dish	●	▼								●				

Sauces

Nước chấm				●										
Nước chấm chay vg														
Sweet chilli (bún dish only) vg														
Ginger soy vg										●				

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vg vegan options available

Desserts

Desserts - WITHOUT choice of ice cream or sorbet

Banana fritter **vg**

Pandan waffle

Chocolate truffle slice ******

Vietnamese affogato ******



Cereals
containing
gluten



Crustacea



Egg



Fish



Lupin



Milk



Molluscs



Nuts



Peanut



Soya



Sesame



Celery



Mustard



SO₂ /
Sulphites

Ice cream & sorbet : kem

Honey & ginger ice cream ******

Macupono coconut ice cream ******

Vanilla ice cream ******

Dark chocolate ice cream ******

Condensed milk ice cream ******

Mango sorbet ****** **vg**

Raspberry sorbet ****** **vg**

****** These items are bought in. The factory they are made in is not free from nuts, sesame, egg, sulphites or dairy so cross contamination is possible.

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vegan options available



Allergen Guide

Kids Menu

Kids Noodles

Wok fried noodles

Chicken

Beef

Tofu & mushroom **vg**

Bún noodles - WITHOUT sauce*

with Chicken

with Pork balls

with Veggie spring rolls **vg**

* Nước chấm sauce for bún

Baby bún noodles

with dipping sauce

Kids Noodle soup

Mini pho chicken - in chicken stock

Mini pho beef - in beef stock

Mini pho tofu & mushroom - in veggie stock **vg**

See adult menu section for full info on soup stocks



Cereals
containing
gluten



Crustacea



Egg



Fish



Lupin



Milk



Molluscs



Nuts



Peanut



Soya



Sesame



Celery



Mustard



SO₂ /
Sulphites

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vegan options available

Kids Rice

Wok fried rice with egg

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / Sulphites
Plain			●							●				
Chicken			●							●				
Tofu			●							●				

Curry : cà-ri

with Chicken & rice

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Kids Skewers

Homemade pork balls - with prawn crackers

		● ▼												●
+ peanut sauce served with pork balls									●		● may			

Chicken nuggets - with prawn crackers

	●	● ▼												●
+ sauce served with nuggets				●										
+ tomato ketchup, if served with nuggets (see bottle label)												●		

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vg vegan options available



Allergen Guide

Drinks Menu

Beer & Cider

	 Cereals containing gluten	 Crustacea	 Egg	 Fish	 Lupin	 Milk	 Molluscs	 Nuts	 Peanut	 Soya	 Sesame	 Celery	 Mustard	 SO ₂ / Sulphites
Bia Hà Nội	•													
Saigon	•													
Beer Lao	•													
Pho Brewgooder Session IPA	• wheat													
Pho Brewgooder Hazy Pale Ale	• barley													
Saigon Apple Cider														•
Saigon Apple & Ginger Cider														•
Daura Damm														
Freestar 0.5% lager														

Wine & sparkling

Prosecco Spumante, Veneto, Italy														•
Catarratto, Sicily, Italy														•
Piattini Pinot Grigio, Pavia, Italy														•
Selon Létang Viognier, Languedoc, France														•
Listening Station Chardonnay, Victoria, Australia														•
Peacock Sauvignon Blanc, Stellenbosch, South Africa														•
Piattini Pinot Grigio Blush, Pavia, Italy														•
Cotes du Rhone Rose, Rhone, France														•
Rame Garnacha, Campo de Borja, Spain - NOT vg			•											•
Benjamin Malbec, Mendoza, Argentina														•
Le Fou Pinot Noir, Languedoc, France														•

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Cocktails



	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / Sulphites
Phojito														
Spicy Lychee Margarita														
Dragon Fruit & Lime Martini														
Hà Nội Mule														
Prickly Pear Punch														
Cà phê Martini						●								
Pride Punch														
Lemon & Basil Martini														

Spirits & Mixers

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / Sulphites
Square Root Negroni Spritz														
Square Root G&T														
Tanqueray Gin														
Vodka Hà Nội														
Fever Tree tonic														

Fresh juices & Soft Drinks

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / Sulphites
Freshly squeezed juices - all varieties														
Coconut water - all varieties														
Homemade lemonades - all varieties														
Coke, Diet coke, Fanta, Sprite														

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vg vegan options available

Teas & Coffees



Flower teas

Tea pigs bags

Fresh mint tea

Fresh lemongrass tea

Iced tea

Vietnamese coffee - **black**, hot or iced

Vietnamese coffee - **white**, hot or iced

