



Pho

Nutritional Guidelines



Starters & Sides

Excludes dipping sauces

	Total Calories	Fat (g)	of which Saturated fat (g)	Protein (g)	Carbs (g)	Fibre (g)
Chả giò: Pork crispy spring rolls served with lettuce & herbs	293	13.7	2.9	11.8	30.8	2.3
Chả giò: Veggie crispy spring rolls served with lettuce & herbs	274	13	1.8	6.1	33.1	2.2
Gỏi cuốn: Chicken fresh rice paper summer rolls	160	1.6	0.4	18.3	17.9	0.9
Gỏi cuốn: Prawn fresh rice paper summer rolls	115	0.8	0.1	8.9	17.9	0.9
Gỏi cuốn: Veggie fresh rice paper summer rolls	99	0.7	0.1	3	20.1	1.8
Nem nướng: homemade pork & lemongrass meatballs	323	22	5.5	23.4	7.8	0.7
Rau muống xào: stir fried morning glory (water spinach) in garlic	172	13.8	1.6	5.6	6.4	5
Nem hải sản: large crispy spring roll of tiger prawn, crab & pork	134	6.6	1.4	8.6	10	0.6
Đậu que: green beans & sugarsnaps in a mild peanut dressing	129	7.3	1.6	5.9	9.9	2.8
Mực chiên giòn: tender fried baby squid	196	8.6	1.1	21.8	7.7	0.9
Bánh xèo: Chicken & Prawn savory Vietnamese crispy crepe with rice papers & herbs	496	22.2	3.3	24.3	49.5	3.9
Bánh xèo: Tofu savory Vietnamese crispy crepe with rice papers & herbs	515	27.3	3	17.1	50.1	3.9
Bánh phồng tôm: prawn crackers with sweet chilli sauce	253	17.6	1.7	0	24	0.43



Gỏi : Vietnamese salads

Includes dressings

Gỏi đu đủ: Chicken crunchy green papaya salad with peanuts	260	6.9	1.4	27.4	21.2	5.5
Gỏi đu đủ: Prawns crunchy green papaya salad with peanuts	201	5.6	1	13.8	23.2	5.5
Portion of prawn crackers (served with Goi du du)	59	4.1	0.4	0	5.6	0.1
Gỏi gà: shredded chicken salad with Asian herbs, peppers & a chilli ginger dressing	219	6.4	1	28.6	11.1	5.2
Gỏi xoài: spicy green mango salad topped with pork, dried shrimp & peanuts	175	8.1	1.6	9	16.5	1.9
Gỏi ngó sen: tangy lotus stems with chicken, prawns, green bean & sesame seeds	194	4.7	1	23.8	13.8	2.2
Gỏi bắp chuối: fragrant banana blossom salad with tender beef, peanuts & star fruit	441	11.8	3.2	24.6	58.9	2



Our salads are all low in fat, high in protein & packed with Vitamin C, & they're all* under 300 calories!

*except the banana blossom salad



Given all our dishes are homemade, the nutritional information above will vary slightly from day to day.



Phở Xào : wok fried noodles*

Wok fried flat rice noodles with lemongrass, chilli & Asian greens.

	Total Calories	Fat (g)	of which Saturated fat (g)	Protein (g)	Carbs (g)	Fibre (g)
Phở Xào: Beef	393	15.7	2.4	23.8	39	4.2
Phở Xào: Chicken & Prawn	412	15.6	1.6	28.8	39	4.2
Phở Xào: Chicken	445	17.2	1.5	33.6	39	4.2
Phở Xào: Tofu & Mushroom	411	19.7	1.6	18.5	39.9	5
* Each comes with a portion of nước chấm sauce 15ml	10	0	0	0.2	2.2	0.1



Vietnamese food is about **adapting** the food to your **personal taste**. Our food is made fresh, at each site every day. Nothing's bought in frozen or pre-packaged.

Bún : vermicelli noodles*

Vermicelli rice noodles with a lemongrass & chilli wok-fried topping.

* All nutritional values exclude nước chấm, peanuts & spring roll

	Total Calories	Fat (g)	of which Saturated fat (g)	Protein (g)	Carbs (g)	Fibre (g)
Bún: Beef	460	11.2	3	33.4	56	5.3
Bún: Chicken	424	8	0.6	31.4	56	5.3
Bún: Tiger Prawn	362	5.1	0.7	22.6	56	5.3
Bún: Nem Nướng Pork Balls	452	14.2	3.2	20.9	59.7	5.6
Bún: Tofu & Mushroom	450	16.4	1.1	18.5	56.7	6.1
Bún: Pork Spring Rolls	571	17.4	2.4	14.9	88.4	7.5
Bún: Veggie Spring Rolls	500	16.8	3.3	17.9	69	5.9

Bún add-ons

	Total Calories	Fat (g)	of which Saturated fat (g)	Protein (g)	Carbs (g)	Fibre (g)
Single vegetarian spring roll	67	3.2	0.4	1.5	8.1	0.5
Nước chấm sauce (100ml)	70	0	0	1.5	15.2	0.4
Peanuts	58	4.6	0.9	3	1.2	0



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Phở : Vietnamese noodle soup

		Total Calories	Fat (g)	of which Saturated fat (g)	Protein (g)	Carbs (g)	Fibre (g)
Phở tái: thinly sliced steak	●	337	4.5	1.7	32.3	41.6	1.8
Phở tái lăn: flash fried steak with garlic (Hanoi style)	●	347	5.6	1	32.3	42.1	1.9
Phở đặc biệt (house special): tiger prawns, tofu & flash fried steak with garlic	●	440	10.4	1.4	39.6	47	2.8
Phở chín: tender brisket (a bit like roast beef)	●	396	9.4	3.7	36.2	41.6	1.8
Phở tái chín: steak & brisket	●	375	7.2	2.8	36	41.6	1.8
Phở tái bò viên: steak & meatballs	●	583	23.8	7.4	46.1	46	2.2
Phở bò combo: steak, brisket & meatballs	●	564	21.4	7	47.9	44.9	2.1
Phở gà: chicken breast	●	397	6.6	1.5	37	47.5	1.8
Phở tôm: tiger prawns	●	346	5.4	1.2	26.7	47.5	1.8
Phở tôm: tiger prawns	●	307	1.7	0.1	20	52.9	1.8
Phở chay: tofu & button mushrooms	●	467	16.2	0.9	17	53.6	3
Phở chay: tofu & button mushrooms	●	428	20	1.9	23.7	48.3	3
Phở nấm rơm: enoki, shiitake & button mushrooms	●	415	10.2	0.8	11.4	59.7	3.5
Phở nấm rơm: enoki, shiitake & button mushrooms	●	376	13.9	1.9	18.1	54.3	3.5
Bún riêu: a Hanoi classic; vermicelli noodles in a rich tomato & crab broth with wafer thin steak & tofu, topped with fried shallots	●	534	19.2	3.6	34.6	55.8	3.2

- = Beef Stock
- = Chicken Stock
- = Veggie Stock

Phở,
(pronounced fuh) is the Vietnamese national dish; an aromatic, nutritious & delicious rice noodle soup.

All our pho soups are low in fat & saturated fat & are a good source of 10 of your vitamins & minerals including vitamins C, B3, B6, folate, iron & magnesium – nutrients which all contribute to the reduction of tiredness & fatigue!

Hot and spicy soups

Bún gà Huế: hot & spicy chicken	●	446	6.2	0.8	30.3	67.2	1.8
Bún tôm Huế: hot & spicy juicy tiger prawn	●	394	5.1	0.4	20	67.2	1.8
Bún chay Huế: hot & spicy tofu & mushroom	●	516	19.6	1.2	17	67.9	3
Bún bò Huế: hot & spicy brisket beef (served with a chilli shrimp paste)	●	465	16.7	3.8	36.1	42.5	1.9



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Cơm Tấm : broken rice

Cà-ri: Chicken Vietnamese curry packed with veggies & mushrooms, topped with nuts. (Excluding rice)

Cà-ri: Tiger Prawn Vietnamese curry packed with veggies & mushrooms, topped with nuts. (Excluding rice)

Cà-ri: Tofu Vietnamese curry packed with veggies & mushrooms, topped with nuts. (Excluding rice)

Cà-ri Rice portion

Xào: Tiger Prawn

stir fry of chilli & greens in a mild gingery sweet sauce (Excluding rice)

Xào: Chicken

stir fry of chilli & greens in a mild gingery sweet sauce (Excluding rice)

Xào Rice portion

Cơm tấm rang

aromatic, spicy wok-fried broken rice with chicken & dried shrimp

	Total Calories	Fat (g)	of which Saturated fat (g)	Protein (g)	Carbs (g)	Fibre (g)
Cà-ri: Chicken	796	61	37.5	30.7	31.1	6.7
Cà-ri: Tiger Prawn	758	58.2	37.6	27.4	31.1	6.7
Cà-ri: Tofu	758	62.9	37.5	15.9	32.1	7
Cà-ri Rice portion	312	0.2	0	5.6	72	2
Xào: Tiger Prawn	231	12.3	1.4	17.4	13	3.5
Xào: Chicken	285	13.6	1.9	27.6	13	3.5
Xào Rice portion	312	0.2	0	5.6	72	2
Cơm tấm rang	664	10.4	1.5	32.4	110.2	3.8



Sauces

Nước chấm sauce (15ml)

served with Chả giò, Gỏi cuốn, & Nem nướng

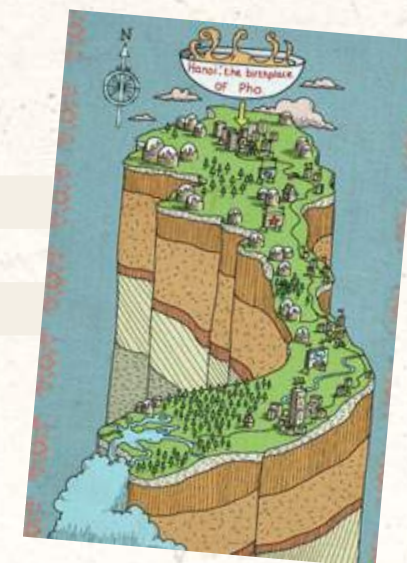
Nước chấm sauce (30ml) served with Nem hải sản & Bánh xèo

Nước chấm sauce (50ml) served with Bún dishes

Peanut sauce (30ml)

Sweet Chilli sauce

Nước chấm sauce (15ml)	10	0	0	0.2	2.2	0.1
Nước chấm sauce (30ml)	21	0	0	0.5	4.6	0.1
Nước chấm sauce (50ml)	35	0	0	0.8	7.6	0.2
Peanut sauce (30ml)	79.8	5.1	1.2	2.3	6.3	0
Sweet Chilli sauce	69.3	0.2	0	0.18	16.6	0.48



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Ingredient Glossary

The food at Pho is unique, thanks to the quality, colour, contrast & texture of Vietnamese ingredients:



Fish Sauce

Fish sauce is at the heart of Vietnamese cuisine. It has a real kick & a salty flavour. Many use it to season their soups.



Herbs

Restorative herbs like coriander, mint, saw tooth & Thai basil are served raw & offer the diner the chance to tailor their pho & season it to their liking.



Carrot & Mooli Pickle

Finely chopped carrots & mooli pickled in vinegar. The pickle brings a crunchy texture, bright colour & a flavour complexity to a lot of Vietnamese dishes.



Nước Chấm

Nước chấm (made from fish sauce, sugar, fresh red chillies, garlic & rice vinegar) is the dipping sauce central to a lot of dishes & the basis of our salad dressings.



Rice Noodles

Great for people with gluten intolerances.

- **Bánh Pho** is the flat rice noodle used in our soups & Pho Xao dishes.
- **Bún noodle** is another rice noodle & is more like a thin spaghetti noodle, though much softer. It is used in Bún dishes & in summer rolls.



Rice Papers

Rice papers are very thin & free from wheat & egg. We use these to make our spring & summer rolls & Nem hải sản.

ON THE TABLE

- 1 Chilli sauce (or sriracha):**
The red one –it's hot!
- 2 Fish sauce:**
to season pho soups
- 3 Homemade chilli & garlic paste:**
to add a kick to any dish
- 4 Garlic vinegar:**
a garlicky sour dressing that is fantastic in chicken pho.
- 5 Hoisin:**
Asian BBQ sauce

