



**Pho**

## Nutritional Guidelines



## Starters & Sides

Excludes dipping sauces

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



## Gỏi : Vietnamese salads

Includes dressings

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

|                           |     |      |     |      |      |     |
|---------------------------|-----|------|-----|------|------|-----|
| 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

|                               |    |     |     |     |      |     |
|-------------------------------|----|-----|-----|-----|------|-----|
| 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) |
|---|---|----------------|---------|----------------------------|-------------|-----------|-----------|
| <b>Phở tái:</b> thinly sliced steak   | ● | 337            | 4.5     | 1.7                        | 32.3        | 41.6      | 1.8       |
| <b>Phở tái lăn:</b> flash fried steak with garlic (Hanoi style)   | ● | 347            | 5.6     | 1                          | 32.3        | 42.1      | 1.9       |
| <b>Phở đặc biệt (house special):</b><br>tiger prawns, tofu & flash fried steak with garlic  | ● | 440            | 10.4    | 1.4                        | 39.6        | 47        | 2.8       |
| <b>Phở chín:</b> tender brisket (a bit like roast beef)   | ● | 396            | 9.4     | 3.7                        | 36.2        | 41.6      | 1.8       |
| <b>Phở tái chín:</b> steak & brisket  | ● | 375            | 7.2     | 2.8                        | 36          | 41.6      | 1.8       |
| <b>Phở tái bò viên:</b> steak & meatballs   | ● | 583            | 23.8    | 7.4                        | 46.1        | 46        | 2.2       |
| <b>Phở bò combo:</b> steak, brisket & meatballs   | ● | 564            | 21.4    | 7                          | 47.9        | 44.9      | 2.1       |
| <b>Phở gà:</b> chicken breast   | ● | 397            | 6.6     | 1.5                        | 37          | 47.5      | 1.8       |
| <b>Phở tôm:</b> tiger prawns  | ● | 346            | 5.4     | 1.2                        | 26.7        | 47.5      | 1.8       |
| <b>Phở tôm:</b> tiger prawns  | ● | 307            | 1.7     | 0.1                        | 20          | 52.9      | 1.8       |
| <b>Phở chay:</b> tofu & button mushrooms  | ● | 467            | 16.2    | 0.9                        | 17          | 53.6      | 3         |
| <b>Phở chay:</b> tofu & button mushrooms  | ● | 428            | 20      | 1.9                        | 23.7        | 48.3      | 3         |
| <b>Phở nấm rơm:</b> enoki, shiitake & button mushrooms  | ● | 415            | 10.2    | 0.8                        | 11.4        | 59.7      | 3.5       |
| <b>Phở nấm rơm:</b> enoki, shiitake & button mushrooms  | ● | 376            | 13.9    | 1.9                        | 18.1        | 54.3      | 3.5       |
| <b>Bún riêu:</b> 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

|   |   |     |      |     |      |      |     |
|---|---|-----|------|-----|------|------|-----|
| <b>Bún gà Huế:</b> hot & spicy chicken  | ● | 446 | 6.2  | 0.8 | 30.3 | 67.2 | 1.8 |
| <b>Bún tôm Huế:</b> hot & spicy juicy tiger prawn                               | ● | 394 | 5.1  | 0.4 | 20   | 67.2 | 1.8 |
| <b>Bún chay Huế:</b> hot & spicy tofu & mushroom                                | ● | 516 | 19.6 | 1.2 | 17   | 67.9 | 3   |
| <b>Bún bò Huế:</b> 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**

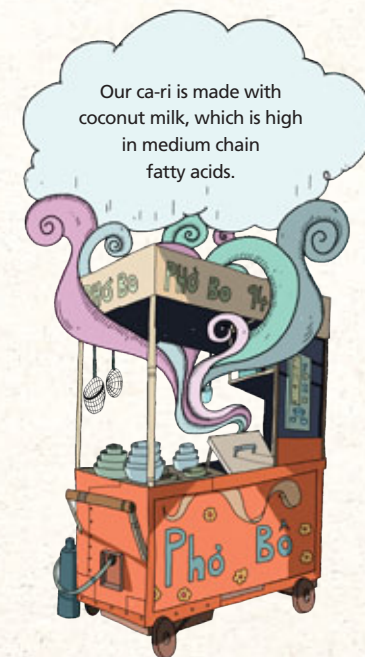
stir fry of chilli & greens in a mild gingery sweet sauce (Excluding rice)

**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

