



# Pho

EAT-IN  
& TAKEAWAY  
**MENU**

TRINITY KITCHEN



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## Starters & snacks : món khai vị

### Crispy spring rolls\*

served with lettuce & herbs to wrap & dip **vg**

318/360 kcal - choice of nước chấm or peanut sauce ▲

veggie      pork

6.25 / 6.75

### Summer rolls

fresh rice paper rolls with herbs, vermicelli & pickle **vg** 185/183/145 kcal

- choice of nước chấm or peanut sauce ▲

veggie      chicken      prawn

5.95 / 6.25 / 6.50

### Spicy salad rolls - with enoki, chilli & herbs (low-carb) **vg** 44 kcal

- choice of nước chấm or peanut sauce ▲

5.75

### Chicken wings

seasoned, crispy chicken wings with sriracha 587 kcal

6.75

### Pork & lemongrass meatballs

served with lettuce & herbs to wrap & dip 349 kcal - choice of nước chấm or peanut sauce ▲

5.95

### Baby squid

tender fried baby squid with a salt, pepper & lime dip 315 kcal

6.75

### Morning Glory

stir fried morning glory (water spinach) in garlic **vg** 101 kcal

5.25

### Stir fried Chinese leaf

in soy sauce **vg** 67 kcal

4.25

### Prawn or 'Prawnless' crackers

with sweet chilli sauce **vg** 253/320 kcal

3.25 / 3.50

## Vietnamese salads : gỏi

### Chicken salad

with Asian herbs, peppers & a chilli ginger dressing 210 kcal

8.75

### Veggie salad

as above minus the chicken **vg** 153 kcal

7.50

### Green papaya salad

crunchy salad with peanuts & prawn crackers **vg** 189/129 kcal

chicken      king prawn

8.25 / 8.95

### Mango salad

spicy salad topped with pork, dried shrimp & peanuts 175 kcal

7.25

## Wok fried rice : cơm chiên

aromatic, spicy wok-fried rice. + Add a fried egg for £1.25

Chicken & dried shrimp 794 kcal      9.25

Shiitake & Thai basil **vg** 796 kcal      8.95

## Wok fried noodles : phở xào

wok fried flat rice noodles with lemongrass, chilli and Asian greens. Served with peanuts.

Chicken 447 kcal

9.25

Chicken & prawn 446 kcal

9.50

Beef 442 kcal

9.50

Tofu & mushroom **vg** 527 kcal

8.95

# Vietnamese noodle soup : phở

Phở, (pronounced fuh) is the Vietnamese national dish; an aromatic, healthy & delicious rice noodle soup served with a side plate of fresh herbs to add as you please. The addition of these herbs & table condiments is an essential part of eating phở & adds another dimension to the dish. We think it's the best noodle soup in the world!

## Beef broth 9.50

Beef brisket 397 kcal

Steak 287 kcal

Steak with garlic - flash fried (Hanoi style) 468 kcal

Beef combo - steak, brisket & meatballs (add 45p) 396 kcal

## Chicken or Veggie broth 8.95

Chicken breast 347 kcal

King prawns (add 55p) 305 kcal

Tofu & button mushrooms **vg** 356 kcal

3 Mushrooms (enoki, shiitake & button mushrooms) **vg** 290 kcal

## Hot and spicy 9.50

Chicken breast 353 kcal

Beef brisket (add 25p) served with a chilli shrimp paste 454 kcal

King prawn (add 45p) 301 kcal

Tofu & mushroom **vg** 420 kcal

3 Mushrooms (enoki, shiitake & button) **vg** 335 kcal

## House specials

'Super Green' - morning glory, green beans, pak choi, fresh lime & Thai basil in veggie broth **vg** 381 kcal 9.50

'Spicy Green' - chicken or tofu, morning glory, green beans, pak choi, fresh lime & Thai basil in spicy veggie broth **vg** 455/475 kcal 9.95

Brisket & mushroom - brisket, enoki & button mushrooms, creamy egg yolk, in beef broth 374 kcal 9.95

Phở House - king prawns, chicken & flash fried steak with garlic in beef broth 351 kcal 10.95

## EXTRA TOPPINGS

tofu / button mushrooms / creamy egg yolk / pak choi / mange tout / green beans 85/78/50/15/15/15 kcal 1.25

chicken / steak / brisket / beef meatballs / nem nuong pork balls / king prawn / 3 mushrooms (enoki, shiitake, & button) 80/50/98/125/75/22 kcal 1.95

Every product in every dish we serve is made right here on site from ingredients delivered daily. No central kitchen - just real cooking. As each dish is cooked to order, variations do occur and calorie values may slightly differ.

**vg** - vegan options available.



The majority of items on this menu are gluten-free, **as accredited by Coeliac UK**. \*Please note these items are not gluten-free - Spring rolls, Hoisin sauce & the beers. Bún dishes can be ordered without spring roll on request. The vast majority of our menu is also egg & dairy free. Not all dish ingredients are listed & all dishes could contain traces of peanuts. **If you have an allergy, please inform all staff who serve your table & read our allergen information.**

Our chicken meat is Halal. **THIS™** isn't chicken is a plant based meat substitute made from pea & soy, not gluten, fortified with vitamin B12 & iron.



Our allergen guide ►

## Curry : cà-rì

topped with peanuts & served with rice

**Classic** - rich, fragrant Vietnamese curry, with veggies & mushrooms

<b>Chicken</b> 957 kcal	10.50	<b>King prawn</b> 969 kcal	11.50
<b>Beef brisket</b> 1052 kcal	10.95	<b>Tofu</b> <b>vg</b> 1139 kcal	10.50

**Spicy** - spicy Vietnamese curry with fresh red chillies & betel leaf

<b>Chicken</b> 993 kcal	10.95	<b>King prawn</b> 1012 kcal	11.95
<b>Beef brisket</b> 1106 kcal	11.50	<b>Tofu</b> <b>vg</b> 1159 kcal	10.95

## Curry noodle soup

the marriage of our classic Vietnamese curry & a steaming bowl of noodle soup.  
Topped with a fresh herb salad & slices of red chilli.

<b>Beef brisket</b> 648 kcal	9.95	<b>Tofu &amp; mushroom</b> <b>vg</b> 631 kcal	9.75
<b>Chicken</b> 589 kcal	9.75	<b>3 Mushroom</b> <b>vg</b> 559 kcal	9.75
<b>King prawn</b> 584 kcal	10.25		

## Rice bowls : món cơm

rice topped with wok-fried Chinese leaf, radish, cucumber & pickles, finished with peanuts, herbs & fresh chillies

<b>Chargrilled chicken thigh</b> 239 kcal	9.50	<b>Tofu &amp; veg</b> <b>vg</b> 268 kcal	9.25
<b>Chargrilled pork</b> 281 kcal	9.75		

## Vermicelli noodles : bún

vermicelli rice noodles with a lemongrass & chilli wok-fried topping. Served with fresh herbs, beansprouts, veggie spring roll\* & peanuts. Noodles served at room temp just like in Vietnam. Pour over nước chấm & mix. **vg** dishes served with nước chấm chay.

<b>Chicken</b> 389 kcal	8.95	<b>Pork &amp; lemongrass meatballs</b>	8.95	520 kcal
<b>Beef</b> 365 kcal	9.25	<b>Tofu &amp; mushroom</b> <b>vg</b> 382 kcal	8.75	
<b>King prawn</b> 315 kcal	9.75	<b>Veggie spring rolls*</b> <b>vg</b> 476 kcal	8.95	

▲ Sauces: nước chấm 50 kcal. nước chấm chay 37 kcal. peanut 95 kcal. Calories given are per portion.

## Wine

125ml also available

### WHITE

Catarratto, Sicily, Italy

Piattini Pinot Grigio, Pavia, Italy

175ml bottle

5.50 / 18.50

6.25 / 21.95

### ROSE

Piattini Pinot Grigio Blush, Pavia, Italy

6.25 / 22.95

### RED

Rame Garnacha, Campo de Borja, Spain

Benjamin Malbec, Mendoza, Argentina

5.50 / 18.50

6.75 / 23.50

## Beer

Bia Hà Nội, North Vietnam

Saigon, South Vietnam

Pho Brewgooder Session IPA <sup>NEW</sup> crisp & hoppy

Pho Brewgooder Hazy Pale Ale <sup>NEW</sup> hazy & juicy

Saigon Apple Cider <sup>NEW</sup>

4.75

4.75

4.95

4.95

5.25

## Fresh Juices

All made to order 3.25

Apple, mint & lime

with / without ginger

Beetroot, carrot & apple

with / without ginger

Coconut, pineapple & apple

Carrot, apple & ginger

Kale, apple, pineapple & lime

Pineapple, apple & mint

Spinach, cucumber, pear  
& lemon (green detox)

Apple & orange

92/97/142/95/102/112/82/102 kcal

## Tea & Coffee

Vietnamese Coffee 2.75

rich coffee served black  
or with condensed milk 17/38 kcal

Iced Coffee 17/38 kcal 3.25

Iced Tea 90 kcal 2.50

Tea pigs bags  
green, camomile, mint 2.25

Flower Teas  
fragrant jasmine, green  
or yulan tea balls 2.95

## Pop & Water

Homemade 3.25

lemonade 140 kcal

Spicy lemonade 3.25

with ginger & fresh mint 190 kcal

Green tea lemonade 3.25

95 kcal

Coke, 2.10

Fanta Orange

Diet Coke, 1.95

Sprite Zero

Mineral Water 1.85

still or sparkling (500ml)

Adults need around 2000 kcal a day



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