



Nutritional Guidelines

Starters

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)
Chả giò: Veggie crispy spring rolls served with lettuce & herbs vg	274	13	1.8	5.6	6.1	33.1	2.2
Chả giò: Pork crispy spring rolls served with lettuce & herbs	293	13.7	2.9	6.9	11.8	30.8	2.3
Gỏi cuốn: Veggie fresh rice paper summer rolls vg	99	0.7	0.1	5	3	20.1	1.8
Gỏi cuốn: Chicken fresh rice paper summer rolls	160	1.6	0.4	3.1	18.3	17.9	0.9
Gỏi cuốn: Prawn fresh rice paper summer rolls	115	0.8	0.1	3.1	8.9	17.9	0.9
Cuốn diếp chay: spicy salad rolls with enoki, chilli & herbs (carb-free) vg	44	0	0	4.01	0	0	1.3
Cánh gà: seasoned, crispy chicken wings with sriracha	587	35.5	6.5	0.29	67.1	0.2	1.2
Nem nướng: homemade pork & lemongrass meatballs	323	22	5.5	1.1	23.4	7.8	0.7
Mực chiên giòn: tender fried baby squid	196	8.6	1.1	0.3	21.8	7.7	0.9
Nem hải sản: large crispy spring roll of king prawn, crab & pork	134	6.6	1.4	-	8.6	10	0.6
Gỏi ngó sen: Chicken & Prawn tangy lotus stems with green bean & sesame seed	194	4.7	1	9.8	23.8	13.8	2.2
Bánh xèo: Tofu savoury Vietnamese crispy crepe with rice papers & herbs vg	515	27.3	3	7.3	17.1	50.1	3.9
Bánh xèo: Chicken & Prawn savoury Vietnamese crispy crepe with rice papers & herbs	496	22.2	3.3	6.9	24.3	49.5	3.9

Excludes dipping sauces



Gỏi : Vietnamese salads

Gỏi gà: shredded chicken salad with Asian herbs, peppers & a chilli ginger dressing	219	6.4	1	9.6	28.6	11.1	5.2
Gỏi bắp chuối: fragrant banana blossom salad with tender beef, peanuts & star fruit	441	11.8	3.2	21.2	24.6	58.9	2
Gỏi đu đủ: Chicken crunchy green papaya salad with peanuts	260	6.9	1.4	19.4	27.4	21.2	5.5
Gỏi đu đủ: Prawn crunchy green papaya salad with peanuts	201	5.6	1	21.3	13.8	23.2	5.5
Portion of prawn crackers (served with Gỏi đu đủ)	59	4.1	0.4	0.2	0	5.6	0.1
Gỏi xoài: spicy green mango salad topped with pork, dried shrimp & peanuts	175	8.1	1.6	11.7	9	16.5	1.9



Our Lotus, Papaya and Chicken salads are low in fat and sugar, high in protein & packed with Vitamin C, and they're under 300 calories!



Given all our dishes are homemade, the nutritional information above will vary slightly from day to day. **vg** these dishes are all vegan friendly.



Phở : Vietnamese noodle soup

		Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)
Phở chín: tender, slow cooked beef brisket	●	396	9.4	3.7	4.8	36.2	41.6	1.8
Phở tái: thinly sliced steak	●	337	4.5	1.7	4.8	32.3	41.6	1.8
Phở tái lăn: flash fried steak with garlic (Hanoi style)	●	347	5.6	1	4.4	32.3	42.1	1.9
Phở bò combo: steak, brisket & meatballs	●	564	21.4	7	5.2	47.9	44.9	2.1
Phở gà: chicken breast	●	397	6.6	1.5	7.1	37	47.5	1.8
Phở tôm: king prawns	●	346	5.4	1.2	7.1	26.7	47.5	1.8
Phở tôm: king prawns	●	307	1.7	0.1	7.8	20	52.9	1.8
Phở chay: tofu & button mushrooms	●	467	16.2	0.9	7.4	17	53.6	3
Phở chay: tofu & button mushrooms vg	●	428	20	1.9	8.2	23.7	48.3	3
Phở nấm rơm: enoki, shiitake & button mushrooms	●	415	10.2	0.8	7.1	11.4	59.7	3.5
Phở nấm rơm: enoki, shiitake & button mushrooms vg	●	376	13.9	1.9	7.9	18.1	54.3	3.5

- = 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!

Phở : House specials

'Super Green': morning glory, green beans, pak choy, fresh lime & Thai basil vg	●	381	2.4	0.8	10.5	10.6	76	4.9
'Spicy Green': Chicken morning glory, green beans, pak choy, fresh lime & Thai basil vg	●	523	12.3	2.6	12.3	30.4	45	6.9
'Spicy Green': Tofu morning glory, green beans, pak choy, fresh lime & Thai basil vg	●	550	13.3	1.7	13.3	18.6	48.3	4.17
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	12.6	34.6	55.8	3.2
Phở đặc biệt: king prawns, chicken & flash fried steak with garlic	●	440	10.4	1.4	8.5	39.6	47	2.8



Phở : Hot and spicy soups

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)
Bún gà Huế: hot & spicy chicken ●	446	6.2	0.8	8.1	30.3	67.2	1.8
Bún bò Huế: hot & spicy brisket beef (served with a chilli shrimp paste) ●	465	16.7	3.8	5	36.1	42.5	1.9
Bún tôm Huế: hot & spicy juicy king prawn ●	394	5.1	0.4	8.1	20	67.2	1.8
Bún chay Huế: hot & spicy tofu & mushroom vg ●	516	19.6	1.2	8.5	17	67.9	3

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Cơm Tấm : broken rice

Rice bowls: broken rice with wok-fried Chinese leaf, radish, cucumber & pickles

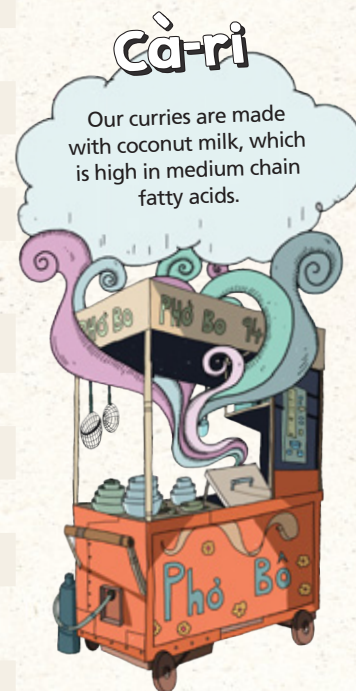
Cơm tấm đặc biệt: Pork	651	12.4	2.25	12.4	39.7	90.9	6.7
Cơm tấm đặc biệt: Beef	662	21.479	2.4	9.5	30.8	83.6	6.9
Cơm tấm đặc biệt: Chicken	575	13.9	3.06	10.7	32.8	75.32	4.3
Cơm tấm đặc biệt: Tofu & Veg vg	638	21.64	0.4	13.5	20.3	85.4	9.1
Cơm tấm đặc biệt: Meat Combo	718	18.4	3.1	12.3	47.7	94.3	8.7

Cauliflower rice bowls: with wok-fried Chinese leaf, radish, cucumber & pickles

Cơm tấm đặc biệt: Pork (with cauliflower rice)	441	21.2	2.4	11.5	28.8	16	6.9
Cơm tấm đặc biệt: Beef (with cauliflower rice)	452	13.7	3	12.7	30.8	8	4.3
Cơm tấm đặc biệt: Chicken (with cauliflower rice)	375	12.2	2.75	14.4	35.7	23.9	6.7
Cơm tấm đặc biệt: Tofu & Veg vg (with cauliflower rice)	428	21.4	0.4	15.5	18.3	1.8	9.1
Cơm tấm đặc biệt: Meat Combo (with cauliflower rice)	508	21.4	3.1	14.3	45.7	27	8.7

Wok fried rice: aromatic, spicy wok-fried broken rice

Cơm tấm rang: Chicken & dried shrimp	664	10.4	1.5	0.3	32.4	110.2	3.8
Cơm tấm rang: Shiitake & Thai basil vg	-	-	-	-	-	-	-



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Cà-rì : curry

Vietnamese curry with veggies & mushrooms, topped with nuts

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)
Cà-rì: Chicken (Excluding rice)	796	61	37.5	26	30.7	31.1	6.7
Cà-rì: Beef (Excluding rice)	-	-	-	-	-	-	-
Cà-rì: King Prawn (Excluding rice)	758	58.2	37.6	26	27.4	31.1	6.7
Cà-rì: Tofu (Excluding rice) vg	758	62.9	37.5	26.7	15.9	32.1	7
Cà-rì Rice portion	312	0.2	0	0.2	5.6	72	2

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: Chicken	424	8	0.6	8	31.4	56	5.3
Bún: Beef	460	11.2	3	8	33.4	56	5.3
Bún: King Prawn	362	5.1	0.7	8	22.6	56	5.3
Bún: Nem Nướng Pork Balls	452	14.2	3.2	8.4	20.9	59.7	5.6
Bún: Tofu & Mushroom vg	450	16.4	1.1	8.3	18.5	56.7	6.1
Bún: Veggie Spring Rolls vg	500	16.8	3.3	13.5	17.9	69	5.9

Bún add-ons

Single vegetarian spring roll	67	3.2	0.4	1.4	1.5	8.1	0.5
Nước chấm sauce (100ml)	70	0	0	14.8	1.5	15.2	0.4
Peanuts	58	4.6	0.9	0.6	3	1.2	0



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Phở Xào : wok fried noodles*

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

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)
Phở Xào: Chicken	445	17.2	1.5	11.4	33.6	39	4.2
Phở Xào: Beef	393	15.7	2.4	11.4	23.8	39	4.2
Phở Xào: Chicken & Prawn	412	15.6	1.6	11.4	28.8	39	4.2
Phở Xào: Tofu & Mushroom vg	411	19.7	1.6	11.9	18.5	39.9	5
* Each comes with a portion of nước chấm sauce (15ml)	10	0	0	2.2	0.2	2.2	0.1

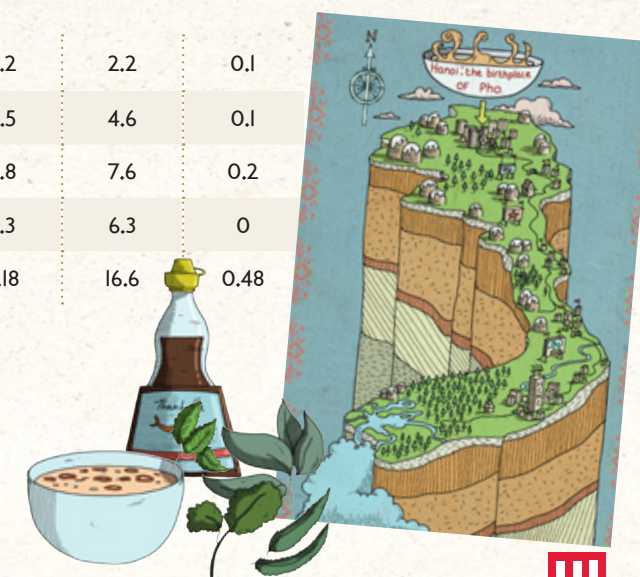
Sides

Excludes dipping sauces

Bánh phồng tôm: prawn crackers with sweet chilli sauce	253	17.6	1.7	-	0	24	0.43
Rau muống xào: stir fried morning glory (water spinach) in garlic vg	172	13.8	1.6	3	5.6	6.4	5
Đậu que: green beans & sugarsnaps in a mild peanut dressing vg	129	7.3	1.6	8.2	5.9	9.9	2.8

Sauces

Nước chấm sauce (15ml) served with Chả giò, Gỏi cuốn, & Nem nướng	10	0	0	2.2	0.2	2.2	0.1
Nước chấm sauce (30ml) served with Nem hải sản & Bánh xèo	21	0	0	4.4	0.5	4.6	0.1
Nước chấm sauce (50ml) served with Bún dishes	35	0	0	7.4	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	10.6	0.18	16.6	0.48



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