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## SmartPoints Guide

## Starters

|  | Excludes dipping sauces |         |                            |           |             |           |           | W   SmartPoints® values*       |
|--|-------------------------|---------|----------------------------|-----------|-------------|-----------|-----------|--------------------------------|
|  | Total Calories          | Fat (g) | of which Saturated fat (g) | Sugar (g) | Protein (g) | Carbs (g) | Fibre (g) | SmartPoints® value per serving |
| <b>Chả giò: Veggie</b> crispy spring rolls served with lettuce & herbs <b>vg</b>                 | 274                     | 13      | 1.8                        | 5.6       | 6.1         | 33.1      | 2.2       | 9 9 9                          |
| <b>Chả giò: Pork</b> crispy spring rolls served with lettuce & herbs                             | 293                     | 13.7    | 2.9                        | 6.9       | 11.8        | 30.8      | 2.3       | 9 9 9                          |
| <b>Gỏi cuốn: Veggie</b> fresh rice paper summer rolls <b>vg</b>                                  | 99                      | 0.7     | 0.1                        | 5         | 3           | 20.1      | 1.8       | 3 3 3                          |
| <b>Gỏi cuốn: Chicken</b> fresh rice paper summer rolls   | 160                     | 1.6     | 0.4                        | 3.1       | 18.3        | 17.9      | 0.9       | 4 4 4                          |
| <b>Gỏi cuốn: Prawn</b> fresh rice paper summer rolls   | 115                     | 0.8     | 0.1                        | 3.1       | 8.9         | 17.9      | 0.9       | 3 3 3                          |
| <b>Cuốn điệp chay:</b> spicy salad rolls with enoki, chilli & herbs (carb-free) <b>vg</b>        | 44                      | 0       | 0                          | 4.01      | 0           | 0         | 1.3       | 0 0 0                          |
| <b>Cánh gà:</b> seasoned, crispy chicken wings with sriracha                                     | 587                     | 35.5    | 6.5                        | 0.29      | 67.1        | 0.2       | 1.2       | 13 13 13                       |
| <b>Nem nướng:</b> homemade pork & lemongrass meatballs   | 323                     | 22      | 5.5                        | 1.1       | 23.4        | 7.8       | 0.7       | 9 9 9                          |
| <b>Mực chiên giòn:</b> tender fried baby squid   | 196                     | 8.6     | 1.1                        | 0.3       | 21.8        | 7.7       | 0.9       | 4 4 4                          |
| <b>Nem hải sản:</b> large crispy spring roll of king prawn, crab & pork                          | 134                     | 6.6     | 1.4                        | -         | 8.6         | 10        | 0.6       | 4 4 4                          |
| <b>Gỏi ngó sen: Chicken &amp; Prawn</b> tangy lotus stems with green bean & sesame seed          | 194                     | 4.7     | 1                          | 9.8       | 23.8        | 13.8      | 2.2       | 5 5 5                          |
| <b>Bánh xèo: Tofu</b> savoury Vietnamese crispy crepe with rice papers & herbs <b>vg</b>         | 515                     | 27.3    | 3                          | 7.3       | 17.1        | 50.1      | 3.9       | 16 16 16                       |
| <b>Bánh xèo: Chicken &amp; Prawn</b><br>savoury Vietnamese crispy crepe with rice papers & herbs | 496                     | 22.2    | 3.3                        | 6.9       | 24.3        | 49.5      | 3.9       | 14 14 14                       |

## Gỏi : Vietnamese salads

|  |     |      |     |      |      |      |     |          |
|--|-----|------|-----|------|------|------|-----|----------|
| <b>Gỏi gà:</b> shredded chicken salad with Asian herbs, peppers & a chilli ginger dressing | 219 | 6.4  | 1   | 9.6  | 28.6 | 11.1 | 5.2 | 5 5 5    |
| <b>Gỏi bắp chuối:</b> fragrant banana blossom salad with tender beef, peanuts & star fruit | 441 | 11.8 | 3.2 | 21.2 | 24.6 | 58.9 | 2   | 14 14 14 |
| <b>Gỏi đu đủ: Chicken</b> crunchy green papaya salad with peanuts                          | 260 | 6.9  | 1.4 | 19.4 | 27.4 | 21.2 | 5.5 | 7 7 7    |
| <b>Gỏi đu đủ: Prawn</b> crunchy green papaya salad with peanuts                            | 201 | 5.6  | 1   | 21.3 | 13.8 | 23.2 | 5.5 | 7 7 7    |
| <b>Portion of prawn crackers</b> (served with Gỏi đu đủ)                                   | 59  | 4.1  | 0.4 | 0.2  | 0    | 5.6  | 0.1 | 2 2 2    |
| <b>Gỏi xoài:</b> spicy green mango salad topped with pork, dried shrimp & peanuts          | 175 | 8.1  | 1.6 | 11.7 | 9    | 16.5 | 1.9 | 5 5 5    |

## Phở : Vietnamese noodle soup

|   |   | Total<br>Calories | Fat (g) | of which<br>Saturated fat (g) | Sugar (g) | Protein (g) | Carbs (g) | Fibre (g) | SmartPoints®<br>value per serving* |
|---|---|-------------------|---------|-------------------------------|-----------|-------------|-----------|-----------|------------------------------------|
| Phở chín: tender, slow cooked beef brisket                | ● | 396               | 9.4     | 3.7                           | 4.8       | 36.2        | 41.6      | 1.8       | 10 10 10                           |
| Phở tái: thinly sliced steak                              | ● | 337               | 4.5     | 1.7                           | 4.8       | 32.3        | 41.6      | 1.8       | 8 8 8                              |
| Phở tái lăn: flash fried steak with garlic (Hanoi style)  | ● | 347               | 5.6     | 1                             | 4.4       | 32.3        | 42.1      | 1.9       | 8 8 8                              |
| Phở bò combo: steak, brisket & meatballs                  | ● | 564               | 21.4    | 7                             | 5.2       | 47.9        | 44.9      | 2.1       | 15 15 15                           |
| Phở gà: chicken breast                                    | ● | 397               | 6.6     | 1.5                           | 7.1       | 37          | 47.5      | 1.8       | 10 9 9                             |
| Phở tôm: king prawns                                      | ● | 346               | 5.4     | 1.2                           | 7.1       | 26.7        | 47.5      | 1.8       | 9 9 9                              |
| Phở tôm: king prawns                                      | ● | 307               | 1.7     | 0.1                           | 7.8       | 20          | 52.9      | 1.8       | 8 8 8                              |
| Phở chay: tofu & button mushrooms                         | ● | 467               | 16.2    | 0.9                           | 7.4       | 17          | 53.6      | 3         | 13 12 12                           |
| Phở chay: tofu & button mushrooms <b>vg</b>               | ● | 428               | 20      | 1.9                           | 8.2       | 23.7        | 48.3      | 3         | 12 11 11                           |
| Phở nấm rơm: enoki, shiitake & button mushrooms           | ● | 415               | 10.2    | 0.8                           | 7.1       | 11.4        | 59.7      | 3.5       | 12 12 12                           |
| Phở nấm rơm: enoki, shiitake & button mushrooms <b>vg</b> | ● | 376               | 13.9    | 1.9                           | 7.9       | 18.1        | 54.3      | 3.5       | 11 11 11                           |

## Phở : House specials

|  |   |     |      |     |      |      |      |      |          |
|--|---|-----|------|-----|------|------|------|------|----------|
| 'Super Green': morning glory, green beans, pak choy, fresh lime & Thai basil <b>vg</b>   | ● | 381 | 2.4  | 0.8 | 10.5 | 10.6 | 76   | 4.9  | 11 11 11 |
| 'Spicy Green': Chicken morning glory, green beans, pak choy, fresh lime & Thai basil <b>vg</b>                                       | ● | 523 | 12.3 | 2.6 | 12.3 | 30.4 | 45   | 6.9  | 15 14 14 |
| 'Spicy Green': Tofu morning glory, green beans, pak choy, fresh lime & Thai basil <b>vg</b>  | ● | 550 | 13.3 | 1.7 | 13.3 | 18.6 | 48.3 | 4.17 | 16 15 15 |
| 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  | 15 15 15 |
| Phở đặc biệt: king prawns, chicken & flash fried steak with garlic   | ● | 440 | 10.4 | 1.4 | 8.5  | 39.6 | 47   | 2.8  | 11 10 10 |

● = BEEF STOCK  
 ● = CHICKEN STOCK  
 ● = VEGGIE STOCK

Given all our dishes are homemade, the nutritional information above will vary slightly from day to day. **vg** these dishes are all vegan friendly. \*SmartPoints® values shown per serving.

## Phở : Hot and spicy soups

|  | Total Calories | Fat (g) | of which Saturated fat (g) | Sugar (g) | Protein (g) | Carbs (g) | Fibre (g) | SmartPoints® values*                                   |
|--|----------------|---------|----------------------------|-----------|-------------|-----------|-----------|--|
| Bún gà Huế: hot & spicy chicken  | 446            | 6.2     | 0.8                        | 8.1       | 30.3        | 67.2      | 1.8       | 12 11 11 <small>SmartPoints® value per serving</small> |
| 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       | 12 12 12   |
| Bún tôm Huế: hot & spicy juicy king prawn                                | 394            | 5.1     | 0.4                        | 8.1       | 20          | 67.2      | 1.8       | 11 11 11   |
| Bún chay Huế: hot & spicy tofu & mushroom <b>vg</b>                      | 516            | 19.6    | 1.2                        | 8.5       | 17          | 67.9      | 3         | 15 14 14   |

## 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 | 18 18 18 |
| Cơm tấm đặc biệt: Beef                 | 662 | 21.479 | 2.4  | 9.5  | 30.8 | 83.6  | 6.9 | 19 19 19 |
| Cơm tấm đặc biệt: Chicken              | 575 | 13.9   | 3.06 | 10.7 | 32.8 | 75.32 | 4.3 | 16 16 16 |
| Cơm tấm đặc biệt: Tofu & Veg <b>vg</b> | 638 | 21.64  | 0.4  | 13.5 | 20.3 | 85.4  | 9.1 | 19 18 18 |
| Cơm tấm đặc biệt: Meat Combo           | 718 | 18.4   | 3.1  | 12.3 | 47.7 | 94.3  | 8.7 | 19 19 19 |

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 | 12 12 12 |
| Cơm tấm đặc biệt: Beef (with cauliflower rice)                 | 452 | 13.7 | 3    | 12.7 | 30.8 | 8    | 4.3 | 12 12 12 |
| Cơm tấm đặc biệt: Chicken (with cauliflower rice)              | 375 | 12.2 | 2.75 | 14.4 | 35.7 | 23.9 | 6.7 | 10 10 10 |
| Cơm tấm đặc biệt: Tofu & Veg <b>vg</b> (with cauliflower rice) | 428 | 21.4 | 0.4  | 15.5 | 18.3 | 1.8  | 9.1 | 13 12 12 |
| Cơm tấm đặc biệt: Meat Combo (with cauliflower rice)           | 508 | 21.4 | 3.1  | 14.3 | 45.7 | 27   | 8.7 | 13 13 13 |

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 | 17 17 17 |
| Cơm tấm rang: Shiitake & Thai basil <b>vg</b> | -   | -    | -   | -   | -    | -     | -   | -        |

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● = CHICKEN STOCK  
● = VEGGIE STOCK

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## Cà-ri : 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) | SmartPoints® values*                    |
|--|----------------|---------|----------------------------|-----------|-------------|-----------|-----------|---|
| Cà-ri: Chicken (Excluding rice)        | 796            | 61      | 37.5                       | 26        | 30.7        | 31.1      | 6.7       | 34 34 34 SmartPoints® value per serving |
| Cà-ri: Beef (Excluding rice)           | -              | -       | -                          | -         | -           | -         | -         | -                                       |
| Cà-ri: King Prawn (Excluding rice)     | 758            | 58.2    | 37.6                       | 26        | 27.4        | 31.1      | 6.7       | 34 33 33                                |
| Cà-ri: Tofu (Excluding rice) <b>vg</b> | 758            | 62.9    | 37.5                       | 26.7      | 15.9        | 32.1      | 7         | 35 34 34                                |
| Cà-ri Rice portion                     | 312            | 0.2     | 0                          | 0.2       | 5.6         | 72        | 2         | 9 9 9                                   |

## 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 | 11 10 10 |
| Bún: Beef                          | 460 | 11.2 | 3   | 8    | 33.4 | 56   | 5.3 | 12 12 12 |
| Bún: King Prawn                    | 362 | 5.1  | 0.7 | 8    | 22.6 | 56   | 5.3 | 10 9 9   |
| Bún: Nem Nướng Pork Balls          | 452 | 14.2 | 3.2 | 8.4  | 20.9 | 59.7 | 5.6 | 14 14 14 |
| Bún: Tofu & Mushroom <b>vg</b>     | 450 | 16.4 | 1.1 | 8.3  | 18.5 | 56.7 | 6.1 | 13 12 12 |
| Bún: Veggie Spring Rolls <b>vg</b> | 500 | 16.8 | 3.3 | 13.5 | 17.9 | 69   | 5.9 | 16 16 16 |

## Bún add-ons

|                               |    |     |     |      |     |      |     |       |
|-------------------------------|----|-----|-----|------|-----|------|-----|-------|
| Single vegetarian spring roll | 67 | 3.2 | 0.4 | 1.4  | 1.5 | 8.1  | 0.5 | 2 2 2 |
| Nước chấm sauce (100ml)       | 70 | 0   | 0   | 14.8 | 1.5 | 15.2 | 0.4 | 4 4 4 |
| Peanuts                       | 58 | 4.6 | 0.9 | 0.6  | 3   | 1.2  | 0   | 2 2 2 |

## 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) | SmartPoints® values*                    |
|---|----------------|---------|----------------------------|-----------|-------------|-----------|-----------|---|
| Phở Xào: Chicken                                      | 445            | 17.2    | 1.5                        | 11.4      | 33.6        | 39        | 4.2       | 12 11 11 SmartPoints® value per serving |
| Phở Xào: Beef   | 393            | 15.7    | 2.4                        | 11.4      | 23.8        | 39        | 4.2       | 11 11 11                                |
| Phở Xào: Chicken & Prawn                              | 412            | 15.6    | 1.6                        | 11.4      | 28.8        | 39        | 4.2       | 11 11 11                                |
| Phở Xào: Tofu & Mushroom <b>vg</b>                    | 411            | 19.7    | 1.6                        | 11.9      | 18.5        | 39.9      | 5         | 12 11 11                                |
| * Each comes with a portion of nước chấm sauce (15ml) | 10             | 0       | 0                          | 2.2       | 0.2         | 2.2       | 0.1       | 1 1 1                                   |

## Sides

Excludes dipping sauces

|   |     |      |     |     |     |     |      |       |
|---|-----|------|-----|-----|-----|-----|------|-------|
| Bánh phồng tôm: prawn crackers with sweet chilli sauce                      | 253 | 17.6 | 1.7 | -   | 0   | 24  | 0.43 | 8 8 8 |
| Rau muống xào: stir fried morning glory (water spinach) in garlic <b>vg</b> | 172 | 13.8 | 1.6 | 3   | 5.6 | 6.4 | 5    | 5 4 4 |
| Đậu que: green beans & sugarsnaps in a mild peanut dressing <b>vg</b>       | 129 | 7.3  | 1.6 | 8.2 | 5.9 | 9.9 | 2.8  | 5 5 5 |

## Sauces

|   |      |     |     |      |      |      |      |       |
|---|------|-----|-----|------|------|------|------|-------|
| Nước chấm sauce (15ml) served with Chả giò, Gỏi cuốn, & Nem nướng | 10   | 0   | 0   | 2.2  | 0.2  | 2.2  | 0.1  | 1 1 1 |
| Nước chấm sauce (30ml) served with Nem hải sản & Bánh xèo         | 21   | 0   | 0   | 4.4  | 0.5  | 4.6  | 0.1  | 1 1 1 |
| Nước chấm sauce (50ml) served with Bún dishes                     | 35   | 0   | 0   | 7.4  | 0.8  | 7.6  | 0.2  | 2 2 2 |
| Peanut sauce (30ml)   | 79.8 | 5.1 | 1.2 | -    | 2.3  | 6.3  | 0    | 3 3 3 |
| Sweet Chilli sauce  | 69.3 | 0.2 | 0   | 10.6 | 0.18 | 16.6 | 0.48 | 3 3 3 |

