



Nutritional Guidelines

Starters & Sides : món khai vị

Excludes dipping sauces

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)
Spring rolls Chả giò - Veggie served with lettuce & herbs vg	318	11.5	1.1	3.1	4.5	49.1	< 1
Spring rolls Chả giò - Pork served with lettuce & herbs	360	17.1	4.2	2.8	14.1	37.2	< 1
Summer rolls - Veggie Gỏi cuốn - fresh rice paper rolls vg	185	3.8	< 0.5	8.1	1.7	36.6	1.4
Summer rolls - Chicken Gỏi cuốn - fresh rice paper rolls	183	< 1	< 0.5	1.8	10.5	33.1	< 1
Summer rolls - THIS™ isn't chicken Gỏi cuốn - fresh rice paper rolls vg	196	3.6	< 0.5	2.8	8.5	33.6	2.1
Summer rolls - Prawn Gỏi cuốn - fresh rice paper summer rolls	145	< 0.5	< 0.5	2.2	6.8	29.2	1
Spicy salad rolls Cuốn diếp chay - with enoki, chilli & herbs (low-carb) vg	44	< 1	< 0.5	1.3	1	7.9	1
Chicken wings Cánh gà - seasoned, crispy chicken wings with sriracha	587	35.5	6.5	0.29	67.1	0.2	1.2
Pork & lemongrass meatballs Nem nướng	349	22.8	5.4	1	27.5	7.6	1.6
Baby squid Mực chiên giòn - tender fried baby squid	315	21.8	1.9	< 0.5	13.5	17.8	2.9
Seafood spring roll Nem hải sản - large crispy spring roll of king prawn, crab & pork	208	9.1	2.2	1.4	12.7	20.4	3.3
Beef betel Bò lá lốt - beef wrapped in betel leaves	365	14.4	3.5	2	35	22.8	1
Vietnamese pancake - Tofu Bánh xèo savoury crispy pancake with rice papers & herbs vg	289	18.1	4.1	< 0.5	12.5	19.2	1
Vietnamese pancake - THIS™ isn't chicken Bánh xèo savoury crispy pancake with rice papers & herbs vg	281	13.2	2.7	1.4	18.2	24.3	4.6
Vietnamese pancake - Chicken & Prawn Bánh xèo savoury crispy pancake with rice papers & herbs	226	8.7	2.7	< 0.5	20.4	16.1	1
Lotus stems - Veggie Gỏi ngó sen - with green bean vg	89	< 0.5	< 0.5	15.3	1.5	21.4	2.5
Lotus stems - Chicken & Prawn Gỏi ngó sen - with green bean	190	1.2	< 0.5	18.3	22.7	21.9	1.5
Morning glory Rau muống xào stir fried morning glory (water spinach) in garlic, with or without fresh red chillies vg	101/109	6.3	< 1	1.2	4	10	2.1
Stir fried Chinese leaf Cải thảo xào in soy sauce, with or without fresh red chillies vg	67/136	5.2	< 0.5	1.3	2.2	3.4	1.3

As each dish is cooked to order, variations do occur and the nutritional information above will vary slightly. The information is accurate as of 1/4/2022. **vg** - vegan friendly dishes.

Vietnamese noodle soup : phở

Classics

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)
Beef brisket Phở chín - tender, slow cooked beef brisket	397	3.6	1.32	1	36.7	54.6	3
Steak Phở tái - thinly sliced steak	287	1.25	< 0.5	1	21.4	47.5	3.1
Steak with garlic Phở tái lăn - flash fried steak (Hanoi style)	468	14.9	2	1	32.6	50	3.2
Beef combo Phở bò combo - steak, brisket & meatballs	396	5.8	2	1	39.2	46.1	3.2
Chicken Phở gà - breast meat in chicken broth	347	2	< 1	< 1	29.3	53	3.4
King prawns Phở tôm	305	< 1	< 0.5	< 1	20.9	54.4	3.4
Tofu & button mushrooms Phở chay vg	356	7.9	< 1	< 1	14.9	56.1	3.3
3 Mushrooms Phở nấm rơm - enoki, shiitake & button mushrooms vg	290	3.9	< 1	< 1	11.4	52.8	3.3

Hot & spicy soups

Hot & spicy chicken Bún gà Huế	353	3.1	< 1	1.8	26.9	55	3.1
Hot & spicy beef brisket Bún bò Huế - served with a chilli shrimp paste	454	9.4	1.7	< 1	36.6	55.4	2.9
Hot & spicy king prawn Bún tôm Huế	301	2.6	< 1	2.3	17.1	52.7	2.9
Hot & spicy THIS™ isn't chicken Bún gà chay Huế vg	349	5.6	< 1	3.5	18.2	58	4.6
Hot & spicy tofu & mushroom Bún chay Huế vg	420	13.4	1.6	< 1	15.8	59.1	3
Hot & spicy 3 mushrooms Bún nấm rơm Huế - with pak choi vg	335	6.1	< 1	4.8	9	60.1	3

House specials

'Super Green' - morning glory, green beans, pak choi, fresh lime & Thai basil vg	381	2.4	0.8	10.5	10.6	76	4.9
'Spicy Green' - Chicken - with morning glory, green beans, pak choi, fresh lime & Thai basil in spicy veggie broth	455	12.3	2.6	12.3	30.4	45	6.9
'Spicy Green' - THIS™ isn't chicken - with morning glory, green beans, pak choi, fresh lime & Thai basil in spicy veggie broth vg	460	12.3	2.6	12.3	30.4	45	6.9
'Spicy Green' - Tofu - with morning glory, green beans, pak choi, fresh lime & Thai basil in spicy veggie broth vg	475	12.3	2.6	12.3	30.4	45	6.9

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Vietnamese noodle soup : phở

House specials - cont...

Brisket & mushroom | Phở bò nấm trứng

brisket, enoki & button mushrooms, creamy egg yolk in beef broth

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)
Brisket & mushroom Phở bò nấm trứng brisket, enoki & button mushrooms, creamy egg yolk in beef broth	374	9.5	2.1	< 1	24.4	46.9	3.4
Crab noodle soup Bún riêu - a Hanoi classic; vermicelli noodles in a rich tomato & crab broth with wafer thin steak & tofu, topped with fried shallots	498	19.2	3.6	12.6	34.6	55.8	3.2
Phở house Phở đặc biệt king prawns, chicken & flash fried steak with garlic in beef broth	351	5.8	1	< 1	32.4	41.6	3.6

Crab noodle soup | Bún riêu - a Hanoi classic; vermicelli noodles in a rich tomato & crab broth with wafer thin steak & tofu, topped with fried shallots

Phở house | Phở đặc biệt

king prawns, chicken & flash fried steak with garlic in beef broth

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. Served with phở or bún noodles

Beef brisket

Chicken

King prawn

THIS™ isn't chicken **vg**

Tofu & mushroom **vg**

3 Mushroom **vg**

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)
Beef brisket	648	26.7	18	10.8	25.9	75.9	3.6
Chicken	589	21	14.4	9.8	25	74.4	3.5
King prawn	584	22.8	16.2	12.1	21.6	74.1	3.5
THIS™ isn't chicken vg	610	25.5	16.7	12	20.2	75.9	3.5
Tofu & mushroom vg	631	29.4	13.7	12.2	15.5	78.2	3.6
3 Mushroom vg	559	22.8	13.3	9.1	10.8	76	3.3

Curry : cà-ri

Excludes rice (see below)

topped with peanuts. Served with a choice of broken or cauliflower rice.

Classic

rich, fragrant Vietnamese curry, with veggies & mushrooms

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)
Chicken	587	39.2*	22.1	15.8	23.1	19.2	4.5
Beef brisket	682	45.1*	25.5	15.5	31.4	17.7	2.2
King Prawn	599	41.8*	23.9	16.2	19.1	19.6	2.9
Tofu vg	769	60.4*	31.3	19.1	14.3	24.2	3.1
THIS™ isn't chicken vg	660	47.1*	25.8	17.2	17.6	26.2	4.6

Spicy

spicy Vietnamese curry with fresh red chillies & betel leaf.

Chicken	623	50.3*	34.7	14.1	31	21.2	1.9
Beef brisket	736	58*	41.3	13.4	34.7	18.4	2
King Prawn	642	60*	43.7	16.4	22.8	21.1	2.1
Tofu vg	789	48.1*	29.77	14.3	13.6	21.1	1.6
THIS™ isn't chicken vg	674	52.8*	35.8	16.6	25.8	26.2	3.9

+ Choice of rice

broken rice portion	370	< 0.5	< 0.5	< 0.5	8.3	101	2.8
cauliflower rice portion	64	< 0.5	< 0.5	< 0.5	-	-	-

* Please note: this is "good fat" from coconut milk used in the sauce

Rice bowls : món cơm

Excludes rice (see below)

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

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)
Chargrilled chicken thigh	239	11.4	3.1	3.8	31.4	17	3.8
Beef in betel leaf	290	14.1	4.2	1.6	25.6	17	2
Chargrilled Pork	281	6	< 1	2.6	25	15.9	4.5
3 Meat Combo	348	11.7	3.4	2.7	34.4	18.7	4.6
Tofu & Veg vg	268	14.1	1.6	1.2	21.2	16.7	3.8
THIS™ isn't chicken & veg vg	205	8.1	< 1	2.5	21.8	27	6.1
+ Choice of rice							
broken rice portion	370	< 0.5	< 0.5	< 0.5	8.3	101	2.8
cauliflower rice portion	64	< 0.5	< 0.5	< 0.5	-	-	-

Wok fried rice : cơm chiên

aromatic, spicy wok-fried broken rice

Chicken & dried shrimp	794	27.3	2.6	6.6	31.4	105	3.3
Shiitake & Thai basil vg	796	27.2	2.4	5.8	14.7	126.5	0.2
THIS™ isn't chicken vg	869	34.9	2.9	1.7	24.2	120.1	10.9

Wok fried noodles : phở xào

Includes sauces

wok fried flat rice noodles with lemongrass, chilli and Asian greens.
Served with peanuts & nước chấm. **vg** dish served with nước chấm chay.

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)
Chicken	447	6.6	1	< 0.5	33.3	64.8	2.4
Beef	442	7.9	< 1	< 1	26.8	67.3	2.9
Chicken & Prawn	446	11.2	< 1	< 1	29.2	55.5	1.5
Tofu & Mushroom vg	527	14	1.5	< 1	16	99	5.1
THIS™ isn't chicken vg	419	3.9	< 0.5	< 0.5	19.5	79.8	7.3

Vermicelli noodles : bún*

Includes sauces

vermicelli rice noodles with a lemongrass & chilli wok-fried topping. Served with fresh herbs, beansprouts, peanuts & nước chấm. **vg** dish served with nước chấm chay.

* All exclude veggie spring roll.

Chicken	310	5.7	1.2	5.4	26.2	39.7	3.41
Beef	286	6.2	1.4	6.5	21.6	37.1	2.6
King Prawn	236	3.8	1	3.8	16.1	35.8	2.5
Nem Nướng Pork Balls	441	19.9	5	5.9	23.1	43.7	3.5
Tofu & Mushroom vg	303	11.9	1.7	5.9	10.5	41.5	2.6
Veggie Spring Rolls vg	476	9.2	1.5	8.4	10.4	89.6	4.4
THIS™ isn't chicken vg	450	10	1.7	9	28.1	66.5	8.5

+ Bún add-ons

Single vegetarian spring roll	79	2.8	< 0.5	< 1	1.1	12.2	< 0.5
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Vietnamese salads : gỏi

Includes dressings	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)
Chicken salad Gỏi gà - with Asian herbs, peppers & a chilli ginger dressing	210	6.2	1.3	10.6	20	17.9	1.3
THIS™ isn't chicken salad Gỏi gà - with Asian herbs, peppers & a chilli ginger dressing vg	233	7	1.4	13.5	17.5	26.5	3.8
Veggie salad Gỏi chay - as above minus the chicken vg	153	5.4	1.5	11.7	4.1	23.1	2
Green papaya salad - Chicken Gỏi đu đủ - with peanuts	189	3	< 1	2.7	28.8	13.2	3.9
Green papaya salad - THIS™ isn't chicken Gỏi đu đủ - with peanuts vg	203	7.7	< 1	5.9	17.6	19.6	7.2
Green papaya salad - Prawn Gỏi đu đủ - with peanuts	129	3.7	< 1	8.3	10.7	14.5	3
Prawn cracker portion (served with Green papaya salad)	59	4.1	0.4	0.2	0	5.6	0.1
Mango salad Gỏi xoài - topped with pork, dried shrimp & peanuts	175	8.1	1.6	11.7	9	16.5	1.9

Prawn or 'Prawnless' crackers

Prawn crackers Bánh phồng tôm - with sweet chilli sauce	253	17.6	1.7	-	0	24	0.43
Prawnless crackers Bánh phồng chay - with sweet chilli sauce vg	320	17.6	1.7	-	0	24	0.43

Sauces*

Nước chấm	50	< 0.5	< 0.5	11	< 0.5	10	< 0.5
Nước chấm chay	37	< 0.5	< 0.5	9	< 0.5	8.9	< 0.5
Peanut	95	11.5	2.1	13.9	6.9	15	< 1
Soy ginger	99	< 0.5	< 0.5	19.4	3.4	21.8	< 0.5
Sweet Chilli	69.3	0.2	0	10.6	0.18	16.6	0.48

* Based on the standard starter serving

