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**Nutritional Information
& SmartPoints® Guide**

Starters : món khai vị

Excludes dipping sauces

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)	SmartPoints® values*
Spring rolls Chả giò - Veggie served with lettuce & herbs vg	318	11.5	1.1	3.1	4.5	49.1	< 1	10 10 10 SmartPoints® value per serving
Spring rolls Chả giò - Pork served with lettuce & herbs	360	17.1	4.2	2.8	14.1	37.2	< 1	11 11 11
Summer rolls - Veggie Gỏi cuốn - fresh rice paper rolls vg	185	3.8	< 0.5	8.1	1.7	36.6	1.4	6 6 6
Summer rolls - Chicken Gỏi cuốn - fresh rice paper rolls	183	< 1	< 0.5	1.8	10.5	33.1	< 1	5 5 5
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	6 6 6
Summer rolls - Prawn Gỏi cuốn - fresh rice paper summer rolls	145	< 0.5	< 0.5	2.2	6.8	29.2	1	4 4 4
Spicy salad rolls Cuốn diếp chay - with enoki, chilli & herbs (low-carb) vg	44	< 1	< 0.5	1.3	1	7.9	1	0 0 0
Chicken wings Cánh gà - seasoned, crispy chicken wings with sriracha	587	35.5	6.5	0.29	67.1	0.2	1.2	13 13 13
Pork & lemongrass meatballs Nem nướng	349	22.8	5.4	1	27.5	7.6	1.6	10 10 10
Baby squid Mực chiên giòn - tender fried baby squid	315	21.8	1.9	< 0.5	13.5	17.8	2.9	9 7 7
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	6 6 6
Lotus stems - Veggie Gỏi ngó sen - with green bean vg	89	< 0.5	< 0.5	15.3	1.5	21.4	2.5	5 5 5
Lotus stems - Chicken & Prawn Gỏi ngó sen - with green bean	190	1.2	< 0.5	18.3	22.7	21.9	1.5	6 6 6
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 savory crispy pancake with rice papers & herbs vg	289	18.1	4.1	< 0.5	12.5	19.2	1	9 9 9
Vietnamese pancake - THIS™ isn't chicken Bánh xèo savory crispy pancake with rice papers & herbs vg	281	13.2	2.7	1.4	18.2	24.3	4.6	8 8 8
Vietnamese pancake - Chicken & Prawn Bánh xèo savory crispy pancake with rice papers & herbs	226	8.7	2.7	< 0.5	20.4	16.1	1	6 5 5

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Vietnamese salads : gỏi

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)	SmartPoints® values*
Chicken salad Gỏi gà - with Asian herbs, peppers & a chilli ginger dressing	210	6.2	1.3	10.6	20	17.9	1.3	5 4 4 <small>SmartPoints® value per serving</small>
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	6 6 6
Veggie salad Gỏi chay - as above minus the chicken vg	153	5.4	1.5	11.7	4.1	23.1	2	5 5 5
Green papaya salad - Chicken Gỏi đu đủ - with peanuts	189	3	< 1	2.7	28.8	13.2	3.9	1 1 1
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	3 3 3
Green papaya salad - Prawn Gỏi đu đủ - with peanuts	129	3.7	< 1	8.3	10.7	14.5	3	2 2 2
Prawn cracker portion (served with Gỏi đu đủ)	59	4.1	0.4	0.2	0	5.6	0.1	2 2 2
Banana blossom salad Gỏi bắp chuối - with tender beef, peanuts & star fruit	213	5.6	2.2	15.6	22.9	20.3	4.6	5 5 5
Mango salad Gỏi xoài - topped with pork, dried shrimp & peanuts	175	8.1	1.6	11.7	9	16.5	1.9	5 5 5

Sides : món ăn kèm

Prawn crackers Bánh phồng tôm - with sweet chilli sauce	253	17.6	1.7	-	0	24	0.43	8 8 8
Morning glory Rau muống xào - stir fried morning glory (water spinach) in garlic vg	109	6.3	< 1	1.2	4	10	2.1	3 2 2
Green beans & sugarsnaps Đậu que - in peanut dressing vg	58	2.4	< 0.5	1.2	3.5	7.29	3.3	1 1 1
Stir fried Chinese leaf Cải thảo xào - in soy sauce vg	67	5.2	< 0.5	1.3	2.2	3.4	1.3	2 2 2

Vietnamese noodle soup : phở

		Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)	SmartPoints® values*
Beef brisket Phở chín - tender, slow cooked beef brisket	●	397	3.6	1.32	1	36.7	54.6	3	9 9 9 SmartPoints® value per serving
Steak Phở tái - thinly sliced steak	●	287	1.25	< 0.5	1	21.4	47.5	3.1	7 7 7
Steak with garlic Phở tái lăn - flash fried steak (Hanoi style)	●	468	14.9	2	1	32.6	50	3.2	12 12 12
Beef combo Phở bò combo - steak, brisket & meatballs	●	396	5.8	2	1	39.2	46.1	3.2	9 9 9
Chicken Phở gà - breast meat in chicken broth	●	347	2	< 1	< 1	29.3	53	3.4	8 7 7
King prawns Phở tôm	●	305	< 1	< 0.5	< 1	20.9	54.4	3.4	7 7 7
Tofu & button mushrooms Phở chay	●	356	7.9	< 1	< 1	14.9	56.1	3.3	9 9 9
3 Mushrooms Phở nấm rơm - enoki, shiitake & button mushrooms	●	290	3.9	< 1	< 1	11.4	52.8	3.3	8 8 8
King prawns Phở tôm	●	305	1.3	< 0.5	< 1	18.3	55.9	3.2	8 7 7
Tofu & button mushrooms Phở chay vg	●	323	8.6	< 1	< 1	11.9	48.9	3.1	9 8 8
3 Mushrooms Phở nấm rơm - enoki, shiitake & button mushrooms vg	●	285	3.8	< 0.5	1.27	7.9	54.6	3.1	8 8 8

Hot and spicy soups : phở

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	11 11 11
Hot & spicy chicken Bún gà Huế	●	353	3.1	< 1	1.8	26.9	55	3.1	8 8 8
Hot & spicy king prawn Bún tôm Huế	●	301	2.6	< 1	2.3	17.1	52.7	2.9	8 8 8
Hot & spicy tofu & mushroom Bún chay Huế vg	●	420	13.4	1.6	< 1	15.8	59.1	3	12 11 11
Hot & spicy THIS™ isn't chicken Bún gà chay Huế vg	●	349	5.6	< 1	3.5	18.2	58	4.6	9 9 9
Hot & spicy 3 mushrooms Bún nấm rơm Huế - with pak Choi vg	●	335	6.1	< 1	4.8	9	60.1	3	9 9 9

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

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House specials : phở

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)	SmartPoints® values*
'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	11 11 11 <small>SmartPoints® value per serving</small>
'Spicy Green' - Chicken - morning glory, green beans, pak choi, fresh lime & Thai basil	455	12.3	2.6	12.3	30.4	45	6.9	15 14 14
'Spicy Green' - Tofu - as above vg	475	13.3	1.7	13.3	18.6	48.3	4.17	16 15 15
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	15 15 15
Brisket & mushroom Phở bò nấm trứng brisket, enoki & button mushrooms, creamy egg yolk	374	9.5	2.1	< 1	24.4	46.9	3.4	9 9 9
Phở house Phở đặc biệt king prawns, chicken & flash fried steak with garlic	351	5.8	1	< 1	32.4	41.6	3.6	8 7 7

Curry : cà-ri

Vietnamese curry with veggies & mushrooms, topped with peanuts

Chicken (excluding rice)	687	53.2*	24.6	15.1	31.7	20.5	1.6	26 25 25
Beef brisket (excluding rice)	906	73.4*	34	7.9	42.1	19.3	2.6	33 33 33
King Prawn (excluding rice)	496	42*	19.4	5.5	14.2	15.8	2.6	19 19 19
Tofu (excluding rice) vg	839	76.9*	33.5	4.8	15.7	24	5.5	34 33 33
THIS™ isn't chicken (excluding rice) vg	740	61.2*	11.39	7	20.6	25.2	2.8	24 24 24
Rice portion	436	< 0.5	< 0.5	< 0.5	8.3	101	2.8	13 13 13

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

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Rice bowls : món cơm

Includes sauces

with Rice:

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

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)	SmartPoints® values*
Chargrilled chicken thigh	575	13.9	3.06	10.7	32.8	75.32	4.3	16 16 16
Beef in betel leaf	662	21.479	2.4	9.5	30.8	83.6	6.9	19 19 19
Chargrilled Pork	651	12.4	2.25	12.4	39.7	90.9	6.7	18 18 18
3 Meat Combo	718	18.4	3.1	12.3	47.7	94.3	8.7	19 19 19
Tofu & Veg vg	638	21.64	0.4	13.5	20.3	85.4	9.1	19 18 18

with Cauliflower rice:

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

Chargrilled chicken thigh	289	11.4	3.1	3.8	31.4	17	3.8	6 6 6
Beef in betel leaf	299	14.1	4.2	1.6	25.6	17	2	7 7 7
Chargrilled Pork	209	6	< 1	2.6	25	15.9	4.5	4 4 4
3 Meat Combo	308	11.7	3.4	2.7	34.4	18.7	4.6	6 6 6
Tofu & Veg vg	270	14.1	1.6	1.2	21.2	16.7	3.8	6 5 5
THIS™ isn't chicken & veg vg	255	8.1	< 1	2.5	21.8	27	6.1	5 5 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	23 22 22
Shiitake & Thai basil vg	796	27.2	2.4	5.8	14.7	126.5	0.2	24 24 24
THIS™ isn't chicken vg	869	34.9	2.9	1.7	24.2	120.1	10.9	25 25 25

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Wok fried noodles : phở xào

Includes sauces

wok fried flat rice noodles with lemongrass, chilli & Asian greens.
Served with peanuts & nước chấm.

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)	SmartPoints® values*
Chicken	447	6.6	1	< 0.5	33.3	64.8	2.4	10 9 9 <small>SmartPoints® value per serving</small>
Beef	442	7.9	< 1	< 1	26.8	67.3	2.9	11 11 11
Chicken & Prawn	446	11.2	< 1	< 1	29.2	55.5	1.5	11 10 10
Tofu & Mushroom vg	577	14	1.5	< 1	16	99	5.1	16 15 15
THIS™ isn't chicken vg	419	3.9	< 0.5	< 0.5	19.5	79.8	7.3	11 11 11

Vermicelli noodles : bún*

Includes sauces

vermicelli rice noodles with a lemongrass & chilli wok-fried topping. Served with fresh herbs, beansprouts & peanuts. * All exclude veggie spring roll.

Chicken	310	5.7	1.2	5.4	26.2	39.7	3.41	8 7 7
Beef	286	6.2	1.4	6.5	21.6	37.1	2.6	8 8 8
King Prawn	236	3.8	1	3.8	16.1	35.8	2.5	6 5 5
Nem Nướng Pork Balls	441	19.9	5	5.9	23.1	43.7	3.5	13 13 13
Tofu & Mushroom vg	303	11.9	1.7	5.9	10.5	41.5	2.6	9 8 8
Veggie Spring Rolls vg	476	9.2	1.5	8.4	10.4	89.6	4.4	15 15 15
THIS™ isn't chicken vg	450	10	1.7	9	28.1	66.5	8.5	12 12 12

Bún add-ons

Single vegetarian spring roll

79	2.8	< 0.5	< 1	1.1	12.2	< 0.5	3 3 3
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Sauces*

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)	SmartPoints® values*
Nước chấm	45	< 0.5	< 0.5	11	< 0.5	10	< 0.5	1 1 1 SmartPoints® value per serving
Nước chấm chay	37	< 0.5	< 0.5	9	< 0.5	8.9	< 0.5	2 2 2
Peanut	190	11.5	2.1	13.9	6.9	15	< 1	7 7 7
Soy ginger	99	< 0.5	< 0.5	19.4	3.4	21.8	< 0.5	5 5 5
Sweet Chilli	69.3	0.2	0	10.6	0.18	16.6	0.48	3 3 3

* Based on the standard starter serving

