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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	-
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	-
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	-
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	-
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	-
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	-

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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	-
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 Gỏi đu đủ)	59	4.1	0.4	0.2	0	5.6	0.1	-
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	-
Mango salad Gỏi xoài - topped with pork, dried shrimp & peanuts	175	8.1	1.6	11.7	9	16.5	1.9	-

Sides : món ăn kèm

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

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	-
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	●	356	7.9	< 1	< 1	14.9	56.1	3.3	-
3 Mushrooms Phở nấm rơm - enoki, shiitake & button mushrooms	●	290	3.9	< 1	< 1	11.4	52.8	3.3	-
King prawns Phở tôm	●	305	1.3	< 0.5	< 1	18.3	55.9	3.2	-
Tofu & button mushrooms Phở chay vg	●	323	8.6	< 1	< 1	11.9	48.9	3.1	-
3 Mushrooms Phở nấm rơm - enoki, shiitake & button mushrooms vg	●	285	3.8	< 0.5	1.27	7.9	54.6	3.1	-

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

● = 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	-
'Spicy Green' - Chicken - morning glory, green beans, pak choi, fresh lime & Thai basil	523	12.3	2.6	12.3	30.4	45	6.9	-
'Spicy Green' - Tofu - as above vg	550	13.3	1.7	13.3	18.6	48.3	4.17	-
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	534	19.2	3.6	12.6	34.6	55.8	3.2	-
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	-
Phở house Phở đặc biệt king prawns, chicken & flash fried steak with garlic	351	5.8	1	< 1	32.4	41.6	3.6	-

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	-
Beef brisket (excluding rice)	906	73.4*	34	7.9	42.1	19.3	2.6	-
King Prawn (excluding rice)	496	42*	19.4	5.5	14.2	15.8	2.6	-
Tofu (excluding rice) vg	839	76.9*	33.5	4.8	15.7	24	5.5	-
THIS™ isn't chicken (excluding rice) vg	740	61.2*	11.39	7	20.6	25.2	2.8	-
Rice portion	436	< 0.5	< 0.5	< 0.5	8.3	101	2.8	-

* 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	-
Beef in betel leaf	662	21.479	2.4	9.5	30.8	83.6	6.9	-
Chargrilled Pork	651	12.4	2.25	12.4	39.7	90.9	6.7	-
3 Meat Combo	718	18.4	3.1	12.3	47.7	94.3	8.7	-
Tofu & Veg vg	638	21.64	0.4	13.5	20.3	85.4	9.1	-

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	-
Beef in betel leaf	299	14.1	4.2	1.6	25.6	17	2	-
Chargrilled Pork	209	6	< 1	2.6	25	15.9	4.5	-
3 Meat Combo	308	11.7	3.4	2.7	34.4	18.7	4.6	-
Tofu & Veg vg	270	14.1	1.6	1.2	21.2	16.7	3.8	-
THIS™ isn't chicken & veg vg	255	8.1	< 1	2.5	21.8	27	6.1	-

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 & 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	-
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	577	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. * 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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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	-
Nước chấm chay	37	< 0.5	< 0.5	9	< 0.5	8.9	< 0.5	-
Peanut	190	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

