



# 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   <b>Chả giò</b> - Veggie served with lettuce & herbs <b>vg</b>	318	11.5	1.1	3.1	4.5	49.1	< 1
Spring rolls   <b>Chả giò</b> - Pork served with lettuce & herbs	360	17.1	4.2	2.8	14.1	37.2	< 1
Summer rolls - Veggie   <b>Gỏi cuốn</b> - fresh rice paper rolls <b>vg</b>	185	3.8	< 0.5	8.1	1.7	36.6	1.4
Summer rolls - Chicken   <b>Gỏi cuốn</b> - fresh rice paper rolls	183	< 1	< 0.5	1.8	10.5	33.1	< 1
Summer rolls - THIS™ isn't chicken   <b>Gỏi cuốn</b> - fresh rice paper rolls <b>vg</b>	196	3.6	< 0.5	2.8	8.5	33.6	2.1
Summer rolls - Prawn   <b>Gỏi cuốn</b> - fresh rice paper summer rolls	145	< 0.5	< 0.5	2.2	6.8	29.2	1
Spicy salad rolls   <b>Cuốn diếp chay</b> - with enoki, chilli & herbs (low-carb) <b>vg</b>	44	< 1	< 0.5	1.3	1	7.9	1
Chicken wings   <b>Cánh gà</b> - seasoned, crispy chicken wings with sriracha	587	35.5	6.5	0.29	67.1	0.2	1.2
Pork & lemongrass meatballs   <b>Nem nướng</b>	349	22.8	5.4	1	27.5	7.6	1.6
Baby squid   <b>Mực chiên giòn</b> - tender fried baby squid	315	21.8	1.9	< 0.5	13.5	17.8	2.9
Seafood spring roll   <b>Nem hải sản</b> - large crispy spring roll of king prawn, crab & pork	208	9.1	2.2	1.4	12.7	20.4	3.3
Beef betel   <b>Bò lá lốt</b> - beef wrapped in betel leaves	365	14.4	3.5	2	35	22.8	1
Vietnamese pancake - Tofu   <b>Bánh xèo</b> savoury crispy pancake with rice papers & herbs <b>vg</b>	289	18.1	4.1	< 0.5	12.5	19.2	1
Vietnamese pancake - THIS™ isn't chicken   <b>Bánh xèo</b> savoury crispy pancake with rice papers & herbs <b>vg</b>	281	13.2	2.7	1.4	18.2	24.3	4.6
Vietnamese pancake - Chicken & Prawn   <b>Bánh xèo</b> savoury crispy pancake with rice papers & herbs	226	8.7	2.7	< 0.5	20.4	16.1	1
Lotus stems - Veggie   <b>Gỏi ngó sen</b> - with green bean <b>vg</b>	89	< 0.5	< 0.5	15.3	1.5	21.4	2.5
Lotus stems - Chicken & Prawn   <b>Gỏi ngó sen</b> - with green bean	190	1.2	< 0.5	18.3	22.7	21.9	1.5
Morning glory   <b>Rau muống xào</b> stir fried morning glory (water spinach) in garlic, with or without fresh red chillies <b>vg</b>	101/109	6.3	< 1	1.2	4	10	2.1
Stir fried Chinese leaf   <b>Cải thảo xào</b> in soy sauce, with or without fresh red chillies <b>vg</b>	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 <b>vg</b>	356	7.9	< 1	< 1	14.9	56.1	3.3
3 Mushrooms   Phở nấm rơm - enoki, shiitake & button mushrooms <b>vg</b>	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 <b>vg</b>	349	5.6	< 1	3.5	18.2	58	4.6
Hot & spicy tofu & mushroom   Bún chay Huế <b>vg</b>	420	13.4	1.6	< 1	15.8	59.1	3
Hot & spicy 3 mushrooms   Bún nấm rơm Huế - with pak choi <b>vg</b>	335	6.1	< 1	4.8	9	60.1	3

### House specials

'Super Green' - morning glory, green beans, pak choi, fresh lime & Thai basil <b>vg</b>	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 <b>vg</b>	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 <b>vg</b>	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

## 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 <b>vg</b>	610	25.5	16.7	12	20.2	75.9	3.5
Tofu & mushroom <b>vg</b>	631	29.4	13.7	12.2	15.5	78.2	3.6
3 Mushroom <b>vg</b>	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 <b>vg</b>	769	60.4*	31.3	19.1	14.3	24.2	3.1
THIS™ isn't chicken <b>vg</b>	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 <b>vg</b>	789	48.1*	29.77	14.3	13.6	21.1	1.6
THIS™ isn't chicken <b>vg</b>	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	13.9	3.06	10.7	32.8	75.32	4.3
Beef in betel leaf	290	21.479	2.4	9.5	30.8	83.6	6.9
Chargrilled Pork	281	12.4	2.25	12.4	39.7	90.9	6.7
3 Meat Combo	348	18.4	3.1	12.3	47.7	94.3	8.7
Tofu & Veg <b>vg</b>	268	21.64	0.4	13.5	20.3	85.4	9.1
THIS™ isn't chicken & veg <b>vg</b>	205	8.1	< 1	2.5	21.8	27	6.1
<b>+ Choice of rice</b>							
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

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)
Chicken & dried shrimp	794	27.3	2.6	6.6	31.4	105	3.3
Shiitake & Thai basil <b>vg</b>	796	27.2	2.4	5.8	14.7	126.5	0.2
THIS™ isn't chicken <b>vg</b>	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 <b>vg</b>	527	14	1.5	< 1	16	99	5.1
THIS™ isn't chicken <b>vg</b>	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 <b>vg</b>	303	11.9	1.7	5.9	10.5	41.5	2.6
Veggie Spring Rolls <b>vg</b>	476	9.2	1.5	8.4	10.4	89.6	4.4
THIS™ isn't chicken <b>vg</b>	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

	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 <b>vg</b>	233	7	1.4	13.5	17.5	26.5	3.8
Veggie salad   Gỏi chay - as above minus the chicken <b>vg</b>	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 <b>vg</b>	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 <b>vg</b>	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



