



MENU

STRATFORD



www.phocafe.co.uk

Sides & snacks : món ăn kèm

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|---|--|----------------------------|--------|---------|--------|--------|--------|
| 1. Crispy spring rolls* | | | | | | veggie | pork |
| served with lettuce & herbs to wrap & dip vg | | | | | | 7.25 | / 7.50 |
| 318/360 kcal - choice of nước chấm or peanut sauce ▲ | | | | | | | |
| 2. Summer rolls - fresh rice paper rolls | | THIS™ isn't chicken | veggie | chicken | prawn | | |
| with herbs, vermicelli & pickle vg 196/185/183/145 kcal | | 7.25 | / 6.95 | / 6.95 | / 7.25 | | |
| - choice of nước chấm or peanut sauce ▲ | | | | | | | |
| 3. Spicy salad rolls | | | | | | | 6.50 |
| with enoki, chilli & herbs (low-carb) vg 44 kcal - choice of nước chấm or peanut sauce ▲ | | | | | | | |
| 4. Chicken wings | | | | | | | 8.25 |
| seasoned, crispy chicken wings with sriracha 587 kcal | | | | | | | |
| 5. Pork & lemongrass meatballs | | | | | | | 7.95 |
| served with lettuce & herbs to wrap & dip 349 kcal - choice of nước chấm or peanut sauce ▲ | | | | | | | |
| 6. Baby squid | | | | | | | 8.25 |
| tender fried baby squid with a salt, pepper & lime dip 315 kcal | | | | | | | |
| 7. Seafood spring roll* | | | | | | | 7.25 |
| large crispy spring roll of king prawn, crab & pork with nước chấm dipping sauce 208 kcal | | | | | | | |
| 8. Lotus stems | | | | | | | 8.75 |
| with chicken, prawns & green bean 190 kcal | | | | | | | |
| 9. Morning Glory | | | | | | | 6.75 |
| stir fried morning glory (water spinach) in garlic vg 101 kcal | | | | | | | |

Vietnamese salads : gỏi

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|--|--|----------------------------|---------|------------|--|--|-------|
| 10. Chicken salad | | | | | | | 10.95 |
| with Asian herbs, peppers & a chilli ginger dressing 210 kcal | | | | | | | |
| 11. Veggie salad | | THIS™ isn't chicken | veggie | | | | |
| as above minus the chicken vg 233/153 kcal | | 11.50 | / 9.75 | | | | |
| 12. Green papaya salad | | THIS™ isn't chicken | chicken | king prawn | | | |
| crunchy salad with peanuts & prawn crackers vg 203/189/129 kcal | | 11.95 | / 11.50 | / 12.50 | | | |
| 13. Mango salad | | | | | | | 9.25 |
| spicy salad topped with pork, dried shrimp & peanuts 175 kcal | | | | | | | |

Wok fried rice : cơm chiên

aromatic, spicy wok-fried broken rice. + Add a fried egg for £1.25

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|---|-------|---|-------|
| 33. Chicken & dried shrimp 794 kcal | 11.95 | 35. Shiitake & Thai basil vg 796 kcal | 11.50 |
| 34. THIS™ isn't chicken vg 869 kcal | 12.75 | | |

Wok fried noodles : phở xào

wok fried flat rice noodles with lemongrass, chilli and Asian greens. Served with peanuts.

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| 36. Chicken 447 kcal | 12.25 | 39. Tofu & mushroom vg 527 kcal | 12.25 |
| 37. Beef 442 kcal | 12.75 | 40. THIS™ isn't chicken vg 419 kcal | 12.75 |
| 38. Chicken & prawn 446 kcal | 12.50 | | |

Vietnamese noodle soup : phở

Phở, (pronounced fuh) is the Vietnamese national dish; an aromatic, healthy & delicious rice noodle soup served with a side plate of fresh herbs to add as you please. The addition of these herbs & table condiments is an essential part of eating phở & adds another dimension to the dish. We think it's the best noodle soup in the world!

Classics

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| 14. Beef brisket - slow cooked in our broth 397 kcal | 12.95 |
| 15. Steak - thinly sliced steak 287 kcal | 12.95 |
| 16. Steak with garlic - flash fried steak (Hanoi style) 468 kcal | 12.95 |
| 17. Beef combo - steak, brisket & meatballs 396 kcal | 13.75 |
| 18. Chicken - breast meat in chicken broth 347 kcal | 12.25 |
| 19. King prawns - chicken or veg broth 305 kcal | 13.25 |
| 20. Tofu & button mushrooms - chicken or veg broth vg 356 kcal | 12.25 |
| 21. 3 Mushrooms - enoki, shiitake & button mushrooms - chicken or veg broth vg 290 kcal | 12.25 |

Hot and spicy soups - served with phở or bún noodles

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| 22. Hot & spicy chicken 343 kcal | 12.75 |
| 23. Hot & spicy beef brisket - with a chilli shrimp paste 454 kcal | 13.50 |
| 24. Hot & spicy king prawn 301 kcal | 13.75 |
| 25. Hot & spicy THIS™ isn't chicken vg 349 kcal | 13.25 |
| 26. Hot & spicy tofu & mushroom vg 420 kcal | 12.75 |
| 27. Hot & spicy 3 mushrooms - with pak choi vg 335 kcal | 12.75 |

House specials

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| 28. 'Super Green' - morning glory, green beans, pak choi, fresh lime & Thai basil in veggie broth vg 381 kcal | 11.75 |
| 29. 'Spicy Green' - chicken, THIS™ isn't chicken or tofu, morning glory, green beans, pak choi, fresh lime & Thai basil in spicy veggie broth vg 455/460/475 kcal | 13.75 |
| 30. Brisket & mushroom - brisket, enoki & button mushrooms, creamy egg yolk, in beef broth 374 kcal | 13.95 |
| 31. Crab noodle soup - a Hanoi classic; vermicelli noodles in a rich tomato & crab broth with wafer thin steak & tofu, topped with fried shallots 498 kcal | 13.75 |
| 32. Phở House - king prawns, chicken & flash fried steak with garlic in beef broth 351 kcal
25p donated to the Christina Noble Children's Foundation in Vietnam | 14.75 |

EXTRA TOPPINGS

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|--|------|
| tofu / button mushrooms / creamy egg yolk / pak choi / mange tout / green beans 85/78/50/15/15/15 kcal | 1.50 |
| chicken / steak / brisket / beef meatballs / nem nuong pork balls / king prawn / 3 mushrooms (enoki, shiitake, & button) 80/50/98/125/75/22 kcal | 2.50 |

Every product in every dish we serve is made right here on site from ingredients delivered daily. No central kitchen - just real cooking. As each dish is cooked to order, variations do occur and calorie values may slightly differ.

vg - vegan options available.



accredited by
coeliacuk
THE COELIAC SOCIETY

The majority of items on this menu are gluten-free, **as accredited by Coeliac UK**. *Please note these items are not gluten-free - Spring rolls, Hoisin sauce & the beers. Bún dishes can be ordered without spring roll on request. The vast majority of our menu is also egg & dairy free. Not all dish ingredients are listed & all dishes could contain traces of peanuts. **If you have an allergy, please inform all staff who serve your table & read our allergen information.**

Our chicken meat is Halal. **THIS™** isn't chicken is a plant based meat substitute made from pea & soy, not gluten, fortified with vitamin B12 & iron.



Our allergen guide ▲

Curry : cà-ri

topped with peanuts & served with a choice of rice

Classic - rich, fragrant Vietnamese curry, with veggies & mushrooms

47. Chicken 587 kcal	13.95	50. Tofu <small>vg</small> 769 kcal	13.95
48. Beef brisket 682 kcal	14.50	51. THIS™ isn't chicken <small>vg</small> 660 kcal	14.50
49. King prawn 599 kcal	14.95		

Spicy - spicy Vietnamese curry with fresh red chillies & betel leaf

52. Chicken 623 kcal	14.50	55. Tofu <small>vg</small> 789 kcal	14.50
53. Beef brisket 736 kcal	14.95	56. THIS™ isn't chicken <small>vg</small> 674 kcal	14.95
54. King prawn 642 kcal	15.50		

+ with broken rice 370 kcal - + with cauliflower rice 64 kcal 1.00

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.

57. Beef brisket 648 kcal	13.75	60. Tofu & mushroom <small>vg</small> 631 kcal	12.95
58. Chicken 589 kcal	12.95	61. 3 Mushroom <small>vg</small> 559 kcal	12.95
59. King prawn 584 kcal	13.95	62. THIS™ isn't chicken <small>vg</small> 610 kcal	13.50

Rice bowls : món cơm

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

63. Chargrilled chicken thigh 239 kcal	12.75	66. Tofu & veg <small>vg</small> 268 kcal	11.95
64. Chargrilled pork 281 kcal	12.95	67. THIS™ isn't chicken & veg <small>vg</small> 205 kcal	13.25
65. Chicken & pork combo 348 kcal	13.95		

+ with broken rice 370 kcal - + with cauliflower rice 64 kcal 1.00

Vermicelli noodles : bún

vermicelli rice noodles with a lemongrass & chilli wok-fried topping. Served with fresh herbs, beansprouts, veggie spring roll* & peanuts. Noodles served at room temp just like in Vietnam. Pour over nước chấm & mix. vg dishes served with nước chấm chay.

41. Chicken 389 kcal	12.25	44. Pork & lemongrass meatballs 520 kcal	12.25
42. Beef 365 kcal	12.75	45. Tofu & mushroom <small>vg</small> 382 kcal	12.25
43. King prawn 315 kcal	13.50	46. THIS™ isn't chicken <small>vg</small> 529 kcal	12.75

▲ Sauces: nước chấm 50 kcal. nước chấm chay 37 kcal. peanut 95 kcal. Calories given are per portion.

Wine

125ml also available

WHITE

Catarratto , Sicily, Italy	175ml	250ml	bottle
Piattini Pinot Grigio , Pavia, Italy	6.25 /	7.50 /	21.95
	6.75 /	8.50 /	23.50

ROSE

Piattini Pinot Grigio Blush , Pavia, Italy	6.75 /	8.50 /	23.50
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RED

Rame Garnacha , Campo de Borja, Spain	6.25 /	7.50 /	21.95
Benjamin Malbec , Mendoza, Argentina	7.75 /	9.50 /	27.50

Beer

Bia Hà Nội , North Vietnam	4.95
Saigon , South Vietnam	4.95
Beer Lao , Laos (640ml)	7.95

Fresh Juices

All made to order 4.50

Apple, mint & lime
with / without ginger

Beetroot, carrot & apple
with / without ginger

Coconut, pineapple & apple

Carrot, apple & ginger

Kale, apple, pineapple & lime

Pineapple, apple & mint

Spinach, cucumber, pear
& lemon (green detox)

Apple & orange

92/97/142/95/102/112/82/102 kcal

Tea & Coffee

Vietnamese Coffee 3.95

rich coffee served black
or with condensed milk 17/38 kcal
10p donated to the CNCF in Vietnam

Iced Coffee 17/38 kcal 3.95

Iced Tea 90 kcal 3.25

Tea pigs bags
green, camomile, mint 2.75

Flower Teas
fragrant jasmine, green
or yulan tea balls 3.50

Pop & Water

Homemade 4.25

lemonade 140 kcal

Spicy lemonade 4.50
with ginger & fresh mint 190 kcal

Green tea lemonade 4.50
95 kcal

**Coke,
Fanta Orange** 3.70

**Diet Coke, Coke Zero,
Sprite Zero** 3.60

Mineral Water small 2.95
still or sparkling large 4.95

Adults need around 2000 kcal a day



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OUR CHARITY PARTNER

Christina Noble Children's Foundation (CNCF):

CNCF is a British charity operating in Vietnam, working to alleviate child poverty and suffering by providing crucial, grassroots humanitarian services to highly vulnerable communities.