

Allergen Guide Main Food Menu

# Allergen guide introduction

All the food at Pho is made fresh in each restaurant by our kitchen staff, with the exception of some desserts and bottled table sauces.

Pho is accredited by Coeliac UK who carry out random audits and food testing.

If you have an allergy, even if it is not shown as being present in the meal you choose, please make staff aware of the allergy. Not all ingredients are listed on our menu.

We will be as flexible as possible in adapting our meals to suit your dietary requirements however we cannot accept meal alterations and allergen requests via Deliveroo.

This allergen chart outlines the known allergens in our meals based on the information we receive from our suppliers regarding ingredients and the recipes we work to. We use reputable suppliers that we have worked with for many years and we will endeavour to remove an allergen where we can, however we cannot account for any accidental cross contamination should it occur out of our control in the supply chain.

Please note that because our food is made fresh each day, in each restaurant, not under lab conditions, all allergens are present within the kitchen and we cannot guarantee 100% that we will always be successful in removing them. Our staff are all trained to deal with allergen requests but there is always the possibility of human error. Restaurants are also unable to stock EpiPens in our first aid boxes.

We therefore please ask that you use this guide with this in mind.

Many thanks for your understanding,

ALL AT PHO

The charts cover the **14 Allergens** as legally required by **EU Food legislation** 



# Cereals containing gluten (e.g wheat, rye, barley, oats)



#### Nuts

(e.g hazlenut, walnut, cashew, pecan, Brazil, pistachio, Macadamia)



**Molluscs** (e.g clams, oyster, squid)



Crustacea / Shellfish (e.g prawns, crabs)

9

**Peanut** 



Soya bean



Fish



Celery



Milk



Egg



Sulphur Dioxide (SO<sub>2</sub>) / Sulphites (at >10mg/kg or 10mg/L)



Lupin



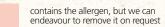
Sesame



Mustard

			0			0		(db)	•	SQ.	<b>3</b>	•	0	2
Table sauces	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO <sub>2</sub> / Sulphites
Garlic vinegar vg														
Chilli paste in pot vg														
Hoi sin sauce in bottle (see bottle label) vg	wheat									•	•			
Sriracha (see bottle label) vg														•
Fish sauce (see bottle label)				•										
Soy sauce - kikoman-gluten free (see bottle label) vg										•				

contains the indicated allergen, it cannot be removed



# Starters & Sides : món khai vị

















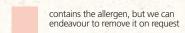






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Sauces	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO <sub>2</sub> / Sulphites
Nước chấm				•										
Nước chấm chay vg														
Peanut sauce vg									•		may			
Sweet chilli (see bottle label) vg														
Sriracha (see bottle label) vg														•
Ginger soy vg										•				
Starters - WITHOUT sauces														
Crispy spring rolls - veggie vg	wheat	•								•				
Crispy spring rolls - pork	wheat	▼												
Summer rolls - veggie vg														
Summer rolls - chicken														
Summer rolls - THIS™ isn't chicken vg										•				ě
Summer rolls - prawn		•												
Chicken wings		<b>V</b>										•	•	
Pork & lemongrass meatballs		▼											: :	
Baby squid		•					•							
Seafood spring roll - king prawn, crab & pork	wheat	•												Ė
Beef betel		•							•					
Morning glory - classic or spicy vg														
Stir fried Chinese leaf - classic or spicy vg										•			Y	





# Starters & Sides : món khai vị























Cont	containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO <sub>2</sub> / Sulphites
Vietnamese pancake - tofu vg										•				
Vietnamese pancake - THIS™ isn't chicken vg										•				
Vietnamese pancake - chicken & prawn		•		•										
Prawn crackers - WITHOUT sauce		•												•
Prawnless crackers - WITHOUT sauce														•

#### Vietnamese salads: goi - including dressings & toppings

Chicken salad (incl. dressing*)						•		
Veggie salad - veggie (incl. dressing*) vg						•		
Veggie salad - THIS" isn't chicken (incl. dressing*) vg						•		
* Chef's dressing on chicken & veggie salads								
* Ginger dressing on side of chicken & veggie salads						•		
Green papaya salad - chicken	•	•			•			•
Green papaya salad - THIS™ isn't chicken vg					•	•		•
Green papaya salad - prawn	•	•			•			•
Mango salad	•	•			•	•		
Prawn & pomelo salad	•	•			•			

# Vietnamese noodle soup : phở

















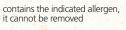


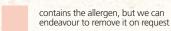




Stocks	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO <sub>2</sub> / Sulphites
Chicken stock - alone				•										
Beef stock - alone				•										
Veggie stock - alone vg														
Spicy stock - alone vg										•				
Classics														
Beef brisket (beef stock)				•										

		100					114	
Beef brisket (beef stock)		•						
Steak (beef stock)		•						
Steak with garlic (beef stock)		•						
Beef combo (beef stock)		•						
Chicken (chicken stock)		•						
King prawns (chicken stock)	•	•						
King prawns (veggie stock)	•							
Tofu & button mushrooms (chicken stock)		•			•			
Tofu & button mushrooms (veggie stock) vg					•			
3 Mushrooms (chicken stock)		•						
3 Mushrooms (veggie stock) vg								





# Vietnamese noodle soup : phở























11.40
Hot & spicy soups
Hot & spicy chicken (spic

	-
Cereals	
containing	Crust
aluten	











Hot & spicy	chicken	(spicy stock)
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Hot & spicy beef brisket - incl. shrimp paste (beef stock)

Hot & spicy king prawn (spicy stock)	
Hot & spicy THIS <sup>™</sup> isn't chicken (spicy stock) vg	

Hot &	spicy	tofu	&	mushroom	(spicy stock)	vg

Hot & spicy	3 mushrooms	(spicy stock) vg
-------------	-------------	------------------

'Super Green' (veggie stock) vg
<b>'Spicy Green'</b> - chicken, <b>THIS</b> ™ isn't chicken or tofu (veggie stock) <b>vg</b>
Brisket & mushroom - incl. egg (beef stock)

Clab Hoodle soup	- tomato,	crab, steak,	toru, omelette	(cnicken stock)

Phả	d house	- prawn	chicken	steak	(beef stoc	k'

#### House specials

Crah poodle soup	tomato	crah	ctook	tofu.	omolotto*	(chickon	ctock

*	0			Curk		
^	Omelette	added	to	Crab	noodle	soup

Phở house - prawn, chicken, steak (beef st	tock)
--	-------

#### Curry noodle soup

Beef	bris	ket

Chicken
---------

#### King prawn

#### THIS™ isn't chicken vg

Tofu & mushroom vg

contains the indicated allergen,

it cannot be removed

3 Mushroom vg







#### Curry: cà-ri - including rice or cauliflower rice























CI	assi	C	&	S	pi	су

Cereals
containing
aluten

etassie a spiej	giaten									
Chicken	<b>6</b> 1					•				
Beef brisket						•				
King prawn		•				•				
Fish *			•			•				
Tofu vg						•	•		12.5	
THIS™ isn't chicken vg						•	•			

#### Rice bowls: món cơm - including sauce, rice or cauliflower rice

Chargrilled chicken thigh			•		•	•	
Beef in betel leaf	•	▼	•		•	•	
Chargrilled pork			•		•	•	
3 meat combo	•	▼	•		•	•	
Tofu & veg vg				7	•	•	
THIS™ isn't chicken & veg vg					•	•	

# Wok fried rice : com chiên - including ginger soy sauce, rice or cauliflower rice

Chicken & dried shrimp	•	•			•		
THIS <sup>™</sup> isn't chicken vg					•		
Shiitake & Thai basil vg					•		

- Please be aware that there may be small bones
- contains the indicated allergen, it cannot be removed

























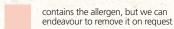
Wok fried no	odles : pl	hở <b>хào</b> - wiт	HOUT sauce
Chicken			

Wok fried noodles: phở xào - WITHOUT SAUCE	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO <sub>2</sub> / Sulphites
Chicken				•					•					
Beef				•					•					
Chicken and prawn		•		•					•					
Tofu & mushroom vg									•	•				
THIS™ isn't chicken vg										•			1 = 0	

#### Vermicelli noodles: bún - WITHOUT sauce. Includes spring roll\*

#### Wok-fried

Chicken	wheat					•	•			
Beef	wheat					•	•			
King prawn	wheat	•				•	•			
Nem nuong pork balls	wheat	▼				•	•			
Tofu & mushroom vg	wheat					•	•			Barre Til
Veggie spring rolls vg	wheat	▼				•	•			
THIS™ isn't chicken vg	wheat					•	•			
* Spring roll added to the bún dish	wheat	•					•			



#### Vermicelli noodles: bún - WITHOUT sauce, Includes spring roll\*























Grilled	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO <sub>2</sub> / Sulphites
Chargrilled chicken thigh	wheat			•					•	•	9.3			
Chargrilled pork loin	• wheat			•					•	•				
Beef in betel leaf	wheat	•		•					•	•				
3 Meat combo	wheat	•		•					•	•				
* Spring roll added to the bún dish	wheat	•								•				
Chả cá Lã Vọng *		•		•					•					
Sauces														
Nước chấm				•										
Nước chấm chay vg														

- Please be aware that there may be small bones
- contains the indicated allergen, it cannot be removed

Sweet chilli (bún dish only) vg

Ginger soy vg



#### **Desserts**

















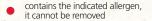






Desserts - WITHOUT choice of ice cream or sorbet	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO <sub>2</sub> / Sulphites
Banana fritter vg														•
Pandan waffle			•			•								
Chocolate waffle			•			•								
Vietnamese affogato *						•								
Ice cream & sorbet : kem														
Honey & Ginger gelato *						•								
Condensed Milk gelato *						•								
Madagascan Vanilla gelato *						•								
Alphonso Mango sorbet vg *														
Dark Chocolate sorbet vg *										•				
Raspberry sorbet vg *														
Coconut sorbet vg *														

This item has been brought in. The factory that it is made in is not free from cereals, egg, peanuts, soybean, nuts, sesame, sulphites, milk

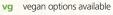




contains the allergen, but we can endeavour to remove it on request



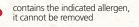
may have been fried in oil also used to fry another item containing the allergen





Allergen Guide Kids Menu

Kids Noodles		re s	U			0		(db)	0	800	63		0	
Wok fried noodles	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO <sub>2</sub> / Sulphites
Chicken		1		- 1-5										
Beef														
Tofu & mushroom vg										•				
Bún noodles - WITHOUT sauce*														
with Chicken									•					
with Pork balls		▼							•					
with Veggie spring rolls vg	•	▼							•	•				
* Nước chấm sauce for bún				•										
Baby bún noodles with dipping sauce	ŀ	•		•										•
Kids Noodle soup														
Mini pho chicken - in chicken stock				•										
Mini pho beef - in beef stock				•										
Mini pho tofu & mushroom - in veggie stock vg										•				



See adult menu section for full info on soup stocks



Kids Rice			0	8		0		(db)	•	SQ.	8		6	8
Wok fried rice with egg	Cere conta glui	ining Crustace	ea Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO <sub>2</sub> / Sulphites
Plain	4		•	-						•				
Chicken			•							•				
Tofu			•							•				
Curry : cà-ri														
with Chicken & rice														
Kids Skewers														
Homemade pork balls - with prawn crackers		• ▼												•
+ peanut sauce served with pork balls									•		may			

Chicken nuggets - with prawn crackers

+ tomato ketchup, if served with nuggets (see bottle label)

+ sauce served with nuggets





Allergen Guide Drinks Menu























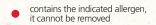


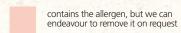
E	se	er	. 8	k (	d	e	

gluten	Crustacea	Lgg	11311	Lupin	IVIIIK	ivioliuses	Nuts	realiut	Joya	Sesame	Celely	iviustaru	Sulphites
•													
•													
•													
wheat													
barley													
													•
													•
	gluten	gluten	gluten	gluten	gluten	gluten	gluten	gluten	gluten	gluten  wheat  barley	gluten  wheat  barley	gluten  wheat  barley	gluten  wheat  barley

# Wine & sparkling

Prosecco Spumante, Veneto, Italy								•
Catarratto, Sicily, Italy								•
Piattini Pinot Grigio, Pavia, Italy								•
Selon Létang Viognier, Languedoc, France								•
Listening Station Chardonnay, Victoria, Australia								•
Peacock Sauvignon Blanc, Stellenbosch, South Africa								•
Piattini Pinot Grigio Blush, Pavia, Italy							-	•
Cotes du Rhone Rose, Rhone, France								•
Rame Garnacha, Campo de Borja, Spain		1						•
Benjamin Malbec, Mendoza, Argentina								•
Le Fou Pinot Noir, Languedoc, France								•





























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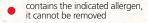
	gluten	Crastacca	-99	- 10	Lupiii		Williages	 rearrat	Joju	Sesame	ceiery	Mastara	Sulphites
Phojito													
Spicy Lychee Margarita													
Dragon Fruit & Lime Martini													
Hà Nội Iced Tea													
Cà phê Martini						•							
Coconut Pineapple Martini													
Pride Punch													
Paloma													

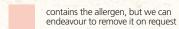
#### Booze-Free

Nojito							
Seedlip & Tonic							
Cucumber Fizz							

# Spirits & Mixers

Tanqueray Gin		1 4 X		
Vodka Hà Nội				
Fever Tree tonic				





























#### Fresh juices & Soft Drinks

Freshly squeezed juices - all varieties

Homemade lemonades - all varieties

Coke, Diet coke, Coke Zero, Fanta, Sprite

Coconut water - all varieties

containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	Sulphites
												- /-	
		73											

#### Teas & Coffees

Flower teas								
Tea pigs bags								
Fresh mint tea								
Fresh lemongrass tea								
Iced tea								
Vietnamese coffee - black, hot or iced								
Vietnamese coffee - white, hot or iced			•	7				

