



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 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 |
| 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 |
| Beef betel Bò lá lốt - beef wrapped in betel leaves | 365 | 14.4 | 3.5 | 2 | 35 | 22.8 | 1 |
| Morning glory Rau muống xào stir fried morning glory (water spinach) in garlic, with or without fresh red chillies vg | 101/109 | 6.3 | < 1 | 1.2 | 4 | 10 | 2.1 |
| Stir fried Chinese leaf Cải thảo xào in soy sauce, with or without fresh red chillies vg | 67/136 | 5.2 | < 0.5 | 1.3 | 2.2 | 3.4 | 1.3 |
| 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 |

As each dish is cooked to order, variations do occur and the nutritional information above will vary slightly. The information is accurate as of 1/11/2024

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 vg | 356 | 7.9 | < 1 | < 1 | 14.9 | 56.1 | 3.3 |
| 3 Mushrooms Phở nấm rơm - enoki, shiitake & button mushrooms vg | 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 - 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 vg | 349 | 5.6 | < 1 | 3.5 | 18.2 | 58 | 4.6 |
| Hot & spicy tofu & mushroom Bún chay Huế vg | 420 | 13.4 | 1.6 | < 1 | 15.8 | 59.1 | 3 |
| Hot & spicy 3 mushrooms Bún nấm rơm Huế - with pak choi vg | 335 | 6.1 | < 1 | 4.8 | 9 | 60.1 | 3 |

House specials

| | | | | | | | |
|---|-----|-----|-----|-----|------|------|-----|
| 'Super Green' - morning glory, green beans, pak choi, fresh lime & Thai basil vg | 381 | - | - | - | - | - | - |
| 'Spicy Green' - Chicken - with morning glory, green beans, pak choi, fresh lime & Thai basil in spicy veggie broth | 455 | 3.4 | 0.9 | 8.4 | 25.2 | 80.1 | 5.1 |
| 'Spicy Green' - THIS™ isn't chicken - with morning glory, green beans, pak choi, fresh lime & Thai basil in spicy veggie broth vg | 460 | - | - | - | - | - | - |
| 'Spicy Green' - Tofu - with morning glory, green beans, pak choi, fresh lime & Thai basil in spicy veggie broth vg | 448 | 10 | 0 | 1.2 | 18.9 | 70.6 | 4.2 |

Continued on next page...

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**

| | | | | | | | |
|-------------------------------|-----|------|------|------|------|------|-----|
| 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 vg | 610 | 25.5 | 16.7 | 12 | 20.2 | 75.9 | 3.5 |
| Tofu & mushroom vg | 631 | 29.4 | 13.7 | 12.2 | 15.5 | 78.2 | 3.6 |
| 3 Mushroom vg | 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 |
| Fish | 618 | 43.6* | 27.9 | 6.3 | 34.8 | 19.6 | 3.7 |
| Tofu vg | 769 | 60.4* | 31.3 | 19.1 | 14.3 | 24.2 | 3.1 |
| THIS™ isn't chicken vg | 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 |
| Fish | 521 | 35* | 26.8 | 8.9 | 36.1 | 13.9 | 2.9 |
| Tofu vg | 789 | 48.1* | 29.77 | 14.3 | 13.6 | 21.1 | 1.6 |
| THIS™ isn't chicken vg | 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 | 11.4 | 3.1 | 3.8 | 31.4 | 17 | 3.8 |
| Beef in betel leaf | 290 | 14.1 | 4.2 | 1.6 | 25.6 | 17 | 2 |
| Chargrilled Pork | 281 | 6 | < 1 | 2.6 | 25 | 15.9 | 4.5 |
| 3 Meat Combo | 348 | 11.7 | 3.4 | 2.7 | 34.4 | 18.7 | 4.6 |
| Tofu & Veg vg | 268 | 14.1 | 1.6 | 1.2 | 21.2 | 16.7 | 3.8 |
| THIS™ isn't chicken & veg vg | 205 | 8.1 | < 1 | 2.5 | 21.8 | 27 | 6.1 |
| + 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 | - | - | - |

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 and Asian greens.
Served with peanuts & nước chấm. **vg** dish served with nước chấm chay

| | | | | | | | |
|-------------------------------|-----|------|-------|-------|------|------|-----|
| 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 | 527 | 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 |

As each dish is cooked to order, variations do occur and the nutritional information above will vary slightly. The information is accurate as of 1/11/2024

vg - vegan friendly dishes

Vermicelli noodles : bún*

Includes sauces

all served room temp with fresh herbs & peanuts. * All exclude veggie spring roll

Wok-fried

with lemongrass, chilli, beansprouts & nước chấm

| | Total Calories | Fat (g) | of which Saturated fat (g) | Sugar (g) | Protein (g) | Carbs (g) | Fibre (g) |
|-------------------------------|-------------------|---------|-------------------------------|-----------|-------------|-----------|-----------|
| 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 |

Grilled

marinated meats served with a fish sauce

| | | | | | | | |
|---------------------------|-----|---|---|---|---|---|---|
| Chargrilled chicken thigh | 324 | - | - | - | - | - | - |
| Chargrilled pork loin | 366 | - | - | - | - | - | - |
| Beef in betel leaf | 375 | - | - | - | - | - | - |
| 3 meat combo | 433 | - | - | - | - | - | - |

+ Bún add-ons

| | | | | | | | |
|-------------------------------|----|-----|-------|-----|-----|------|-------|
| Single vegetarian spring roll | 79 | 2.8 | < 0.5 | < 1 | 1.1 | 12.2 | < 0.5 |
|-------------------------------|----|-----|-------|-----|-----|------|-------|

Chả cá Lã Vọng

rice noodles with grilled fish marinated in turmeric with dill, green onion, peanuts & prawn crackers

| | | | | | | | |
|--|-----|------|-----|------|------|------|-----|
| | 676 | 26.1 | 3.5 | 20.2 | 39.2 | 69.1 | 2.7 |
|--|-----|------|-----|------|------|------|-----|

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 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 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 & pomelo salad Gỏi bưởi - with red chillies, herbs, roasted coconut & peanuts | 182 | 8.0 | 5.7 | 9.2 | 10.2 | 15.6 | 3.9 |

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 vg | 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

