



# MENU

## STRATFORD



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## Sides & snacks : món ăn kèm

- |  |                            |         |               |
|--|----------------------------|---------|---------------|
| <b>1. Crispy spring rolls*</b>   |                            | veggie  | pork          |
| served with lettuce & herbs to wrap & dip <b>vg</b>  |                            | 7.25    | / 7.50        |
| 318/360 kcal - choice of nước chấm or peanut sauce ▲                                       |                            |         |               |
| <b>2. Summer rolls</b> - fresh rice paper rolls  | <b>THIS™</b> isn't chicken | veggie  | chicken       |
| with herbs, vermicelli & pickle <b>vg</b> 196/185/183/145 kcal                             | 7.25                       | / 6.95  | / 6.95 / 7.25 |
| - choice of nước chấm or peanut sauce ▲  |                            |         |               |
| <b>3. Chicken wings</b>  |                            |         | 8.25          |
| seasoned, crispy chicken wings with sriracha 587 kcal                                      |                            |         |               |
| <b>4. Pork &amp; lemongrass meatballs</b>  |                            |         | 7.95          |
| served with lettuce & herbs to wrap & dip 349 kcal - choice of nước chấm or peanut sauce ▲ |                            |         |               |
| <b>5. Baby squid</b>   |                            |         | 8.25          |
| tender fried baby squid with a salt, pepper & lime dip 315 kcal                            |                            |         |               |
| <b>6. Seafood spring roll*</b>   |                            |         | 7.25          |
| large crispy spring roll of king prawn, crab & pork with nước chấm dipping sauce 208 kcal  |                            |         |               |
| <b>7. Morning Glory</b>  |                            | classic | spicy         |
| stir fried morning glory (water spinach) in garlic,  |                            | 6.75    | / 6.75        |
| with or without fresh red chillies <b>vg</b> 101/109 kcal                                  |                            |         |               |
| <b>8. Stir fried Chinese leaf</b>  |                            | classic | spicy         |
| in soy sauce, with or without fresh red chillies <b>vg</b> 67/136 kcal                     |                            | 5.25    | / 5.25        |

## Vietnamese salads : gỏi

- |   |                            |                            |            |
|---|----------------------------|----------------------------|------------|
| <b>9. Chicken salad</b>   |                            |                            | 10.95      |
| with Asian herbs, peppers & a chilli ginger dressing 210 kcal           |                            |                            |            |
| <b>10. Veggie salad</b>   |                            | <b>THIS™</b> isn't chicken | veggie     |
| as above minus the chicken <b>vg</b> 233/153 kcal                       |                            | 11.50                      | / 9.75     |
| <b>11. Green papaya salad</b>   | <b>THIS™</b> isn't chicken | chicken                    | king prawn |
| crunchy salad with peanuts & prawn crackers <b>vg</b> 203/189/129 kcal  | 11.95                      | / 11.50                    | / 12.50    |
| <b>12. Mango salad</b>  |                            |                            | 9.25       |
| spicy salad topped with pork, dried shrimp & peanuts 175 kcal           |                            |                            |            |
| <b>13. Prawn &amp; pomelo salad</b>                                     |                            |                            | 9.50       |
| with red chillies, Vietnamese herbs, roasted coconut & peanuts 182 kcal |                            |                            |            |

## Wok fried rice : cơm chiên

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

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

## Wok fried noodles : phở xào

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

- |   |       |   |       |
|---|-------|---|-------|
| <b>36. Chicken</b> 447 kcal             | 12.25 | <b>39. Tofu &amp; mushroom</b> <b>vg</b> 527 kcal | 12.25 |
| <b>37. Beef</b> 442 kcal                | 12.75 | <b>40. THIS™ isn't chicken</b> <b>vg</b> 419 kcal | 12.75 |
| <b>38. Chicken &amp; prawn</b> 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

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

## Hot & spicy soups - served with phở or bún noodles

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

## House specials

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

## EXTRA TOPPINGS

- |  |      |
|--|------|
| 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

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

<b>50. Chicken</b> 587 kcal	13.95	<b>56. Chicken</b> 623 kcal	14.50
<b>51. Beef brisket</b> 682 kcal	14.50	<b>57. Beef brisket</b> 736 kcal	14.95
<b>52. King prawn</b> 599 kcal	14.95	<b>58. King prawn</b> 642 kcal	15.50
<b>53. Fish</b> (white, fillet) 618 kcal	14.50	<b>59. Fish</b> (white, fillet) 521 kcal	14.95
<b>54. Tofu</b> <b>vg</b> 769 kcal	13.95	<b>60. Tofu</b> <b>vg</b> 789 kcal	14.50
<b>55. THIS™ isn't chicken</b> <b>vg</b> 660 kcal	14.50	<b>61. THIS™ isn't chicken</b> <b>vg</b> 674 kcal	14.95

+ with broken rice 370 kcal

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+ 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.

<b>62. Beef brisket</b> 648 kcal	13.75	<b>65. THIS™ isn't chicken</b> <b>vg</b> 610 kcal	13.50
<b>63. Chicken</b> 589 kcal	12.95	<b>66. Tofu &amp; mushroom</b> <b>vg</b> 631 kcal	12.95
<b>64. King prawn</b> 584 kcal	13.95	<b>67. 3 Mushroom</b> <b>vg</b> 559 kcal	12.95

## Rice bowls : món cơm

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

<b>68. Chargrilled chicken thigh</b> 239 kcal	12.75	<b>71. Tofu &amp; veg</b> <b>vg</b> 268 kcal	11.95
<b>69. Chargrilled pork</b> 281 kcal	12.95	<b>72. THIS™ isn't chicken &amp; veg</b> <b>vg</b> 205 kcal	13.25
<b>70. Chicken &amp; pork combo</b> 348 kcal	13.95		

+ with broken rice 370 kcal

-

+ with cauliflower rice 64 kcal

1.00

## Vermicelli noodles : bún

all served room temp with fresh herbs, veggie spring roll\* & peanuts. Pour over sauce & mix

**Wok-fried** - with lemongrass, chilli, beansprouts & nước chấm

**Grilled** - marinated meats served with a fish sauce

<b>41. Chicken</b> 389 kcal	12.25	<b>47. Chargrilled chicken thigh</b> 403 kcal	12.75
<b>42. Beef</b> 365 kcal	12.75	<b>48. Chargrilled pork loin</b> 445 kcal	12.95
<b>43. King prawn</b> 315 kcal	13.50	<b>49. Chicken &amp; pork combo</b> 512 kcal	13.95
<b>44. Tofu &amp; mushroom</b> <b>vg</b> 382 kcal	12.25		
<b>45. THIS™ isn't chicken</b> <b>vg</b> 529 kcal	12.75		
<b>46. Pork &amp; lemongrass meatballs</b> 520 kcal	12.25		

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

## Wine

125ml also available

### WHITE

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

### ROSE

<b>Piattini Pinot Grigio Blush</b> , Pavia, Italy	6.75 /	8.50 /	23.50
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### RED

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

## Beer

<b>Bia Hà Nội</b> , North Vietnam	4.95
<b>Saigon</b> , South Vietnam	4.95
<b>Daura Damm</b> (gluten free)	5.50

## 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 or green 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

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**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.