



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 unannounced audits and gluten testing as part of their due diligence of the scheme. This means we have controls and processes in place to safely and confidently produce gluten free meals that contain 20 parts per million (ppm) or less of gluten.

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 hazelnut, walnut, cashew, pecan, Brazil, pistachio, Macadamia)



Molluscs
(e.g clams, oyster, squid)



Crustacea / Shellfish
(e.g prawns, crabs)



Peanut



Soya bean



Fish



Celery



Milk



Egg



Sulphur Dioxide (SO₂) / Sulphites
(at >10mg/kg or 10mg/L)



Lupin



Sesame



Mustard

Table sauces



	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / 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

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

vg vegan options available

Starters & Sides : món khai vị



Sauces

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / 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

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / Sulphites
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										●				
Summer rolls - prawn		●												
Chicken wings		▼										●	●	
Pork & lemongrass meatballs		▼												
Baby squid		▼					●							
Seafood spring roll - king prawn, crab & pork	● wheat	●												
Beef betel		▼							●					
Morning glory - classic or spicy vg														
Stir fried Chinese leaf - classic or spicy vg										●				

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vg vegan options available

Starters & Sides : món khai vị

Cont...



	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / 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 : gỏi - 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		●		●					●					

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vg vegan options available

Vietnamese noodle soup : phở



Stocks

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ /Sulphites
Chicken stock - alone				●										
Beef stock - alone				●										
Veggie stock - alone vg														
Spicy stock - alone vg										●				

Classics

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ /Sulphites
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														

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Vietnamese noodle soup : phở



Hot & spicy soups

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / Sulphites
Hot & spicy chicken (spicy stock)										●				
Hot & spicy beef brisket - incl. shrimp paste (beef stock)		●		●										
Hot & spicy king prawn (spicy stock)		●								●				
Hot & spicy THIS™ isn't chicken (spicy stock) vg										●				
Hot & spicy tofu & mushroom (spicy stock) vg										●				
Hot & spicy 3 mushrooms (spicy stock) vg										●				

House specials

'Super Green' (veggie stock) vg														
'Spicy Green' - chicken, THIS™ isn't chicken or tofu (veggie stock) vg										●				
Brisket & mushroom - incl. egg (beef stock)			●	●										
Crab noodle soup - tomato, crab, steak, tofu, omelette* (chicken stock)		●	●	●					●	●		●		may
* Omelette added to Crab noodle soup		●	●						●	●		●		may
Phở house - prawn, chicken, steak (beef stock)		●		●										

Curry noodle soup

Beef brisket														
Chicken														
King prawn		●												
THIS™ isn't chicken vg										●				
Tofu & mushroom vg										●				
3 Mushroom vg														

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vg vegan options available

Curry : cà-ri - including rice or cauliflower rice



Classic & Spicy

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ /Sulphites
Chicken									●					
Beef brisket									●					
King prawn		●							●					
Fish *				●					●					
Tofu vg									●	●				
THIS™ isn't chicken vg									●	●				

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

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ /Sulphites
Chargrilled chicken thigh				●					●	●				
Beef in betel leaf		▼		●					●	●				
Chargrilled pork				●					●	●				
3 meat combo		▼		●					●	●				
Tofu & veg vg									●	●				
THIS™ isn't chicken & veg vg									●	●				

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

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ /Sulphites
Chicken & dried shrimp		●		●										
THIS™ isn't chicken vg														●
Shiitake & Thai basil vg														●

* Please be aware that there may be small bones

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vg vegan options available

Wok fried noodles : phở xào - WITHOUT sauce



	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ /Sulphites
Chicken				●					●					
Beef				●					●					
Chicken and prawn		●		●					●					
Tofu & mushroom vg									●	●				
THIS™ isn't chicken vg										●				

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								●	●				
Veggie spring rolls vg	● wheat	▼							●	●				
THIS™ isn't chicken vg	● wheat								●	●				
* Spring roll added to the bún dish	● wheat	▼								●				

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vg vegan options available

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 ₂ / Sulphites
Chargrilled chicken thigh	● wheat			●					●	●				
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*

		●		●					●					
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Sauces

Nước chấm				●										
Nước chấm chay vg														
Sweet chilli (bún dish only) vg														
Ginger soy vg										●				

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vg vegan options available

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 ₂ /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.

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- vg** vegan options available



Allergen Guide

Kids Menu

Kids Noodles



Wok fried noodles

Chicken

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

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

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vg vegan options available

Kids Rice



Wok fried rice with egg

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ /Sulphites
Plain			●							●				
Chicken			●							●				
Tofu			●							●				

Curry : cà-ri

with Chicken & rice

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ /Sulphites

Kids Skewers

Homemade pork balls - with prawn crackers

+ peanut sauce served with pork balls

Chicken nuggets - with prawn crackers

+ sauce served with nuggets

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

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ /Sulphites
Homemade pork balls - with prawn crackers		● ▼												●
+ peanut sauce served with pork balls									●		● may			
Chicken nuggets - with prawn crackers	●	● ▼												●
+ sauce served with nuggets				●										
+ tomato ketchup, if served with nuggets (see bottle label)												●		

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vg vegan options available



Allergen Guide

Drinks Menu

Beer & Cider



	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ /Sulphites
Bia Hà Nội	●													
Saigon	●													
Beer Lao	●													
Pho Brewgooder Session IPA	● wheat													
Pho Brewgooder Hazy Pale Ale	● barley													
Saigon Apple Cider														●
Saigon Apple & Ginger Cider														●
Daura Damm														
Brewgooder Alcohol Free Lager														

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															●
Benjamin Malbec, Mendoza, Argentina															●
Le Fou Pinot Noir, Languedoc, France															●

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vg vegan options available

Cocktails



	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ /Sulphites
Phojito														
Spicy Lychee Margarita														
Dragon Fruit & Lime Martini														
Hà Nội Iced Tea														
Cà phê Martini						●								
Coconut Pineapple Martini														
Pride Punch														
Paloma														

Booze-Free

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ /Sulphites
Nojito														
Seedlip & Tonic														
Cucumber Fizz														

Spirits & Mixers

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ /Sulphites
Tanqueray Gin														
Vodka Hà Nội														
Fever Tree tonic														

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Fresh juices & Soft Drinks



Freshly squeezed juices - all varieties

Coconut water - all varieties

Homemade lemonades - all varieties

Coke, Diet coke, Coke Zero, Fanta, Sprite

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

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