



MENU

STRATFORD



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Sides & snacks : món ăn kèm

1. **Crispy spring rolls*** veggie pork
served with lettuce & herbs to wrap & dip **vg** 7.75 / 7.95
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 7.75 / 7.25 / 7.50 / 7.75
- choice of nước chấm or peanut sauce ▲
3. **Chicken wings** 8.75
seasoned, crispy chicken wings with sriracha 587 kcal
4. **Pork & lemongrass meatballs** 8.25
served with lettuce & herbs to wrap & dip 349 kcal - choice of nước chấm or peanut sauce ▲
5. **Baby squid** 8.75
tender fried baby squid with a salt, pepper & lime dip 315 kcal
6. **Seafood spring roll*** 7.75
large crispy spring roll of king prawn, crab & pork with nước chấm dipping sauce 208 kcal
7. **Morning Glory** classic spicy
stir fried morning glory (water spinach) in garlic, 6.95 / 6.95
with or without fresh red chillies **vg** 101/109 kcal
8. **Stir fried Chinese leaf** classic spicy
in soy sauce, with or without fresh red chillies **vg** 67/136 kcal 5.50 / 5.50

Vietnamese salads : gỏi

9. **Chicken salad** 11.95
with Asian herbs, peppers & a chilli ginger dressing 210 kcal
10. **Veggie salad** THIS™ isn't chicken veggie
as above minus the chicken **vg** 233/153 kcal 12.25 / 10.75
11. **Green papaya salad** THIS™ isn't chicken chicken king prawn
crunchy salad with peanuts & prawn crackers **vg** 203/189/129 kcal 12.75 / 12.50 / 13.25
12. **Mango salad** 9.95
spicy salad topped with pork, dried shrimp & peanuts 175 kcal
13. **Prawn & pomelo salad** 9.95
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

33. **Chicken & dried shrimp** 794 kcal 12.50
35. **Shiitake & Thai basil** **vg** 796 kcal 12.25
34. **THIS™ isn't chicken** **vg** 869 kcal 13.50

Wok fried noodles : phở xào

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

36. **Chicken** 447 kcal 12.95
39. **Tofu & mushroom** **vg** 527 kcal 12.95
37. **Beef** 442 kcal 13.50
40. **THIS™ isn't chicken** **vg** 419 kcal 13.50
38. **Chicken & prawn** 446 kcal 13.50

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 | 13.50 |
| 15. Steak - thinly sliced steak | 287 kcal | 13.75 |
| 16. Steak with garlic - flash fried steak (Hanoi style) | 468 kcal | 13.95 |
| 17. Beef combo - steak, brisket & meatballs | 396 kcal | 14.75 |
| 18. Chicken - breast meat in chicken broth | 347 kcal | 12.95 |
| 19. King prawns - chicken or veg broth | 305 kcal | 14.25 |
| 20. Tofu & button mushrooms - chicken or veg broth | vg 356 kcal | 13.25 |
| 21. 3 Mushrooms - enoki, shiitake & button mushrooms - chicken or veg broth | vg 290 kcal | 13.25 |

Hot & spicy soups - served with phở or bún noodles

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|--|-------------|-------|
| 22. Hot & spicy chicken | 343 kcal | 13.50 |
| 23. Hot & spicy beef brisket - with a chilli shrimp paste | 454 kcal | 13.95 |
| 24. Hot & spicy king prawn | 301 kcal | 14.75 |
| 25. Hot & spicy THIS™ isn't chicken | vg 349 kcal | 13.95 |
| 26. Hot & spicy tofu & mushroom | vg 420 kcal | 13.75 |
| 27. Hot & spicy 3 mushrooms - with pak choy | vg 335 kcal | 13.75 |

House specials

- | | | |
|---|---------------------|-------|
| 28. 'Super Green' - morning glory, green beans, pak choy, fresh lime & Thai basil in veggie broth | vg 381 kcal | 12.50 |
| 29. 'Spicy Green' - chicken, THIS™ isn't chicken or tofu, morning glory, green beans, pak choy, fresh lime & Thai basil in spicy veggie broth | vg 455/460/448 kcal | 14.50 |
| 30. Brisket & mushroom - brisket, enoki & button mushrooms, creamy egg yolk, in beef broth | 374 kcal | 14.75 |
| 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 | 14.50 |
| 32. Phở House - king prawns, chicken & flash fried steak with garlic in beef broth | 351 kcal | 15.50 |
- 25p donated to the Christina Noble Children's Foundation in Vietnam

EXTRA TOPPINGS

- | | | |
|--|-------------------------|------|
| tofu / button mushrooms / creamy egg yolk / pak choy / 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.



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

50. Chicken 587 kcal	14.95	56. Chicken 623 kcal	15.50
51. Beef brisket 682 kcal	15.25	57. Beef brisket 736 kcal	15.75
52. King prawn 599 kcal	15.95	58. King prawn 642 kcal	16.50
53. Fish (white, fillet) 618 kcal	15.25	59. Fish (white, fillet) 521 kcal	15.75
54. Tofu vg 769 kcal	14.50	60. Tofu vg 789 kcal	14.95
55. THIS™ isn't chicken vg 660 kcal	15.50	61. THIS™ isn't chicken vg 674 kcal	15.95

+ 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.

62. Beef brisket 648 kcal	14.50	65. THIS™ isn't chicken vg 610 kcal	14.25
63. Chicken 589 kcal	13.95	66. Tofu & mushroom vg 631 kcal	13.95
64. King prawn 584 kcal	14.95	67. 3 Mushroom vg 559 kcal	13.95

Rice bowls : món cơm

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

68. Chargrilled chicken thigh 239 kcal	13.50	71. Tofu & veg vg 268 kcal	12.95
69. Chargrilled pork 281 kcal	13.75	72. THIS™ isn't chicken & veg vg 205 kcal	13.95
70. Chicken & pork combo 348 kcal	14.50		

+ with broken rice 370 kcal

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+ 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

41. Chicken 389 kcal	12.95	47. Chargrilled chicken thigh 403 kcal	13.50
42. Beef 365 kcal	13.50	48. Chargrilled pork loin 445 kcal	13.75
43. King prawn 315 kcal	14.25	49. Chicken & pork combo 512 kcal	14.75
44. Tofu & mushroom vg 382 kcal	12.95		
45. THIS™ isn't chicken vg 529 kcal	13.50		
46. Pork & lemongrass meatballs 520 kcal	12.95		

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

Wine

125ml also available

WHITE

Il Traliccio Trebbiano, Emilia Romagna, Italy, 11%
Piattini Pinot Grigio, Venezie, Italy, 11%

175ml	250ml	bottle
6.75	8.25	23.95
7.25	8.95	24.95

ROSÉ

Piattini Pinot Grigio Blush, Venezie, Italy, 11%

7.50 / 9.25 / 25.95

RED

El Ninot Garnacha Monastrell, Valencia, Spain, 11%
Bellefontaine Merlot, Languedoc, France, 14.5%

6.75	8.25	23.95
8.25	9.95	28.95

Beer

Bia Hà Nội, North Vietnam
Saigon, South Vietnam
Daura Damm (gluten free)

5.50
5.50
5.95

Fresh Juices

All made to order 4.95

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 4.25
rich coffee served black
or with condensed milk 17/38 kcal
10p donated to the CNCF in Vietnam
Iced Coffee 17/38 kcal 4.75
Iced Tea 90 kcal 3.75
Tea pigs bags
green, camomile, mint 2.95
Flower Teas
fragrant jasmine or green 3.95

Pop & Water

Homemade lemonade 140 kcal 4.75
Spicy lemonade 4.95
with ginger & fresh mint 190 kcal
Green tea lemonade 4.95
95 kcal
Coke, Fanta Orange 3.95
Diet Coke, Coke Zero, Sprite Zero 3.75
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.