

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 hazlenut, 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	C 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										•				

















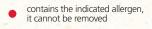


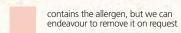




Starters	&	Sides	:	món	khai	٧

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														
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		▼		4								•	•	
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										•			7.00	







Starters & Sides : món khai vị























Cont	containing Crustacea gluten	Egg Fi	sh 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: goi - including dressings & toppings

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•	•			•	•			
•	•			•				

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	7-1-														
Reef bricket (boof stock)															

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SO₂/ Sulphites

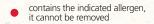
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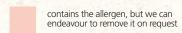
Vietnamese noodle soup : phở		re s	U		*	U		(ab)	U	SQ .	8		0
Hot & spicy soups	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard
Hot & spicy chicken (spicy stock)										•			
Hot & spicy beef brisket - incl. shrimp paste (beef stock)		•		•									
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 (yeargie stock) va													

'Super Green' (veggie stock) vg			4							
'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							





Curry: cà-ri - including rice or cauliflower rice























Classic & Spicy

Cereals
containing
aluten

S	
ng	Crustacea

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C(255)C C(Sp.C)	grateri									
Chicken	6		-			•				
Beef brisket						•				
King prawn		•				•				
Fish *			•			•				
Tofu vg						•	•		V = 7	
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	
THIS™ isn't chicken & veg vg	• •

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

Chicken & dried shrimp	•	•			•			
THIS [™] 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

























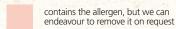


Wok fried noodles: pho xão - WITHOUT sauce	containing Crustacea Egg gluten	Fish Lupin Milk	Molluscs Nuts	Peanut Soya Sesai	me Celery Mustard SO ₂ / Sulphites
Chicken		•		•	
Beef		•		•	
Chicken and prawn	•	•		•	
Tofu & mushroom vg				• •	
THIS [™] isn't chicken vg				•	

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					•	•			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 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	V								•				
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



















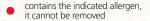






Desserts - WITHOUT choice of ice cream or sorbet	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / Sulphites
Banana fritter vg	6													•
Pandan waffle			•			•								
Chocolate waffle			•			•								
Vietnamese affogato *						•								
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

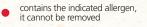






Allergen Guide Kids Menu

Kids Noodles			P	O			0		(db)	5	OQ.	63	U	0	
Wok fried noodles		Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / Sulphites
Chicken			71	X 8	•										
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	4		•		•										•
Kids Noodle soup															
Mini pho chicken - in chicken stock					•			1							
Mini pho beef - in beef stock					•										
Mini pho tofu & mushroom - in veggie stock vg					4						•				



See adult menu section for full info on soup stocks



Kids Rice			(A S	0			0		(db)	0	Sop	8	•	0	9
Wok fried rice with egg	CO	Tereals ntaining gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / Sulphites
Plain	u -			•	-						•				
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

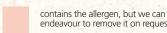


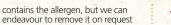


Allergen Guide Drinks Menu

































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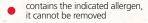
	gluten	Crustacea	Lgg	11311	Lupin	IVIIIK	Wiolidaca	Nuts	realiat	Joya	Sesame	Celely	ividstard	Sulphites
Phojito														
Spicy Lychee Margarita														
Dragon Fruit & Lime Martini														
Hà Nội Iced Tea														
Cà phê Martini						•								
Coconut Pineapple Martini														
Pride Punch														
Paloma														

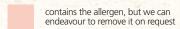
Booze-Free

Nojito								
Seedlip & Tonic								
Cucumber Fizz								

Spirits & Mixers

Tanqueray Gin		1 4 X		
Vodka Hà Nội				
Fever Tree tonic				





























Fresh juices & Soft Drinks

Tresti juices a core Brillia	gluten	Liustacea Egg	risii Eupiii	IVIIK IVIOIIU3C3 IV	vuis realiut 50y	a sesame centry	Sulphites
Freshly squeezed juices - all varieties	L Company						
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			•				

