



**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 (SO<sub>2</sub>) / 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 <sub>2</sub> / Sulphites
Garlic vinegar <b>vg</b>														
Chilli paste in pot <b>vg</b>														
Hoi sin sauce in bottle (see bottle label) <b>vg</b>	● wheat									●	●			
Sriracha (see bottle label) <b>vg</b>														●
Fish sauce (see bottle label)				●										
Soy sauce - kikoman-gluten free (see bottle label) <b>vg</b>										●				

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**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 <sub>2</sub> / Sulphites
Nước chấm				●										
Nước chấm chay <b>vg</b>														
Peanut sauce <b>vg</b>									●		● may			
Sweet chilli (see bottle label) <b>vg</b>														
Sriracha (see bottle label) <b>vg</b>														●
Ginger soy <b>vg</b>										●				

### Starters - WITHOUT sauces

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO <sub>2</sub> / Sulphites
Crispy spring rolls - veggie <b>vg</b>	● wheat	▼								●				
Crispy spring rolls - pork	● wheat	▼												
Summer rolls - veggie <b>vg</b>														
Summer rolls - chicken														
Summer rolls - THIS™ isn't chicken <b>vg</b>										●				
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 <b>vg</b>														
Stir fried Chinese leaf - classic or spicy <b>vg</b>										●				

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## Starters & Sides : món khai vị

Cont...



	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO <sub>2</sub> / Sulphites
Vietnamese pancake - tofu <b>vg</b>										●				
Vietnamese pancake - <b>THIS™</b> isn't chicken <b>vg</b>										●				
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*) <b>vg</b>										●				
Veggie salad - <b>THIS™</b> isn't chicken (incl. dressing*) <b>vg</b>										●				
* Chef's dressing on chicken & veggie salads														
* Ginger dressing on side of chicken & veggie salads										●				
Green papaya salad - chicken		●		●					●					●
Green papaya salad - <b>THIS™</b> isn't chicken <b>vg</b>									●	●				●
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 <sub>2</sub> /Sulphites
Chicken stock - alone				●										
Beef stock - alone				●										
Veggie stock - alone <b>vg</b>														
Spicy stock - alone <b>vg</b>										●				

## Classics

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO <sub>2</sub> /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) <b>vg</b>										●				
3 Mushrooms (chicken stock)				●										
3 Mushrooms (veggie stock) <b>vg</b>														

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**vg** vegan options available



# Vietnamese noodle soup : phở



## Hot & spicy soups

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO <sub>2</sub> / 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) <b>vg</b>										●				
Hot & spicy tofu & mushroom (spicy stock) <b>vg</b>										●				
Hot & spicy 3 mushrooms (spicy stock) <b>vg</b>										●				

## House specials

'Super Green' (veggie stock) <b>vg</b>														
'Spicy Green' - chicken, THIS™ isn't chicken or tofu (veggie stock) <b>vg</b>										●				
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 <b>vg</b>										●				
Tofu & mushroom <b>vg</b>										●				
3 Mushroom <b>vg</b>														

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## 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 <sub>2</sub> /Sulphites
Chicken									●					
Beef brisket									●					
King prawn		●							●					
Fish *				●					●					
Tofu <b>vg</b>									●	●				
THIS™ isn't chicken <b>vg</b>									●	●				

## 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 <sub>2</sub> /Sulphites
Chargrilled chicken thigh				●					●	●				
Beef in betel leaf		▼		●					●	●				
Chargrilled pork				●					●	●				
3 meat combo		▼		●					●	●				
Tofu & veg <b>vg</b>									●	●				
THIS™ isn't chicken & veg <b>vg</b>									●	●				

## 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 <sub>2</sub> /Sulphites
Chicken & dried shrimp		●		●										
THIS™ isn't chicken <b>vg</b>														●
Shiitake & Thai basil <b>vg</b>														●

\* 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 <sub>2</sub> / Sulphites
Chicken				●					●					
Beef				●					●					
Chicken and prawn		●		●					●					
Tofu & mushroom <b>vg</b>									●	●				
THIS™ isn't chicken <b>vg</b>										●				

## Vermicelli noodles : bún - WITHOUT sauce. Includes spring roll\*

### Wok-fried

Chicken	● wheat								●	●				
Beef	● wheat								●	●				
King prawn	● wheat	●							●	●				
Nem nuong pork balls	● wheat	▼							●	●				
Tofu & mushroom <b>vg</b>	● wheat								●	●				
Veggie spring rolls <b>vg</b>	● wheat	▼							●	●				
THIS™ isn't chicken <b>vg</b>	● wheat								●	●				
* Spring roll added to the bún dish	● wheat	▼								●				

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## 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 <sub>2</sub> /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 <b>vg</b>														
Sweet chilli (bún dish only) <b>vg</b>														
Ginger soy <b>vg</b>										●				

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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 <sub>2</sub> /Sulphites
Banana fritter <b>vg</b>														●
Pandan waffle			●			●								
Chocolate waffle			●			●								
Vietnamese affogato *						●								

## Ice cream & sorbet : kem

Honey & Ginger gelato *						●								
Condensed Milk gelato *						●								
Madagascar Vanilla gelato *						●								
Alphonso Mango sorbet <b>vg</b> *														
Dark Chocolate sorbet <b>vg</b> *										●				
Raspberry sorbet <b>vg</b> *														
Coconut sorbet <b>vg</b> *														

\* 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 <sub>2</sub> /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 <sub>2</sub> /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 <sub>2</sub> /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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**Allergen Guide**  
**Drinks Menu**

## Beer & Cider



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

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO <sub>2</sub> /Sulphites
Prosecco Spumante, Venetie, Italy, 10.5%														●
Il Traliccio Trebbiano, Emilia Romagna, Italy, 11%														●
Piattini Pinot Grigio, Venetie, Italy, 11%														●
Selon Létang Viognier, Languedoc, France, 12.5%														●
Peacock Sauvignon Blanc, Stellenbosch, South Africa, 12.5%														●
Piattini Pinot Grigio Blush, Venetie, Italy, 11%														●
La Ruchette Côtes du Rhône Rosé, Rhône, France, 13%														●
El Ninot Garnacha Monastrell, Valencia, Spain, 11%														●
Bellefontaine Merlot, Languedoc, France, 14.5%														●
Benjamin Malbec, Argentina, 12.5%														●

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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 <sub>2</sub> /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 <sub>2</sub> /Sulphites
Nojito														
Seedlip & Tonic														
Cucumber Fizz														

## Spirits & Mixers

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