



## **Nutritional Guidelines**

## Starters & Sides : món khai vị

Excludes dipping sauces

	Total Calories	MACROS			of which Saturated fat (g)	Fibre (g)	Sugar (g)
		Protein (g)	Carbs (g)	Fat (g)			
Spring rolls   <b>Chả giò</b> - Veggie served with lettuce & herbs <b>vg</b>	318	4.5	49.1	11.5	1.1	< 1	3.1
Spring rolls   <b>Chả giò</b> - Pork served with lettuce & herbs	360	14.1	37.2	17.1	4.2	< 1	2.8
Summer rolls - Veggie   <b>Gỏi cuốn</b> - fresh rice paper rolls <b>vg</b>	185	1.7	36.6	3.8	< 0.5	1.4	8.1
Summer rolls - Chicken   <b>Gỏi cuốn</b> - fresh rice paper rolls	183	10.5	33.1	< 1	< 0.5	< 1	1.8
Summer rolls - THIS™ isn't chicken   <b>Gỏi cuốn</b> - fresh rice paper rolls <b>vg</b>	196	8.5	33.6	3.6	< 0.5	2.1	2.8
Summer rolls - Prawn   <b>Gỏi cuốn</b> - fresh rice paper summer rolls	145	6.8	29.2	< 0.5	< 0.5	1	2.2
Chicken wings   <b>Cánh gà</b> - seasoned, crispy chicken wings with sriracha	587	67.1	0.2	35.5	6.5	1.2	0.29
Pork & lemongrass meatballs   <b>Nem nướng</b>	349	27.5	7.6	22.8	5.4	1.6	1
Baby squid   <b>Mực chiên giòn</b> - tender fried baby squid	315	13.5	17.8	21.8	1.9	2.9	< 0.5
Seafood spring roll   <b>Nem hải sản</b> - large crispy spring roll of king prawn, crab & pork	208	12.7	20.4	9.1	2.2	3.3	1.4
Beef betel   <b>Bò lá lốt</b> - beef wrapped in betel leaves	365	35	22.8	14.4	3.5	1	2
Morning glory   <b>Rau muống xào</b> stir fried morning glory (water spinach) in garlic, with or without fresh red chillies <b>vg</b>	101/109	4	10	6.3	< 1	2.1	1.2
Stir fried Chinese leaf   <b>Cải thảo xào</b> in soy sauce, with or without fresh red chillies <b>vg</b>	67/136	2.2	3.4	5.2	< 0.5	1.3	1.3
Vietnamese pancake - Tofu   <b>Bánh xèo</b> savory crispy pancake with rice papers & herbs <b>vg</b>	289	12.5	19.2	18.1	4.1	1	< 0.5
Vietnamese pancake - THIS™ isn't chicken   <b>Bánh xèo</b> savory crispy pancake with rice papers & herbs <b>vg</b>	281	18.2	24.3	13.2	2.7	4.6	1.4
Vietnamese pancake - Chicken & Prawn   <b>Bánh xèo</b> savory crispy pancake with rice papers & herbs	226	20.4	16.1	8.7	2.7	1	< 0.5

As each dish is cooked to order, variations do occur and the nutritional information above will vary slightly. The information is accurate as of 1/11/2024

**vg** - vegan friendly dishes

## Vietnamese noodle soup : phở

### Classics

	Total Calories	MACROS			of which Saturated fat (g)	Fibre (g)	Sugar (g)
		Protein (g)	Carbs (g)	Fat (g)			
Beef brisket   Phở chín - tender, slow cooked beef brisket	397	36.7	54.6	3.6	1.32	3	1
Steak   Phở tái - thinly sliced steak	287	21.4	47.5	1.25	< 0.5	3.1	1
Steak with garlic   Phở tái lăn - flash fried steak (Hanoi style)	468	32.6	50	14.9	2	3.2	1
Beef combo   Phở bò combo - steak, brisket & meatballs	396	39.2	46.1	5.8	2	3.2	1
Chicken   Phở gà - breast meat in chicken broth	347	29.3	53	2	< 1	3.4	< 1
King prawns   Phở tôm	305	20.9	54.4	< 1	< 0.5	3.4	< 1
Tofu & button mushrooms   Phở chay <b>vg</b>	356	14.9	56.1	7.9	< 1	3.3	< 1
3 Mushrooms   Phở nấm rơm - enoki, shiitake & button mushrooms <b>vg</b>	290	11.4	52.8	3.9	< 1	3.3	< 1

### Hot & spicy soups

Hot & spicy chicken   Bún gà Huế	353	26.9	55	3.1	< 1	3.1	1.8
Hot & spicy beef brisket   Bún bò Huế - with a chilli shrimp paste	454	36.6	55.4	9.4	1.7	2.9	< 1
Hot & spicy king prawn   Bún tôm Huế	301	17.1	52.7	2.6	< 1	2.9	2.3
Hot & spicy THIS™ isn't chicken   Bún gà chay Huế <b>vg</b>	349	18.2	58	5.6	< 1	4.6	3.5
Hot & spicy tofu & mushroom   Bún chay Huế <b>vg</b>	420	15.8	59.1	13.4	1.6	3	< 1
Hot & spicy 3 mushrooms   Bún nấm rơm Huế - with pak choi <b>vg</b>	335	9	60.1	6.1	< 1	3	4.8

### House specials

'Super Green' - morning glory, green beans, pak choi, fresh lime & Thai basil <b>vg</b>	381	-	-	-	-	-	-
'Spicy Green' - Chicken - with morning glory, green beans, pak choi, fresh lime & Thai basil in spicy veggie broth	455	25.2	80.1	3.4	0.9	5.1	8.4
'Spicy Green' - THIS™ isn't chicken - with morning glory, green beans, pak choi, fresh lime & Thai basil in spicy veggie broth <b>vg</b>	460	-	-	-	-	-	-
'Spicy Green' - Tofu - with morning glory, green beans, pak choi, fresh lime & Thai basil in spicy veggie broth <b>vg</b>	448	18.9	70.6	10	0	4.2	1.2

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## Vietnamese noodle soup : phở

### House specials (cont...)

#### Brisket & mushroom | Phở bò nấm trứng

brisket, enoki & button mushrooms, creamy egg yolk in beef broth

#### Crab noodle soup | Bún riêu - a Hanoi classic; vermicelli noodles in a rich tomato & crab broth with wafer thin steak & tofu, topped with fried shallots

#### Phở house | Phở đặc biệt

king prawns, chicken & flash fried steak with garlic in beef broth

## 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. Served with phở or bún noodles

#### Beef brisket

#### Chicken

#### King prawn

#### THIS™ isn't chicken **vg**

#### Tofu & mushroom **vg**

#### 3 Mushroom **vg**

	Total Calories	MACROS			of which Saturated fat (g)	Fibre (g)	Sugar (g)
		Protein (g)	Carbs (g)	Fat (g)			
Brisket & mushroom   Phở bò nấm trứng brisket, enoki & button mushrooms, creamy egg yolk in beef broth	374	24.4	46.9	9.5	2.1	3.4	< 1
Crab noodle soup   Bún riêu - a Hanoi classic; vermicelli noodles in a rich tomato & crab broth with wafer thin steak & tofu, topped with fried shallots	498	34.6	55.8	19.2	3.6	3.2	12.6
Phở house   Phở đặc biệt king prawns, chicken & flash fried steak with garlic in beef broth	351	32.4	41.6	5.8	1	3.6	< 1
Curry noodle soup							
Beef brisket	648	25.9	75.9	26.7	18	3.6	10.8
Chicken	589	25	74.4	21	14.4	3.5	9.8
King prawn	584	21.6	74.1	22.8	16.2	3.5	12.1
THIS™ isn't chicken <b>vg</b>	610	20.2	75.9	25.5	16.7	3.5	12
Tofu & mushroom <b>vg</b>	631	15.5	78.2	29.4	13.7	3.6	12.2
3 Mushroom <b>vg</b>	559	10.8	76	22.8	13.3	3.3	9.1

## Curry : cà-ri

Excludes rice (see below)

topped with peanuts. Served with a choice of broken or cauliflower rice

### Classic

rich, fragrant Vietnamese curry, with veggies & mushrooms

	Total Calories	MACROS			of which Saturated fat (g)	Fibre (g)	Sugar (g)
		Protein (g)	Carbs (g)	Fat (g)			
Chicken	587	23.1	19.2	39.2*	22.1	4.5	15.8
Beef brisket	682	31.4	17.7	45.1*	25.5	2.2	15.5
King Prawn	599	19.1	19.6	41.8*	23.9	2.9	16.2
Fish	618	34.8	19.6	43.6*	27.9	3.7	6.3
Tofu <b>vg</b>	769	14.3	24.2	60.4*	31.3	3.1	19.1
THIS™ isn't chicken <b>vg</b>	660	17.6	26.2	47.1*	25.8	4.6	17.2

### Spicy

spicy Vietnamese curry with fresh red chillies & betel leaf

Chicken	623	31	21.2	50.3*	34.7	1.9	14.1
Beef brisket	736	34.7	18.4	58*	41.3	2	13.4
King Prawn	642	22.8	21.1	60*	43.7	2.1	16.4
Fish	521	36.1	13.9	35*	26.8	2.9	8.9
Tofu <b>vg</b>	789	13.6	21.1	48.1*	29.77	1.6	14.3
THIS™ isn't chicken <b>vg</b>	674	25.8	26.2	52.8*	35.8	3.9	16.6

### + Choice of rice

broken rice portion	370	8.3	101	< 0.5	< 0.5	2.8	< 0.5
cauliflower rice portion	64	-	-	< 0.5	< 0.5	-	< 0.5

\* Please note: this is "good fat" from coconut milk used in the sauce

## Rice bowls : món cơm

Excludes rice (see below)

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

	Total Calories	MACROS			of which Saturated fat (g)	Fibre (g)	Sugar (g)
		Protein (g)	Carbs (g)	Fat (g)			
Chargrilled chicken thigh	239	31.4	17	11.4	3.1	3.8	3.8
Beef in betel leaf	290	25.6	17	14.1	4.2	2	1.6
Chargrilled Pork	281	25	15.9	6	< 1	4.5	2.6
3 Meat Combo	348	34.4	18.7	11.7	3.4	4.6	2.7
Tofu & Veg <b>vg</b>	268	21.2	16.7	14.1	1.6	3.8	1.2
THIS™ isn't chicken & veg <b>vg</b>	205	21.8	27	8.1	< 1	6.1	2.5
<b>+ Choice of rice</b>							
broken rice portion	370	8.3	101	< 0.5	< 0.5	2.8	< 0.5
cauliflower rice portion	64	-	-	< 0.5	< 0.5	-	< 0.5

## Wok fried rice : cơm chiên

aromatic, spicy wok-fried broken rice

Chicken & dried shrimp	794	31.4	105	27.3	2.6	3.3	6.6
Shiitake & Thai basil <b>vg</b>	796	14.7	126.5	27.2	2.4	0.2	5.8
THIS™ isn't chicken <b>vg</b>	869	24.2	120.1	34.9	2.9	10.9	1.7

## Wok fried noodles : phở xào

Includes sauces

wok fried flat rice noodles with lemongrass, chilli and Asian greens.  
Served with peanuts & nước chấm. **vg** dish served with nước chấm chay

Chicken	447	33.3	64.8	6.6	1	2.4	< 0.5
Beef	442	26.8	67.3	7.9	< 1	2.9	< 1
Chicken & Prawn	446	29.2	55.5	11.2	< 1	1.5	< 1
Tofu & Mushroom <b>vg</b>	527	16	99	14	1.5	5.1	< 1
THIS™ isn't chicken <b>vg</b>	419	19.5	79.8	3.9	< 0.5	7.3	< 0.5

## Vermicelli noodles : bún\*

all served room temp with fresh herbs & peanuts. \* All exclude veggie spring roll

Includes sauces

### Wok-fried

with lemongrass, chilli, beansprouts & nước chấm

	Total Calories	MACROS			of which Saturated fat (g)	Fibre (g)	Sugar (g)
		Protein (g)	Carbs (g)	Fat (g)			
Chicken	310	26.2	39.7	5.7	1.2	3.41	5.4
Beef	286	21.6	37.1	6.2	1.4	2.6	6.5
King Prawn	236	16.1	35.8	3.8	1	2.5	3.8
Nem Nướng Pork Balls	441	23.1	43.7	19.9	5	3.5	5.9
Tofu & Mushroom <b>vg</b>	303	10.5	41.5	11.9	1.7	2.6	5.9
Veggie Spring Rolls <b>vg</b>	476	10.4	89.6	9.2	1.5	4.4	8.4
THIS™ isn't chicken <b>vg</b>	450	28.1	66.5	10	1.7	8.5	9

### Grilled

marinated meats served with a fish sauce

Chargrilled chicken thigh	324	-	-	-	-	-	-
Chargrilled pork loin	366	-	-	-	-	-	-
Beef in betel leaf	375	-	-	-	-	-	-
3 meat combo	433	-	-	-	-	-	-

### + Bún add-ons

Single vegetarian spring roll	79	1.1	12.2	2.8	< 0.5	< 0.5	< 1
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## Chả cá Lã Vọng

rice noodles with grilled fish marinated in turmeric  
with dill, green onion, peanuts & prawn crackers

	676	39.2	69.1	26.1	3.5	2.7	20.2
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## Vietnamese salads : gỏi

	Includes dressings	Total Calories	MACROS			of which Saturated fat (g)	Fibre (g)	Sugar (g)
			Protein (g)	Carbs (g)	Fat (g)			
Chicken salad   Gỏi gà	- with Asian herbs, peppers & a chilli ginger dressing	210	20	17.9	6.2	1.3	1.3	10.6
THIS™ isn't chicken salad   Gỏi gà	- with Asian herbs, peppers & a chilli ginger dressing <b>vg</b>	233	17.5	26.5	7	1.4	3.8	13.5
Veggie salad   Gỏi chay	- as above minus the chicken <b>vg</b>	153	4.1	23.1	5.4	1.5	2	11.7
Green papaya salad - Chicken   Gỏi đu đủ	- with peanuts	189	28.8	13.2	3	< 1	3.9	2.7
Green papaya salad - THIS™ isn't chicken   Gỏi đu đủ	- with peanuts <b>vg</b>	203	17.6	19.6	7.7	< 1	7.2	5.9
Green papaya salad - Prawn   Gỏi đu đủ	- with peanuts	129	10.7	14.5	3.7	< 1	3	8.3
+ Prawn cracker portion (served with Green papaya salad)		59	0	5.6	4.1	0.4	0.1	0.2
Mango salad   Gỏi xoài	- topped with pork, dried shrimp & peanuts	175	9	16.5	8.1	1.6	1.9	11.7
Prawn & pomelo salad   Gỏi bưởi	- with red chillies, herbs, roasted coconut & peanuts	182	10.2	15.6	8.0	5.7	3.9	9.2

## Prawn or 'Prawnless' crackers

Prawn crackers   Bánh phồng tôm	- with sweet chilli sauce	253	0	24	17.6	1.7	0.43	-
Prawnless crackers   Bánh phồng chay	- with sweet chilli sauce <b>vg</b>	320	0	24	17.6	1.7	0.43	-

## Sauces\*

Nước chấm	50	< 0.5	10	< 0.5	< 0.5	0.43	11
Nước chấm chay	37	< 0.5	8.9	< 0.5	< 0.5	0.43	9
Peanut	95	6.9	15	11.5	2.1	< 1	13.9
Soy ginger	99	3.4	21.8	< 0.5	< 0.5	< 0.5	19.4
Sweet Chilli	69.3	0.18	16.6	0.2	0	0.48	10.6

\* Based on the standard starter serving

