



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. (Except for our GF dishes which contain gluten at a level of no more than 20ppm gluten). All dishes could contain traces of peanut or nuts. 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	 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

 contains the allergen, but we can endeavour to remove it on request

 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

Nước chấm

Nước chấm chay **vg**

Peanut sauce **vg**

Sweet chilli (see bottle label) **vg**

Sriracha (see bottle label) **vg**

Ginger soy **vg**



Cereals
containing
gluten



Crustacea



Egg



Fish



Lupin



Milk



Molluscs



Nuts



Peanut



Soya



Sesame



Celery



Mustard



SO₂ /
Sulphites

Starters - WITHOUT sauces

Crispy spring rolls - veggie **vg**

Crispy spring rolls - pork

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

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



Cereals
containing
gluten



Crustacea



Egg



Fish



Lupin



Milk



Molluscs



Nuts



Peanut



Soya



Sesame



Celery



Mustard



SO₂ /
Sulphites

Stocks

Chicken stock - alone

Beef stock - alone

Veggie stock - alone **vg**

Spicy stock - alone **vg**

Classics

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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vegan options available

Vietnamese noodle soup : phở



Hot & spicy soups

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)

* Omelette added to Crab noodle soup

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

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

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

[illegible]

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

Wok-fried

	Wheat	Almonds	Coconut	Peas	Chickpeas	Soya	Mustard seeds	Sesame	Mustard	Onion	Garlic	Chilli	Coriander	Lemon	Spring roll
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




































Chargrilled chicken thigh

Chargrilled pork loin

Beef in betel leaf

3 Meat combo

* Spring roll added to the bún dish

	 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*




















Sauces

Nước chấm


Nước chấm chay **vg**


Sweet chilli (bún dish only) **vg**


Ginger soy **vg**

	 Cereals containing gluten	 Crustacea	 Egg	 Fish	 Lupin	 Milk	 Molluscs	 Nuts	 Peanut	 Soya	 Sesame	 Celery	 Mustard	 SO ₂ / Sulphites
Chả cá Lã Vọng*														
Nước chấm														
Nước chấm chay vg														
Sweet chilli (bún dish only) vg														
Ginger soy vg														

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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 egg, peanuts, soybean, nuts, sesame, sulphites, milk.

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vg vegan options available



Allergen Guide

Kids Menu

Kids Noodles

Wok fried noodles

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

Bún noodles - WITHOUT sauce*

	Cereals containing gluten	Crustacea	Egg	Fish	Lupin	Milk	Molluscs	Nuts	Peanut	Soya	Sesame	Celery	Mustard	SO ₂ / Sulphites
with Chicken									●					
with Pork balls		▼							●					
with Veggie spring rolls vg	●	▼							●	●				
* Nước chấm sauce for bún				●										

Baby bún noodles

with dipping sauce

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

Kids Noodle soup

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

Plain

Chicken

Tofu



Cereals
containing
gluten



Crustacea



Egg



Fish



Lupin



Milk



Molluscs



Nuts



Peanut



Soya



Sesame



Celery



Mustard



SO₂ /
Sulphites

Curry : cà-ri

with Chicken & rice

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)

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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	● barley													
Saigon	● barley													
Beer Lao	● barley													
Pho Brewgooder Session IPA	● barley													
Pho Brewgooder Hazy Pale Ale	● barley, wheat													
Saigon Apple Cider														●
Saigon Apple & Ginger Cider														●
Daura Damm *	● barley													
Lucky Saint Alcohol Free Lager	● barley													

Wine & Sparkling

Prosecco Spumante, Venezia, Italy, 10.5%														●
Il Traliccio Trebbiano, Emilia Romagna, Italy, 11%														●
Piattini Pinot Grigio, Venezia, Italy, 11%														●
Selon Létang Viognier, Languedoc, France, 12.5%														●
Peacock Sauvignon Blanc, Stellenbosch, South Africa, 12.5%														●
Piattini Pinot Grigio Blush, Venezia, Italy, 11%														●
La Ruchette Côtes du Rhône Rosé, Rhône, France, 13%														●
El Ninot Garnacha Monastrell, Valencia, Spain, 11%														●

* Gluten free beer made from barley malt where the gluten has been removed to 20ppm or less of gluten

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Wine & Sparkling

Cont...

Bellefontaine Merlot, Languedoc, France, 14.5%

Benjamin Malbec, Argentina, 12.5%



Cereals
containing
gluten



Crustacea



Egg



Fish



Lupin



Milk



Molluscs



Nuts



Peanut



Soya



Sesame



Celery



Mustard



SO₂ /
Sulphites

Cocktails

Phojito

Spicy Lychee Margarita

Dragon Fruit & Lime Martini

Hà Nội Iced Tea

Cà phê Martini

Coconut Pineapple Martini

Pride Punch

Paloma

Spirits & Mixers

Tanqueray Gin

Vodka Hà Nội

Fever Tree tonic

Booze-Free

Nojito

Seedlip & Tonic

Cucumber Fizz



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vegan options available

TRIP Infusions

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

Greens & Chill

Refresh & Relax

TRIP Peach & Ginger (Deliveroo only)

TRIP Lemon & Basil (Deliveroo only)

TRIP Elderflower & Mint (Deliveroo only)

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

Herbal teas

Fresh mint tea

Fresh lemongrass tea

Iced tea

Vietnamese coffee - **black**, hot or iced

Vietnamese coffee - **white**, hot or iced

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