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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
318/377 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** 7.95 / 7.50 / 7.75 / 7.95
196/185/183/145 kcal
- choice of nước chấm or peanut sauce ▲
3. **Chicken wings**
seasoned, crispy chicken wings with sriracha 587 kcal 8.95
4. **Pork & lemongrass meatballs**
served with lettuce & herbs to wrap & dip 349 kcal - choice of nước chấm or peanut sauce ▲ 8.25
5. **Baby squid**
tender fried baby squid with a salt, pepper & lime dip 315 kcal 8.95
6. **Seafood spring roll***
large crispy spring roll of king prawn, crab & pork with nước chấm dipping sauce 208 kcal 7.95
7. **Morning Glory**
stir fried morning glory (water spinach) in garlic,
with or without fresh red chillies **vg** 101/110 kcal classic spicy
6.95 / 6.95
8. **Stir fried Chinese leaf** classic spicy
in soy sauce, with or without fresh red chillies **vg** 67/136 kcal 5.75 / 5.75

Vietnamese salads : gỏi

9. **Chicken salad** 12.50
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 12.75 / 11.25
11. **Green papaya salad** THIS™ isn't chicken chicken king prawn
crunchy salad with peanuts & prawn crackers **vg** 203/189/129 kcal 13.25 / 12.95 / 13.75
12. **Mango salad**
spicy salad topped with pork, dried shrimp & peanuts 160 kcal 9.95
13. **Prawn & pomelo salad**
with red chillies, Vietnamese herbs, roasted coconut & peanuts 182 kcal 9.95

Wok fried rice : cơm chiên

aromatic, spicy wok-fried broken rice. + Add a fried egg for £1.25

33. **Chicken & dried shrimp** 794 kcal 12.95
34. **THIS™ isn't chicken** **vg** 869 kcal 13.95
35. **Shiitake & Thai basil** **vg** 796 kcal 12.75

Wok fried noodles : phở xào

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

36. **Chicken** 447 kcal 13.50
37. **Beef** 442 kcal 13.95
38. **Chicken & prawn** 446 kcal 13.95
39. **Tofu & mushroom** **vg** 527 kcal 13.25
40. **THIS™ isn't chicken** **vg** 419 kcal 13.95

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

14. Beef brisket - slow cooked in our broth	397 kcal	13.95
15. Steak - thinly sliced steak	287 kcal	14.25
16. Steak with garlic - flash fried steak (Hanoi style)	468 kcal	14.50
17. Beef combo - steak, brisket & meatballs	396 kcal	15.25
18. Chicken - breast meat in chicken broth	347 kcal	13.50
19. King prawns - chicken or veg broth	305 kcal	14.75
20. Tofu & button mushrooms - chicken or veg broth	vg 356 kcal	13.75
21. 3 Mushrooms - enoki, shiitake & button mushrooms - chicken or veg broth	vg 290 kcal	13.75

Hot & spicy soups - served with phở or bún noodles

22. Hot & spicy chicken	353 kcal	13.95
23. Hot & spicy beef brisket - with a chilli shrimp paste	454 kcal	14.50
24. Hot & spicy king prawn	301 kcal	15.25
25. Hot & spicy tofu & mushroom	vg 420 kcal	14.25
26. Hot & spicy 3 mushrooms - with pak choi	vg 335 kcal	14.25
27. Hot & spicy THIS™ isn't chicken	vg 349 kcal	14.50

House specials

28. 'Super Green' - morning glory, green beans, pak choi, fresh lime & Thai basil in veggie broth	vg 399 kcal	12.95
29. 'Spicy Green' - chicken, tofu or THIS™ isn't chicken, morning glory, green beans, pak choi, fresh lime & Thai basil in spicy veggie broth	vg 455/448/556 kcal	14.95
30. Brisket & mushroom - brisket, enoki & button mushrooms, creamy egg yolk, in beef broth	374 kcal	15.25
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	14.95
32. Phở House - king prawns, chicken & flash fried steak with garlic in beef broth	351 kcal	15.95

25p donated to the Christina Noble Children's Foundation in Vietnam

EXTRA TOPPINGS

tofu / button mushrooms / creamy egg yolk / pak choi / 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 or coeliac disease, 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	15.50	56. Chicken 623 kcal	15.95
51. Beef brisket 682 kcal	15.75	57. Beef brisket 736 kcal	16.25
52. King prawn 464 kcal	16.50	58. King prawn 642 kcal	16.95
53. Fish (white, fillet) 618 kcal	15.75	59. Fish (white, fillet) 521 kcal	16.25
54. Tofu vg 769 kcal	14.95	60. Tofu vg 789 kcal	15.50
55. THIS™ isn't chicken vg 660 kcal	15.95	61. THIS™ isn't chicken vg 674 kcal	16.50

+ 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 637 kcal	14.95	65. Tofu & mushroom vg 631 kcal	14.50
63. Chicken 582 kcal	14.50	66. 3 Mushroom vg 559 kcal	14.50
64. King prawn 308 kcal	15.50	67. THIS™ isn't chicken vg 610 kcal	14.75

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	13.95	71. Tofu & veg vg 268 kcal	13.50
69. Chargrilled pork 281 kcal	14.25	72. THIS™ isn't chicken & veg vg 205 kcal	14.50
70. Chicken & pork combo 348 kcal	14.95		

+ with broken rice 370 kcal

-

+ 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	13.50	47. Chargrilled chicken thigh 444 kcal	13.95
42. Beef 365 kcal	13.95	48. Chargrilled pork loin 474 kcal	14.25
43. King prawn 315 kcal	14.75	49. Chicken & pork combo 550 kcal	15.25
44. Tofu & mushroom vg 382 kcal	13.50		
45. THIS™ isn't chicken vg 529 kcal	13.95		
46. Pork & lemongrass meatballs 520 kcal	13.50		

* 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%

175ml 250ml bottle

7.25 / 8.50 / 23.95

Piattini Pinot Grigio, Venezia, Italy, 11%

7.75 / 9.50 / 25.50

ROSÉ

Piattini Pinot Grigio Blush, Venezia, Italy, 11%

7.50 / 9.25 / 26.50

RED

El Ninot Garnacha Monastrell, Valencia, Spain, 11%

7.25 / 8.50 / 23.95

Bellefontaine Merlot, Languedoc, France, 14.5%

8.75 / 10.50 / 29.50

Beer

Bia Hà Nội, North Vietnam

5.95

Saigon, South Vietnam

5.95

Daura Damm (gluten free)

6.50

Fresh Juices

All made to order 5.25

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

Apple & orange

Tea & Coffee

Vietnamese Coffee 4.50

rich coffee served black
or with condensed milk

10p donated to the CNCF in Vietnam

Iced Coffee 4.95

Iced Tea 3.95

Herbal Teas 3.25

green, camomile,
peppermint

Flower Teas 3.95

green or fragrant jasmine

Pop & Water

Homemade 4.95

lemonade

Spicy lemonade 4.95

with ginger & fresh mint

Green tea lemonade 4.95

Coke, 3.95

Fanta Orange

Diet Coke, Coke Zero,

Sprite Zero 3.95

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.