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# MENU

## STRATFORD



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## Sides & snacks : món ăn kèm

<b>1. Crispy spring rolls*</b> served with lettuce & herbs to wrap & dip <b>vg</b> 318/377 kcal - choice of nước chấm or peanut sauce ▲	veggie 7.75	pork 7.95		
<b>2. Summer rolls</b> - fresh rice paper rolls with herbs, vermicelli & pickle <b>vg</b> 196/185/183/145 kcal - choice of nước chấm or peanut sauce ▲	THIS™ isn't chicken 7.95	veggie 7.50	chicken 7.75	prawn 7.95
<b>3. Chicken wings</b> seasoned, crispy chicken wings with sriracha 587 kcal				8.95
<b>4. Pork &amp; lemongrass meatballs</b> served with lettuce & herbs to wrap & dip 349 kcal - choice of nước chấm or peanut sauce ▲				8.25
<b>5. Baby squid</b> tender fried baby squid with a salt, pepper & lime dip 315 kcal				8.95
<b>6. Seafood spring roll*</b> large crispy spring roll of king prawn, crab & pork with nước chấm dipping sauce 208 kcal				7.95
<b>7. Morning Glory</b> stir fried morning glory (water spinach) in garlic, with or without fresh red chillies <b>vg</b> 101/110 kcal	classic 6.95	spicy 6.95		
<b>8. Stir fried Chinese leaf</b> in soy sauce, with or without fresh red chillies <b>vg</b> 67/136 kcal	classic 5.75	spicy 5.75		

## Vietnamese salads : gỏi

<b>9. Chicken salad</b> with Asian herbs, peppers & a chilli ginger dressing 210 kcal	12.50		
<b>10. Veggie salad</b> as above minus the chicken <b>vg</b> 233/153 kcal	THIS™ isn't chicken 12.75	veggie 11.25	
<b>11. Green papaya salad</b> crunchy salad with peanuts & prawn crackers <b>vg</b> 203/189/129 kcal	THIS™ isn't chicken 13.25	chicken 12.95	king prawn 13.75
<b>12. Mango salad</b> spicy salad topped with pork, dried shrimp & peanuts 160 kcal			9.95
<b>13. Prawn &amp; pomelo salad</b> 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

<b>33. Chicken &amp; dried shrimp</b> 794 kcal	12.95	<b>35. Shiitake &amp; Thai basil</b> <b>vg</b> 796 kcal	12.75
<b>34. THIS™ isn't chicken</b> <b>vg</b> 869 kcal	13.95		

## Wok fried noodles : phở xào

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

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

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

## Hot & spicy soups

- served with phở or bún noodles	
<b>22. Hot &amp; spicy chicken</b>	353 kcal
<b>23. Hot &amp; spicy beef brisket</b>	- with a chilli shrimp paste
<b>24. Hot &amp; spicy king prawn</b>	301 kcal
<b>25. Hot &amp; spicy tofu &amp; mushroom</b>	vg 420 kcal
<b>26. Hot &amp; spicy 3 mushrooms</b>	- with pak choi
<b>27. Hot &amp; spicy THIS™ isn't chicken</b>	vg 349 kcal

## House specials

<b>28. 'Super Green'</b>	- morning glory, green beans, pak choi, fresh lime & Thai basil in veggie broth	vg 399 kcal	12.95
<b>29. 'Spicy Green'</b>	- chicken, tofu or <b>THIS™</b> isn't chicken, morning glory, green beans, pak choi, fresh lime & Thai basil in spicy veggie broth	vg 455/448/556 kcal	14.95
<b>30. Brisket &amp; mushroom</b>	- brisket, enoki & button mushrooms, creamy egg yolk, in beef broth	374 kcal	15.25
<b>31. Crab noodle soup</b>	- a Hanoi classic; vermicelli noodles in a rich tomato & crab broth with wafer thin steak & tofu, topped with fried shallots	498 kcal	14.95
<b>32. Phở House</b>	- 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.



accredited by  
**coeliacuk**  
live well, gluten free

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

<b>50. Chicken</b> 587 kcal	15.50	<b>56. Chicken</b> 623 kcal	15.95
<b>51. Beef brisket</b> 682 kcal	15.75	<b>57. Beef brisket</b> 736 kcal	16.25
<b>52. King prawn</b> 464 kcal	16.50	<b>58. King prawn</b> 642 kcal	16.95
<b>53. Fish</b> (white, fillet) 618 kcal	15.75	<b>59. Fish</b> (white, fillet) 521 kcal	16.25
<b>54. Tofu</b> vg 769 kcal	14.95	<b>60. Tofu</b> vg 789 kcal	15.50
<b>55. THIS™ isn't chicken</b> vg 660 kcal	15.95	<b>61. THIS™ isn't chicken</b> vg 674 kcal	16.50
<hr/>			
+ with broken rice 370 kcal	-	+ 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.

<b>62. Beef brisket</b> 637 kcal	14.95	<b>65. Tofu &amp; mushroom</b> vg 631 kcal	14.50
<b>63. Chicken</b> 582 kcal	14.50	<b>66. 3 Mushroom</b> vg 559 kcal	14.50
<b>64. King prawn</b> 308 kcal	15.50	<b>67. THIS™ isn't chicken</b> 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

<b>68. Chargrilled chicken thigh</b> 239 kcal	13.95	<b>71. Tofu &amp; veg</b> vg 268 kcal	13.50
<b>69. Chargrilled pork</b> 281 kcal	14.25	<b>72. THIS™ isn't chicken &amp; veg</b> vg 205 kcal	14.50
<b>70. Chicken &amp; pork combo</b> 348 kcal	14.95		
<hr/>			
+ 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

<b>41. Chicken</b> 389 kcal	13.50	<b>47. Chargrilled chicken thigh</b> 13.95	444 kcal
<b>42. Beef</b> 365 kcal	13.95	<b>48. Chargrilled pork loin</b> 474 kcal	14.25
<b>43. King prawn</b> 315 kcal	14.75	<b>49. Chicken &amp; pork combo</b> 550 kcal	15.25
<b>44. Tofu &amp; mushroom</b> vg 382 kcal	13.50		
<b>45. THIS™ isn't chicken</b> vg 529 kcal	13.95		
<b>46. Pork &amp; lemongrass meatballs</b> 13.50	520 kcal		

\* 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%  
**Piattini Pinot Grigio**, Venezie, Italy, 11%

175ml 250ml bottle  
7.25 / 8.50 / 23.95  
7.75 / 9.50 / 25.50

### ROSÉ

**Piattini Pinot Grigio Blush**, Venezie, Italy, 11%

7.50 / 9.25 / 26.50

### RED

**El Ninot Garnacha Monastrell**, Valencia, Spain, 11%  
**Bellefontaine Merlot**, Languedoc, France, 14.5%

7.25 / 8.50 / 23.95  
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 lemonade** 4.95  
**Spicy lemonade** 4.95  
with ginger & fresh mint  
**Green tea lemonade** 4.95  
**Coke, Fanta Orange** 3.95  
**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.