



# Nutritional Guidelines

## Starters & Sides : món khai vị

Excludes dipping sauces

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

## Vietnamese noodle soup : phở

### Classics

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

### Hot & spicy soups

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

### House specials

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

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## Vietnamese noodle soup : phở

### House specials (cont...)

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

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

Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)
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374 9.5 2.1 < 1 24.4 46.9 3.4

#### 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 19.2 3.6 12.6 34.6 55.8 3.2

#### Phở house | Phở đặc biệt

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

351 5.8 1 < 1 32.4 41.6 3.6

## 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

648 26.7 18 10.8 25.9 75.9 3.6

#### Chicken

589 21 14.4 9.8 25 74.4 3.5

#### King prawn

584 22.8 16.2 12.1 21.6 74.1 3.5

#### THIS™ isn't chicken vg

610 25.5 16.7 12 20.2 75.9 3.5

#### Tofu & mushroom vg

631 29.4 13.7 12.2 15.5 78.2 3.6

#### 3 Mushroom vg

559 22.8 13.3 9.1 10.8 76 3.3

## Curry : cà-ri

Excludes rice (see below)

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

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)
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### Classic

rich, fragrant Vietnamese curry, with veggies & mushrooms

Chicken	587	39.2*	22.1	15.8	23.1	19.2	4.5
Beef brisket	682	45.1*	25.5	15.5	31.4	17.7	2.2
King Prawn	599	41.8*	23.9	16.2	19.1	19.6	2.9
Fish	618	43.6*	27.9	6.3	34.8	19.6	3.7
Tofu <small>vg</small>	769	60.4*	31.3	19.1	14.3	24.2	3.1
THIS™ isn't chicken <small>vg</small>	660	47.1*	25.8	17.2	17.6	26.2	4.6

### Spicy

spicy Vietnamese curry with fresh red chillies & betel leaf

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

### + Choice of rice

broken rice portion	370	< 0.5	< 0.5	< 0.5	8.3	101	2.8
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	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)
Chargrilled chicken thigh	239	11.4	3.1	3.8	31.4	17	3.8
Beef in betel leaf	290	14.1	4.2	1.6	25.6	17	2
Chargrilled Pork	281	6	< 1	2.6	25	15.9	4.5
3 Meat Combo	348	11.7	3.4	2.7	34.4	18.7	4.6
Tofu & Veg <span style="color: green;">vg</span>	268	14.1	1.6	1.2	21.2	16.7	3.8
THIS™ isn't chicken & veg <span style="color: green;">vg</span>	205	8.1	< 1	2.5	21.8	27	6.1
+ Choice of rice							
broken rice portion	370	< 0.5	< 0.5	< 0.5	8.3	101	2.8
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	27.3	2.6	6.6	31.4	105	3.3
Shiitake & Thai basil <span style="color: green;">vg</span>	796	27.2	2.4	5.8	14.7	126.5	0.2
THIS™ isn't chicken <span style="color: green;">vg</span>	869	34.9	2.9	1.7	24.2	120.1	10.9

## 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	6.6	1	< 0.5	33.3	64.8	2.4
Beef	442	7.9	< 1	< 1	26.8	67.3	2.9
Chicken & Prawn	446	11.2	< 1	< 1	29.2	55.5	1.5
Tofu & Mushroom <span style="color: green;">vg</span>	527	14	1.5	< 1	16	99	5.1
THIS™ isn't chicken <span style="color: green;">vg</span>	419	3.9	< 0.5	< 0.5	19.5	79.8	7.3

## Vermicelli noodles : bún\*

Includes sauces

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

	Total Calories	Fat (g)	of which Saturated fat (g)	Sugar (g)	Protein (g)	Carbs (g)	Fibre (g)
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### Wok-fried

with lemongrass, chilli, beansprouts & nước chấm

Chicken	310	5.7	1.2	5.4	26.2	39.7	3.41
Beef	286	6.2	1.4	6.5	21.6	37.1	2.6
King Prawn	236	3.8	1	3.8	16.1	35.8	2.5
Nem Nướng Pork Balls	441	19.9	5	5.9	23.1	43.7	3.5
Tofu & Mushroom <span style="color: green;">vg</span>	303	11.9	1.7	5.9	10.5	41.5	2.6
Veggie Spring Rolls <span style="color: green;">vg</span>	476	9.2	1.5	8.4	10.4	89.6	4.4
THIS™ isn't chicken <span style="color: green;">vg</span>	450	10	1.7	9	28.1	66.5	8.5

### 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	2.8	< 0.5	< 1	1.1	12.2	< 0.5

## Chả cá Lã Vọng

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

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

Includes dressings

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

## Prawn or 'Prawnless' crackers

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

## Sauces\*

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

\* Based on the standard starter serving

