



Pho

EAT-IN
& TAKEAWAY
MENU

TRINITY KITCHEN



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Starters & snacks : món khai vị

Crispy spring rolls* served with lettuce & herbs to wrap & dip vg 318/360 kcal - choice of nước chấm or peanut sauce [▲]	veggie 6.75	pork / 6.95
Summer rolls fresh rice paper rolls with herbs, vermicelli & pickle vg 185/183/145 kcal - choice of nước chấm or peanut sauce [▲]	veggie 6.25	chicken / prawn / 6.50 / 6.75
Spicy salad rolls - with enoki, chilli & herbs (low-carb) vg 44 kcal - choice of nước chấm or peanut sauce [▲]		5.95
Chicken wings seasoned, crispy chicken wings with sriracha 587 kcal		6.95
Pork & lemongrass meatballs served with lettuce & herbs to wrap & dip 349 kcal - choice of nước chấm or peanut sauce [▲]		6.25
Baby squid tender fried baby squid with a salt, pepper & lime dip 315 kcal		6.95
Morning Glory stir fried morning glory (water spinach) in garlic vg 101 kcal		5.50
Stir fried Chinese leaf in soy sauce vg 67 kcal		4.50
Prawn or 'Prawnless' crackers with sweet chilli sauce vg 253/320 kcal		3.50 / 3.75

Vietnamese salads : gỏi

Chicken salad with Asian herbs, peppers & a chilli ginger dressing 210 kcal		8.95
Veggie salad as above minus the chicken vg 153 kcal		7.75
Green papaya salad crunchy salad with peanuts & prawn crackers vg 189/129 kcal	chicken 8.50	king prawn / 9.25
Mango salad spicy salad topped with pork, dried shrimp & peanuts 175 kcal		7.75

Wok fried rice : cơm chiên

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

Chicken & dried shrimp 794 kcal	9.75	Shiitake & Thai basil vg 796 kcal	9.50
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Wok fried noodles : phở xào

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

Chicken 447 kcal	9.50	Chicken & prawn 446 kcal	9.95
Beef 442 kcal	9.75	Tofu & mushroom vg 527 kcal	9.25

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!

Beef broth 9.95

Beef brisket 397 kcal

Steak 287 kcal

Steak with garlic - flash fried (Hanoi style) 468 kcal

Beef combo - steak, brisket & meatballs (add 55p) 396 kcal

Chicken or Veggie broth 9.50

Chicken breast 347 kcal

King prawns (add 45p) 305 kcal

Tofu & button mushrooms **vg** 356 kcal

3 Mushrooms (enoki, shiitake & button mushrooms) **vg** 290 kcal

Hot and spicy 9.95

Chicken breast 353 kcal

Beef brisket (add 30p) served with a chilli shrimp paste 454 kcal

King prawn (add 55p) 301 kcal

Tofu & mushroom **vg** 420 kcal

3 Mushrooms (enoki, shiitake & button) **vg** 335 kcal

House specials

'Super Green' - morning glory, green beans, pak choi, fresh lime & Thai basil in veggie broth **vg** 381 kcal 9.95

'Spicy Green' - chicken or tofu, morning glory, green beans, pak choi, fresh lime & Thai basil in spicy veggie broth **vg** 455/475 kcal 10.50

Brisket & mushroom - brisket, enoki & button mushrooms, creamy egg yolk, in beef broth 374 kcal 10.50

Phở House - king prawns, chicken & flash fried steak with garlic in beef broth 351 kcal 11.25

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
coeliac UK
THE COELIAC SOCIETY

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, 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-rì

topped with peanuts & served with rice

Classic - rich, fragrant Vietnamese curry, with veggies & mushrooms

Chicken 957 kcal	10.75	King prawn 969 kcal	11.75
Beef brisket 1052 kcal	11.25	Tofu vg 1139 kcal	10.75

Spicy - spicy Vietnamese curry with fresh red chillies & betel leaf

Chicken 993 kcal	11.25	King prawn 1012 kcal	12.25
Beef brisket 1106 kcal	11.75	Tofu vg 1159 kcal	11.25

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.

Beef brisket 648 kcal	10.50	Tofu & mushroom vg 631 kcal	10.25
Chicken 589 kcal	10.25	3 Mushroom vg 559 kcal	10.25
King prawn 584 kcal	10.75		

Rice bowls : món cơm

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

Chargrilled chicken thigh 239 kcal	9.95	Tofu & veg vg 268 kcal	9.75
Chargrilled pork 281 kcal	10.25		

Vermicelli noodles : bún

vermicelli rice noodles with a lemongrass & chilli wok-fried topping. Served with fresh herbs, beansprouts, veggie spring roll* & peanuts. Noodles served at room temp just like in Vietnam. Pour over nước chấm & mix. **vg** dishes served with nước chấm chay.

Chicken 389 kcal	9.25	Pork & lemongrass meatballs	9.25	520 kcal
Beef 365 kcal	9.50	Tofu & mushroom vg 382 kcal	8.95	
King prawn 315 kcal	9.95	Veggie spring rolls* vg 476 kcal	9.25	

[^] Sauces: nước chấm 50 kcal. nước chấm chay 37 kcal. peanut 95 kcal. Calories given are per portion.

Wine

125ml also available

WHITE

Catarratto, Sicily, Italy

Piattini Pinot Grigio, Pavia, Italy

175ml bottle

5.95 / 18.95

6.50 / 22.50

ROSE

Piattini Pinot Grigio Blush, Pavia, Italy

6.75 / 23.50

RED

Rame Garnacha, Campo de Borja, Spain

Benjamin Malbec, Mendoza, Argentina

5.95 / 18.95

6.95 / 23.95

Beer

Bia Hà Nội, North Vietnam

Saigon, South Vietnam

Pho Brewgooder Session IPA - crisp & hoppy

Pho Brewgooder Hazy Pale Ale - hazy & juicy

Saigon Apple Cider

4.95

4.95

4.95

4.95

5.25

Fresh Juices

All made to order 3.50

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

Spinach, cucumber, pear
& lemon (green detox)

Apple & orange

92/97/142/95/102/112/82/102 kcal

Tea & Coffee

Vietnamese Coffee 2.95
rich coffee served black
or with condensed milk 17/38 kcal

Iced Coffee 17/38 kcal 2.95

Iced Tea 90 kcal 2.75

Tea pigs bags
green, camomile, mint 2.50

Flower Teas
fragrant jasmine, green
or yulan tea balls 2.95

Pop & Water

Homemade 3.50
lemonade 140 kcal

Spicy lemonade 3.50
with ginger & fresh mint 190 kcal

Green tea lemonade 3.50
95 kcal

Coke, 2.30
Fanta Orange

Diet Coke, 2.20
Coke Zero,
Sprite Zero

Mineral Water 1.95
still or sparkling (500ml)

Adults need around 2000 kcal a day



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