

## Starters & Sides: món khai vi

<b>Crispy spring rolls*</b>   Chả giò veggie served with lettuce & herbs to wrap & dip vg pork 318/360 kcal - choice of nước chấm or peanut sauce ▲	
Summer rolls   Gói cuốn       veggie         fresh rice paper rolls with herbs,       chicken         vermicelli & pickle vg 185/183/196/145 kcal       THIS™ isn't chicken         - choice of nước chấm or peanut sauce •       prawn	6.95 7.25
Spicy salad rolls   Cuốn diếp chay with enoki, chilli & herbs (low-carb) vg 44 kcal - choice of nước chấm or peanut sauce •	6.50
Chicken wings   Cánh gà seasoned, crispy chicken wings with sriracha 587 kcal	8.25
Pork & lemongrass meatballs   Nem nướng served with lettuce & herbs to wrap & dip 349 kcal - choice of nước chấm or peanut sauce •	7.95
Baby squid   Mực chiến giòn tender fried baby squid with a salt, pepper & lime dip 315 kcal	8.25
Seafood spring roll*   Nem hải sản large crispy spring roll of king prawn, crab & pork with nước chấm dipping sauce 208 kcal	7.25
Beef betel   Bò lá lốt beef wrapped in betel leaves, with rice vermicelli sheets & nước chấm 365 kcal	8.75
Lotus stems   Gổi ngó sen veggie with green bean vg 89/190 kcal chicken & prawn	
Morning Glory   Rau muống xào stir fried morning glory (water spinach) in garlic, with or without fresh red chillies vg 101/109 kcal spicy	
Stir fried Chinese leaf   Cải thảo xào classic in soy sauce, with or without fresh red chillies vg 67/136 kcal spicy	

## Vietnamese pancake: bánh xèo

savoury crispy pancake with rice papers & herbs	tofu 9.9
vg 289/281/226 kcal (evening only)	THIS™ isn't chicken 9.95
	chicken & prawn 9.95

# Vietnamese salads : gói

Chicken salad   Goi gà shredded chicken salad with Asian herbs, peppers & a chilli ginger dressing 210 kcal	10.95
Veggie salad   Gói chay as above minus the chicken vg 153/233 kcal	veggie 9.75 THIS™ isn't chicken II.50
Green papaya salad   Goi đu đủ crunchy green papaya salad with peanuts & prawn crackers vg 189/203/129 kcal	chicken II.50 THIS™ isn't chicken II.95 king prawn I2.50
Mango salad Gói xoài	

spicy green mango salad topped with pork, dried shrimp

& peanuts 175 kcal - slightly smaller portion, ideal as a side or starter

## 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

Classics	
Beef brisket   Phở chín - tender beef brisket slow cooked in our broth 397 kcal	12.95
Steak   Phở tái - thinly sliced steak 287 kcal	12.95
Steak with garlic   Phở tái lăn - flash fried steak (Hanoi style) 468 kcal	12.95
Beef combo   Phở bò combo - steak, brisket & meatballs 396 kcal	13.75
Chicken   Phở gà - breast meat in chicken broth 347 kcal	12.25
King prawns   Phở tôm - chicken or veg broth 305 kcal	13.25
Tofu & button mushrooms   Phở chay vg - chicken or veg broth 356 kcal	12,25
3 Mushrooms   Phở nấm rơm - enoki, shiitake & button mushroom vg - chicken or veg broth 290 kcal	12,25
Hot & spicy soups - served with phở or bún noodles	
Hot & spicy chicken   Bún gà Huế 353 kcal	12.75
Hot & spicy beef brisket   Bún bò Huế - with a chilli shrimp paste 454 kcal	13.50
Hot & spicy king prawn   Bún tôm Huế 301 kcal	13.75
Hot & spicy THIS™ isn't chicken   Bún gà chay Huế vg 349 kcal	13,25
Hot & spicy tofu & mushroom   Bún chay Huế vg 420 kcal	12.75
Hot & spicy 3 mushrooms   Bún nấm rơm Huế - with pak choi vg 335 kcal	12.75
House specials	
<b>'Super Green'</b> - morning glory, green beans, pak choi, fresh lime & Thai basil in veggie broth <b>vg</b> 381 kcal	11.75
<b>'Spicy Green'</b> - chicken, <b>THIS</b> ™ isn't chicken or tofu, morning glory, green beans, pak choi, fresh lime & Thai basil in spicy veggie broth <b>vg</b> 455/460/475 kcal	13.75
Brisket & mushroom   Phở bò nấm trúng brisket, enoki & button mushrooms, creamy egg yolk, in beef broth 374 kcal	13.95
<b>Crab noodle soup</b>   <b>Bún riêu</b> - a Hanoi classic; vermicelli noodles in a rich tomato & crab broth with wafer thin steak & tofu, topped with fried shallots 498 kcal	13.75
Phở house   Phở đặc biệt - king prawns, chicken & flash fried steak with garlic in beef broth 351 kcal. 25p donated to the Christina Noble Children's Foundation in Vietnam	14.75
+ Extra toppings	
tofu/button mushrooms/creamy egg yolk/pak choi/mange tout/green beans 85/78/50/15/15 kcal	1.50
chicken / steak / brisket / beef meatballs / 3 mushrooms (enoki, shiitake & button) / king prawns 80/50/98/125/75/22 kcal	2.50
Curry noodle soup	
Curry Hoodie Soup	

## Curry noodle soup

9.25

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 pho or bun noodles

beef brisket 648 kcal	13.75	THIS™ isn't chicken vg 610 kcal	13.50
chicken 589 kcal	12.95	tofu & mushroom vg 631 kcal	12.95
king prawn 584 kcal	13.95	3 Mushroom vg 559 kcal	12.95

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.

\*please note these items are not gluten-free - see reverse. vg - vegan options available.

## Curry: cà-ri

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

### Classic

rich, fragrant Vietnamese curry, with veggies & mushrooms

chicken 587 kcal	13.95	tofu vg 769 kcal	13.95
beef brisket 682 kcal	14.50	THIS™ isn't chicken vg 660 kcal	14.50
11	1105		

## Spicy

spicy Vietnamese curry with fresh red chillies & betel leaf

chicken 623 kcal	14.50	tofu vg 789 kcal	14.50
beef brisket 736 kcal	14.95	THIS™ isn't chicken vg 674 kcal	14.95
I	15.50		

# Rice bowls: món cơm

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

chargrilled chicken thigh 239 kcal crispy beef in betel leaf 290 kcal chargrilled pork 281 kcal	12.95		13.95 11.95 13.25
with broken rice 370 keel		kcal	

## Wok fried rice: com chiên

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

chicken & dried shrimp 794 kcal	11.95	shiitake & Thai basil vg 796 kcal	11.50
THIS™ isn't chicken vg 869 kcal	12.75		

## Wok fried noodles: phở xào

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 kcal	12.25	tofu & mushroom vg 527 kcal	12.25
beef 442 kcal	12.75	THIS™ isn't chicken vg 419 kcal	12.75
chicken & prawn 446 kcal	12.50		

# 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	12,25	tofu & mushroom vg 382 kcal	12.25
beef 365 kcal	12.75	veggie spring rolls* vg 476 kcal	12.50
king prawn 315 kcal	13,50	THIS™ isn't chicken vg 529 kcal	12.75
nem nuong pork balls 520 kcal	12.25		

# Prawn or 'Prawnless' crackers vg

Bánh phồng tôm | Bánh phồng chay

with sweet chilli sauce 253/320 kcal 3,95

▲ Sauces: nước chấm 50 kcal. nước chấm chay 37 kcal. peanut 95 kcal.

Adults need around 2000 kcal a day

## Beer & Cider

Bia Hà Nội	4.95
Saigon	4.95
Beer Lao (640ml)	7.95
Pho Brewgooder Session IPA - crisp & hoppy	5.25
Pho Brewgooder Hazy Pale Ale - hazy & juicy	5.25
Saigon Apple Cider	5.50
Saigon Apple & Ginger Cider	5.50
Daura Damm (gluten free)	5.50
Brewgooder Alcohol Free Lager	5.50

# Wine & sparkling

Benjamin Malbec, Mendoza, Argentina

Le Fou Pinot Noir,

Languedoc, France

Wine Spritzer

White

Rose

Sparkling	125ml / bottle
Prosecco Spumante, Veneto, Italy	6.50 / 29.95
White	175ml / 250ml / bottle
Catarratto, Sicily, Italy	6.25 / 7.50 / 21.95
<b>Piattini Pinot Grigio,</b> Pavia, Italy	6.75 / 8.50 / 23.50
Selon Létang Viognier, Languedoc, France	6.95 / 8.75 / 23.95
Listening Station Chardonnay, Victoria, Australia	7.25 / 9.25 / 25.50
Peacock Sauvignon Blanc, Stellenbosch, South Africa	7.95 / 9.75 / 27.95
Rose	
<b>Piattini Pinot Grigio Blush,</b> Pavia, Italy	6.75 / 8.50 / 23.50
Cotes du Rhone Rose, Rhone, France	6.95 / 8.95 / 24.95
Red	
Rame Garnacha, Campo de Borja, Spain	6.25 / 7.50 / 21.95

Cocktails 8.50

Phojito - our signature cocktail; white rum, mint, lime & soda

Spicy Lychee Margarita - Tequila, fresh lime juice, lychee syrup & Thai chillies

Dragon Fruit & Lime Martini - Hà Nội vodka, dragonfruit purée & fresh lime juice

Hà Nội Mule - Hà Nội vodka, freshly juiced apple, ginger, mint & lime

Prickly Pear Punch - Havana club rum, freshly juiced pear, ginger & lemon

Cà phê Martini - Hà Nội vodka, iced Vietnamese coffee & condensed milk

Pride Punch - Havana club rum, passionfruit liquor, fresh apple juice & muddled lime 50p will be donated to akt

Lemon & Basil Martini - Hà Nội vodka, homemade lemonade & Thai basil

## Booze-Free

$\mbox{Nojito}$ - muddled lime & mint, homemade lemonade & soda, shaken & served over crushed ice, garnished with fresh mint 87 kcal	5.50
Negroni spritz fizzy, fruity and full of flavour. Handmade by Square Root	5.50
"Gin" & Tonic a classic, made from scratch by Square Root	5.50
Gin & tonic	
Glaswegin & Fever-Tree tonic	
Single (25ml)	6.50
Double (50ml)	7.95
Vodka	
Vodka Hà Nội & Fever-Tree tonic	
Single (25ml)	5.75
Double (50ml)	7.75
Vodka Hà Nội, lime & soda (50ml)	7.95
Vodka Hà Nội with lemonade (50ml)	7.95

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7.75 / 9.50 / 27.50

7.95 / 9.75 / 27.95

(125ml also available)

175ml house wine

6.75

6.75

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.

**THIS**<sup>™</sup> isn't chicken is a plant based meat substitute made from pea & soy, not gluten, fortified with vitamin B12 & iron.



For information regarding our service charge policy please ask a member of staff, a manager or see your receipt

## Fresh veggie & fruit juices

sm / lg 4.50 / 5.50

all made to order Apple, mint & lime with or without ginger 92/138 kcal

Beetroot, carrot & apple with or without ginger 97/145 kcal

Coconut, pineapple & apple 142/213 kcal

Carrot, apple & ginger 95/142 kcal

Kale, apple, pineapple & lime 102/153 kcal

Pineapple, apple & mint 112/168 kcal

Spinach, cucumber, pear & lemon (green detox) 82/123 kcal

Courgette, spinach, apple & parsley 105/157 kcal

Pineapple, spinach, cucumber & apple 97/145 kcal

Orange, carrot & ginger 100/149 kcal

Apple & orange 102/153 kcal

## Coconut water

Straight, over ice 35 kcal	3.50
with Fresh pineapple juice 42 kcal	3.95

## Lemonade & soft drinks

Homemade lemonade 140 kcal	4.2
Spicy lemonade with ginger & fresh mint 190 kcal	4.5
Dragon fruit lemonade 120 kcal	4.50
Green tea lemonade 95 kcal	4.50
Coke, Fanta Orange	3.70
Diet Coke, Coke Zero, Sprite Zero	3.60
Mineral Water - still or sparkling (sm/lg)	295 / 19

## Teas

Flower teas - fragrant jasmine, green or yulan tea balls	3.5
Tea pigs bags - green, camomile, mint	2.7
Fresh teas - mint or lemongrass	2.5
Iced tea on keel	2.2

## Vietnamese coffee

Cà phê - rich Vietnamese coffee	3.95
served black or with condensed milk 17/38 kcal	
10p donated to the Christina Noble Children's Foundation in Vietnam	
Cà nhệ sữa đá	

iced coffee with / without condensed milk 38/17 kcal

## **OUR CHARITY PARTNERS**

## Christina Noble Children's Foundation

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.

akt provide a range of support services to LGBTQ+ young people, working nationally with those aged 16-25 who are homeless, at risk of homelessness, or living in hostile environments.