



NUTRITION SURVIVAL GUIDE TO

# PHO

CALORIES AND MACRONUTRIENTS

2021

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| Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|

1-200 CAL

## STARTERS & SIDES

|   |     |      |      |     |   |      |   |
|---|-----|------|------|-----|---|------|---|
| Chả giò: Pork crispy spring rolls served with lettuce & herbs     | 293 | 11.8 | 30.8 | 2.3 | - | 13.7 | - |
| Chả giò: Veggie crispy spring rolls served with lettuce & herbs   | 274 | 6.1  | 33.1 | 2.2 | - | 13.0 | - |
| Gỏi cuốn: Chicken fresh rice paper summer rolls                   | 160 | 18.3 | 17.9 | 0.9 | - | 1.6  | - |
| Gỏi cuốn: Prawn fresh rice paper summer rolls                     | 115 | 8.9  | 17.9 | 0.9 | - | 0.8  | - |
| Gỏi cuốn: Veggie fresh rice paper summer rolls                    | 99  | 3.0  | 20.1 | 1.8 | - | 0.7  | - |
| Nem nướng: homemade pork & lemongrass meatballs                   | 323 | 23.4 | 7.8  | 0.7 | - | 22.0 | - |
| Rau muống xào: stir fried morning glory (water spinach) in garlic | 172 | 5.6  | 6.4  | 5.0 | - | 13.8 | - |
| Nem hải sản: large crispy spring roll of tiger prawn, crab & pork | 134 | 8.6  | 10.0 | 0.6 | - | 6.6  | - |
| Đậu que: green beans & sugarsnaps in a mild peanut dressing       | 129 | 5.9  | 9.9  | 2.8 | - | 7.3  | - |
| Mực chiên giòn: tender fried baby squid                           | 196 | 21.8 | 7.7  | 0.9 | - | 8.6  | - |
| Bánh xèo: Chicken & Prawn   | 496 | 24.3 | 49.5 | 3.9 | - | 22.2 | - |
| Bánh xèo: Tofu  | 515 | 17.1 | 50.1 | 3.9 | - | 27.3 | - |
| Bánh phồng tôm: prawn crackers with sweet chilli sauce            | 253 | 0.0  | 24.0 | 0.4 | - | 17.6 | - |

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## GỎI : VIETNAMESE SALADS

|  |     |      |      |     |   |      |   |
|--|-----|------|------|-----|---|------|---|
| Gỏi đu đủ: Chicken crunchy green papaya salad with peanuts | 260 | 27.4 | 21.2 | 5.5 | - | 6.9  | - |
| Gỏi đu đủ: Prawns crunchy green papaya salad with peanuts  | 201 | 13.8 | 23.2 | 5.5 | - | 5.6  | - |
| Portion of prawn crackers (served with Goi du du)          | 59  | 0.0  | 5.6  | 0.1 | - | 4.1  | - |
| Gỏi gà   | 219 | 28.6 | 11.1 | 5.2 | - | 6.4  | - |
| Gỏi xoài   | 175 | 9.0  | 16.5 | 1.9 | - | 8.1  | - |
| Gỏi ngó sen  | 194 | 23.8 | 13.8 | 2.2 | - | 4.7  | - |
| Gỏi bắp chuối  | 441 | 24.6 | 58.9 | 2.0 | - | 11.8 | - |

## PHỞ XÀO : WOK FRIED NOODLES\*

|  |     |      |      |     |   |      |   |
|--|-----|------|------|-----|---|------|---|
| Phở Xào: Beef                            | 393 | 23.8 | 39.0 | 4.2 | - | 15.7 | - |
| - With a portion of nước chấm sauce 15ml | 403 | 24.0 | 41.2 | 4.3 | - | 15.7 | - |
| Phở Xào: Chicken & Prawn                 | 412 | 28.8 | 39.0 | 4.2 | - | 15.6 | - |
| - With a portion of nước chấm sauce 15ml | 422 | 29.0 | 41.2 | 4.3 | - | 15.6 | - |
| Phở Xào: Chicken                         | 445 | 33.6 | 39.0 | 4.2 | - | 17.2 | - |
| - With a portion of nước chấm sauce 15ml | 455 | 33.8 | 41.2 | 4.3 | - | 17.2 | - |
| Phở Xào: Tofu & Mushroom                 | 411 | 18.5 | 39.9 | 5.0 | - | 19.7 | - |
| - With a portion of nước chấm sauce 15ml | 421 | 18.7 | 42.1 | 5.1 | - | 19.7 | - |

## BÚN : VERMICELLI NOODLES\*

|                           |     |      |      |     |   |      |   |
|---------------------------|-----|------|------|-----|---|------|---|
| Bún: Beef                 | 460 | 33.4 | 56.0 | 5.3 | - | 11.2 | - |
| Bún: Chicken              | 424 | 31.4 | 56.0 | 5.3 | - | 8.0  | - |
| Bún: Tiger Prawn          | 362 | 22.6 | 56.0 | 5.3 | - | 5.1  | - |
| Bún: Nem Nướng Pork Balls | 452 | 20.9 | 59.7 | 5.6 | - | 14.2 | - |
| Bún: Tofu & Mushroom      | 450 | 18.5 | 56.7 | 6.1 | - | 16.4 | - |
| Bún: Pork Spring Rolls    | 571 | 14.9 | 88.4 | 7.5 | - | 17.4 | - |

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|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|

1-200 CAL

## BÚN ADD-ONS

|                               |    |     |      |     |   |     |   |
|-------------------------------|----|-----|------|-----|---|-----|---|
| Single vegetarian spring roll | 67 | 1.5 | 8.1  | 0.5 | - | 3.2 | - |
| Nước chấm sauce (100ml)       | 70 | 1.5 | 15.2 | 0.4 | - | 0.0 | - |
| Peanuts                       | 58 | 3.0 | 1.2  | 0.0 | - | 4.6 | - |

201-300 CAL

## PHỞ : VIETNAMESE NOODLE SOUP

301-400 CAL

|  |     |      |      |     |   |      |   |
|--|-----|------|------|-----|---|------|---|
| Phở tái: thinly sliced steak                             | 337 | 32.3 | 41.6 | 1.8 | - | 4.5  | - |
| Phở tái lăn: flash fried steak with garlic (Hanoi style) | 347 | 32.3 | 42.1 | 1.9 | - | 5.6  | - |
| Phở đặc biệt (house special)                             | 440 | 39.6 | 47.0 | 2.8 | - | 10.4 | - |
| Phở chín: tender brisket (a bit like roast beef)         | 396 | 36.2 | 41.6 | 1.8 | - | 9.4  | - |
| Phở tái chín: steak & brisket                            | 375 | 36.0 | 41.6 | 1.8 | - | 7.2  | - |
| Phở tái bò viên: steak & meatballs                       | 583 | 46.1 | 46.0 | 2.2 | - | 23.8 | - |
| Phở bò combo: steak, brisket & meatballs                 | 564 | 47.9 | 44.9 | 2.1 | - | 21.4 | - |
| Phở gà: chicken breast                                   | 397 | 37.0 | 47.5 | 1.8 | - | 6.6  | - |
| Phở tôm: tiger prawns                                    | 346 | 26.7 | 47.5 | 1.8 | - | 5.4  | - |
| Phở tôm: tiger prawns                                    | 307 | 20.0 | 52.9 | 1.8 | - | 1.7  | - |
| Phở chay: tofu & button mushrooms                        | 467 | 17.0 | 53.6 | 3.0 | - | 16.2 | - |
| Phở chay: tofu & button mushrooms                        | 428 | 23.7 | 48.3 | 3.0 | - | 20.0 | - |
| Phở nấm rơm: enoki, shiitake & button mushrooms          | 415 | 11.4 | 59.7 | 3.5 | - | 10.2 | - |
| Phở nấm rơm: enoki, shiitake & button mushrooms          | 376 | 18.1 | 54.3 | 3.5 | - | 13.9 | - |
| Bún riêu: a Hanoi classic                                | 534 | 34.6 | 55.8 | 3.2 | - | 19.2 | - |

401-500 CAL

501+ CAL

## HOT AND SPICY SOUPS

|  |     |      |      |     |   |      |   |
|--|-----|------|------|-----|---|------|---|
| Bún gà Huế: hot & spicy chicken  | 446 | 30.3 | 67.2 | 1.8 | - | 6.2  | - |
| Bún tôm Huế: hot & spicy juicy tiger prawn                               | 394 | 20.0 | 67.2 | 1.8 | - | 5.1  | - |
| Bún chay Huế: hot & spicy tofu & mushroom                                | 516 | 17.0 | 67.9 | 3.0 | - | 19.6 | - |
| Bún bò Huế: hot & spicy brisket beef (served with a chilli shrimp paste) | 465 | 36.1 | 42.5 | 1.9 | - | 16.7 | - |

## CƠM TẮM : BROKEN RICE

|                    |     |      |       |     |   |      |   |
|--------------------|-----|------|-------|-----|---|------|---|
| Cà-ri: Chicken     | 796 | 30.7 | 31.1  | 6.7 | - | 61.0 | - |
| Cà-ri: Tiger Prawn | 758 | 27.4 | 31.1  | 6.7 | - | 58.2 | - |
| Cà-ri: Tofu        | 758 | 15.9 | 32.1  | 7.0 | - | 62.9 | - |
| Cà-ri Rice portion | 312 | 5.6  | 72.0  | 2.0 | - | 0.2  | - |
| Xào: Tiger Prawn   | 231 | 17.4 | 13.0  | 3.5 | - | 12.3 | - |
| Xào: Chicken       | 285 | 27.6 | 13.0  | 3.5 | - | 13.6 | - |
| Xào Rice portion   | 312 | 5.6  | 72.0  | 2.0 | - | 0.2  | - |
| Cơm tấm rang       | 664 | 32.4 | 110.2 | 3.8 | - | 10.4 | - |



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|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|

1-200 CAL

## SAUCES

|   |      |     |      |     |   |     |   |
|---|------|-----|------|-----|---|-----|---|
| Nước chấm sauce (15ml) served with Chả giò, Gỏi cuốn, & Nem nướng | 10   | 0.2 | 2.2  | 0.1 | - | 0.0 | - |
| Nước chấm sauce (30ml) served with Nem hải sản & Bánh xèo         | 21   | 0.5 | 4.6  | 0.1 | - | 0.0 | - |
| Nước chấm sauce (50ml) served with Bún dishes                     | 35   | 0.8 | 7.6  | 0.2 | - | 0.0 | - |
| Peanut sauce (30ml)   | 79.8 | 2.3 | 6.3  | 0.0 | - | 5.1 | - |
| Sweet Chilli sauce  | 69.3 | 0.2 | 16.6 | 0.5 | - | 0.2 | - |

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL