



## NUTRITIONAL INFORMATION

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<b>BASES</b>	<b>CALORIES</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>
FRENCH BREAD (100 g)	275	52	9	3
RICE PAPER (1 Sheet)	40	10	0	0
VERMICELLI NOODLES (6 wt oz)	270	58.5	5.25	<1
VERMICELLI NOODLES FOR ROLLS (.25 cup)	90	20	2	<.5
PHO NOODLES (100 g)	150	34	2	<.5
WHITE RICE (6 fl oz)	154	34	3	<.5
GARLIC RICE (6 fl oz)	255	38	4	10
SHIRATAKI NOODLES (6 wt oz, 2 g fiber, 2 net carbs)	15	3	0	<.5

<b>PROTEIN</b>	<b>CALORIES</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>
BEEF STEAK (4 oz)	229	0	31	11
JUMBO SHRIMP (9 pc)	120	3	27	0
CHICKEN THIGH (4 oz)	245	3	29	12
PORK BELLY (4 oz)	400	16	27	26
TOFU (1.5 Block = 9 slices)	180	6	22	14
EYE ROUND (4 oz)	205	0	31	8
OXTAIL MEAT (4 oz)	300	0	34	16
FRIED EGGS (2 pc)	180	0	12	13
SCRAMBLED EGG (3 oz)	111	6	11.1	3.6
MIXED PROTEIN FOR FRIED RICE	268	2	33	12
SALMON (5 oz)	280	0	33	12

<b>VEGGIES</b>	<b>CALORIES</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>
GREEN LEAF LETTUCE	5	0	0	0
PICKLED MEDLEY	40	9	1	0
GREEN ONION	10	2	1	0
WHITE ONIONS	10	2	0	0
CILANTRO	1	0	0	0
SCALLION OIL (1 tbs)	115	<1	<1	13
BEAN SPROUTS	10	2	1	0
JALAPEÑOS	10	1	1	0
LIME	1	0	0	0
DAIKON	12	4	0	0
CARROTS	20	4	0	0
MINT	0	0	0	0
CUCUMBER	15	3	1	0
THAI BASIL	0	0	0	0
AVOCADO (1/4 Medium)	60	3	2	5.5
BROCCOLINI (3 oz, Stir Fry)	45	4	1	3
BELL PEPPER/ONION MIX (2 oz, Stir-Fry)	40	4	1	2
BOK CHOY (2 wt oz, Stir Fry)	45	1	1	4



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<b>TOPPINGS</b>	<b>CALORIES</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>
FRIED SHALLOTS (1 tbs)	77	12	1.5	2.5
CRUSHED PEANUTS (1 tbs)	45	2	2	4
CRISPY ROLL	40	4	1	4
CAGE-FREE EGG (Sunny Side Up)	90	0	6	8

<b>SAUCES</b>	<b>CALORIES</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>
PEANUT SAUCE (3 fl oz)	170	14	6	11
SPICY PEANUT SAUCE (3 fl oz)	240	17	6	6
SWEET CHILI (3 fl oz)	210	51	0	0
VIETNAMESE VINAIGRETTE (3 fl oz)	125	33	.6	0
CILANTRO JALAPEÑO AIOLI (3 fl oz)	240	3	1	25
VIET MAYO (1 fl oz)	140	<1	1	14
SRIRACHA MAYO (1 fl oz)	120	1	1	11
SATÉ SAUCE (.5 fl oz)	90	1	0	9

<b>BROTHS &amp; SIDES</b>	<b>CALORIES</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>
BEEF PHO BROTH (20 fl oz)	150	5	15	5
VEGAN BROTH (20 fl oz)	75	13	0	0
SHRIMP & PORK EGG ROLLS (1 pc)	200	20	8	12
VEGETARIAN EGG ROLLS (1 pc)	110	9	<1	9



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<b>NOODLE SALAD BOWL (W/O EGGROLLS, W/O SAUCE)</b>	<b>CALORIES</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>
BEEF STEAK	702	88.5	44	17
CHICKEN THIGH	718	91.5	42	19
JUMBO SHRIMP	593	91.5	40	7
PORK BELLY	873	104.5	40	33
SALMON	753	88.5	46	18.6
TOFU	653	94.5	35	21

<b>BÁNH MÌ SANDWICH (VIET MAYO)</b>	<b>CALORIES</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>
BEEF STEAK	977	79	59	46
CHICKEN THIGH	993	82	57	48
JUMBO SHRIMP	868	82	55	36
PORK BELLY	1148	95	55	62
SALMON	1028	79	61	47.6
TOFU	928	85	50	50

<b>PHO</b>	<b>CALORIES</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>
SPICY OXTAIL PHO	692	45	50	28
BEEF STEAK PHO	507	44	47	11
CHICKEN PHO	547	47	45	15
SHRIMP PHO	422	47	43	3
VEGAN PHO	422	56	26	14

<b>SUMMER ROLLS (SINGLE ROLL W/O SAUCE)</b>	<b>CALORIES</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>
BEEF STEAK	270	38	14	8
CHICKEN THIGH	275	39	13	8
JUMBO SHRIMP	234	39	13	4
SALMON	327	44	13	13
SALMON AVOCADO	287	38	15	8
PORK BELLY	327	44	13	13
TOFU	254	40	11	9

<b>LIFESTYLE RICE BOWLS (W/CHICKEN, W/O SAUCE)</b>	<b>CALORIES</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>
SAIGON	818	69	43	41
GARDEN	651	63	30	38
POWER	1312	92	77	71

<b>MOM'S FRIED RICE</b>	<b>CALORIES</b>	<b>CARBS (g)</b>	<b>PROTEIN (g)</b>	<b>FAT (g)</b>
ENTREE (SHRIMP, STEAK, CHICKEN)	1250	139	65	43
SIDE (SHRIMP, STEAK, CHICKEN)	625	70	33	21
ENTREE (SALMON)	1160	140	47	44
SIDE (SALMON)	580	70	24	22



# ALLERGEN MENU + INGREDIENTS

Individual foods may come in contact with one another during preparation which is not reflected on this chart. Although efforts are made to avoid cross-contact of allergens, we cannot guarantee that cross-contact with allergens will not occur. Before placing your order, please inform our team member if you or anyone in your party has a food allergy.

## BASES

	EGG	SOY	DAIRY	PORK	FISH	SHELLFISH	PEANUTS	TREE NUTS	GLUTEN	VEGAN	VEGETARIAN	SESAME	MUSHROOM	GARLIC	AVOCADO	COMMENTS
FRENCH BAGUETTE									•	•	•					
RICE PAPER										•	•					
VERMICELLI NOODLE										•	•					
PHO RICE NOODLE										•	•					
WHITE RICE										•	•					
GARLIC RICE										•	•		•	•	•	
SHIRATAKI NOODLE										•	•					
FRIED RICE BASE	•	•			•								•	•	•	

## PROTEIN

	EGG	SOY	DAIRY	PORK	FISH	SHELLFISH	PEANUTS	TREE NUTS	GLUTEN	VEGAN	VEGETARIAN	SESAME	MUSHROOM	GARLIC	AVOCADO	COMMENTS
LEMONGRASS BEEF STEAK		•							•					•	•	Glazed with marinade containing soy sauce.
JUMBO SHRIMP		•			•	•			•					•	•	Glazed with marinade containing soy sauce.
CHICKEN THIGH		•							•			•	•	•	•	Glazed with marinade containing soy sauce.
PORK BELLY		•		•	•			•	•				•	•	•	Glazed with marinade containing soy sauce.
GLAZED TOFU		•							•	•	•		•	•	•	Glazed with marinade with soy sauce; tofu fried with traces of pork and shellfish.
TOFU (PHO)										•	•				•	
EYE ROUND BEEF (PHO)																
OXTAIL MEAT													•			
FRIED RICE PROTEINS		•			•	•			•						•	

## TOPPINGS

	EGG	SOY	DAIRY	PORK	FISH	SHELLFISH	PEANUTS	TREE NUTS	GLUTEN	VEGAN	VEGETARIAN	SESAME	MUSHROOM	GARLIC	AVOCADO	COMMENTS
FRIED SHALLOTS										•	•					
CRUSHED PEANUTS							•		•	•	•					
CRISPY ROLL										•	•				•	Fried in fryer with contact with traces of shellfish and pork.
SAUTÉED VEGGIES (ONION & BELL PEPPERS)										•	•		•	•	•	
BOK CHOY (SEASONAL VEGGIE)										•	•		•	•	•	
BROCCOLINI (SEASONAL VEGGIE)										•	•		•	•	•	

## SAUCES

	EGG	SOY	DAIRY	PORK	FISH	SHELLFISH	PEANUTS	TREE NUTS	GLUTEN	VEGAN	VEGETARIAN	SESAME	MUSHROOM	GARLIC	AVOCADO	COMMENTS
PEANUT SAUCE		•					•		•	•	•					
SPICY PEANUT SAUCE		•				•	•	•								Contains ingredients with traces of shrimp.
SWEET CHILI										•	•					
VIETNAMESE VINAIGRETTE					•									•		
CILANTRO AIOLI	•										•				•	
VIET MAYO	•										•		•	•	•	
SRIRACHA MAYO	•		•								•			•	•	
BÁNH MÌ GLAZE		•							•	•	•					
SATÉ (NO MSG)										•	•		•	•	•	

## BROTHS

	EGG	SOY	DAIRY	PORK	FISH	SHELLFISH	PEANUTS	TREE NUTS	GLUTEN	VEGAN	VEGETARIAN	SESAME	MUSHROOM	GARLIC	AVOCADO	COMMENTS
BEEF OXTAIL BROTH													•	•		
VEGAN BROTH										•	•		•	•		
SPICY OXTAIL BROTH													•	•		
SPICY VEGGIE BROTH										•	•		•	•		

## SIDES & MISC ITEMS

	EGG	SOY	DAIRY	PORK	FISH	SHELLFISH	PEANUTS	TREE NUTS	GLUTEN	VEGAN	VEGETARIAN	SESAME	MUSHROOM	GARLIC	AVOCADO	COMMENTS
SHRIMP & PORK EGG ROLLS				•	•				•				•			
VEGETARIAN EGG ROLLS									•		•		•			Fried in fryer with traces of shellfish and pork.
FRIED EGG	•															
SCRAMBLED EGGS	•															
VIET COFFEE			•													

VEGAN SUGGESTIONS	GLUTEN-FREE SUGGESTIONS
Any Entree with no protein Regular Peanut Sauce Sweet Chili Sauce	Tofu or Beef Pho No protein Rolls with no crispy roll Unglazed Tofu Sweet Chili/Vinaigrette Sauces