



NUTRITIONAL INFORMATION

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BASES	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)
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

PROTEIN	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)
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

VEGGIES	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)
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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TOPPINGS	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)
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

SAUCES	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)
PEANUT SAUCE (2 fl oz)	115	9	4	7
SPICY PEANUT SAUCE (2 fl oz)	160	12	4	4
SWEET CHILI (2 fl oz)	140	35	0	0
VIETNAMESE VINAIGRETTE (2 fl oz)	80	22	.4	0
CILANTRO JALAPEÑO AIOLI (2 fl oz)	160	2	1	16
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

BROTHS & SIDES	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)
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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NOODLE SALAD BOWL (W/O EGGROLLS, W/O SAUCE)	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)
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

BÁNH MÌ SANDWICH (VIET MAYO)	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)
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

PHO	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)
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

LIFESTYLE PHO (W/ANGUS BEEF, OXTAIL BROTH)	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)
POWER PHO (6 oz Beef)	700	44	69	23
LOW CARB PHO (4 oz Beef)	72	13	45	11
HEALING PHO (6 oz Beef)	695	49	65	21

SUMMER ROLLS (SINGLE ROLL W/O SAUCE)	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)
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

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

MOM'S FRIED RICE	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)
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	SESAME	MUSHROOM	GARLIC	AVOCADO	VEGAN	VEGETARIAN	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	SESAME	MUSHROOM	GARLIC	AVOCADO	VEGAN	VEGETARIAN	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		•			•	•			•				•			
					•						•		•			

TOPPING

	EGG	SOY	DAIRY	PORK	FISH	SHELLFISH	PEANUTS	TREE NUTS	GLUTEN	SESAME	MUSHROOM	GARLIC	AVOCADO	VEGAN	VEGETARIAN	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	SESAME	MUSHROOM	GARLIC	AVOCADO	VEGAN	VEGETARIAN	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	SESAME	MUSHROOM	GARLIC	AVOCADO	VEGAN	VEGETARIAN	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	SESAME	MUSHROOM	GARLIC	AVOCADO	VEGAN	VEGETARIAN	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 or Salmon for protein Sweet Chili/Vinaigrette Sauces