

# Allergen Guide Introduction

Our suppliers and kitchens handle numerous ingredients and allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be 100% allergen or contamination-free.

The majority of items on our menu are gluten-free.

All the food at Pho District is freshly made by our kitchen staff, with the exception of some desserts and bottled tables sauces.

Pho District dish descriptions don't always mention every single ingredient, so please check our allergen tables if you have any allergies.

Our allergen information covers the 14 allergens specified by the Food Information Regulations.

Allergens contained within our condiments & extra toppings are not included in this information.

Our fried items are cooked in the fryer with other gluten-containing ingredients.

Finally please note our restaurant teams do not hold information on any other allergens and due to the seriousness of allergies and food intolerances our restaurant teams will not be able to help select dishes.

If you suffer from an allergy that is not covered in our allergen menu then please contact customer services in advance of your visit and our food team will help you choose suitable dishes.

The charts cover 14 Allergens as legally required by UK Food legislation



Gluten

## Cereals containing gluten

(e.g wheat, rye, barley, oast)



Tree Nuts

## Nuts

(e.g hazelnut, walnut, cashew, pecan, Brazil, pistachio, Macadamia)



Molluscs

## Molluscs

(e,g clams, oyster, squid)



Crustacean

## Crustacea/Shellfish

(e.g. prawns, crabs)



Peanuts

## Peanut



Soya

## Soya



Sesame

## Sesame



Fish

## Fish



Celery

## Celery



Milk

## Milk



Egg

## Egg



Sulphites

## Sulphur Dioxide (SO<sub>2</sub>)/Sulphites

(at>10mh/kg or 19mg/L)



Lupins

## Lupin



Mustard

## Mustard

|  |  |   |  |  |   |   |  |  |  |  |   |   |  |   |
|--|--|---|--|--|---|---|--|--|--|--|---|---|--|---|
|  |  Gluten |  Tree Nuts |  Molluscs |  Crustacean |  Peanuts |  Soya |  Sesame |  Fish |  Celery |  Milk |  Egg |  Sulphites |  Lupins |  Mustard |
|--|--|---|--|--|---|---|--|--|--|--|---|---|--|---|

## Sauces

|  |   |  |  |  |   |   |  |   |  |  |  |   |   |  |
|--|---|--|--|--|---|---|--|---|--|--|--|---|---|--|
| <b>Garlic vinegar vg</b>               |   |  |  |  |   |   |  |   |  |  |  |   |   |  |
| <b>Siracha (see bottle label)</b>      |   |  |  |  |   |   |  |   |  |  |  | ● |   |  |
| <b>Hoisin sauce (see bottle label)</b> | ● |  |  |  |   | ● |  |   |  |  |  |   |   |  |
| <b>Soya pot (see bottle label)</b>     | ● |  |  |  |   | ● |  |   |  |  |  |   |   |  |
| <b>Fish sauce</b>                      |   |  |  |  |   |   |  | ● |  |  |  |   |   |  |
| <b>Sweet chili sauce</b>               |   |  |  |  |   |   |  |   |  |  |  |   |   |  |
| <b>Garlic Vinegar</b>                  |   |  |  |  |   |   |  |   |  |  |  |   |   |  |
| <b>Peanut sauce</b>                    | ● |  |  |  | ● |   |  |   |  |  |  |   | ● |  |
| <b>Satay sauce</b>                     |   |  |  |  |   |   |  |   |  |  |  |   |   |  |

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Vg vegan option available

|  |  |   |  |  |   |   |  |  |  |  |   |   |  |   |
|--|--|---|--|--|---|---|--|--|--|--|---|---|--|---|
|  |  Gluten |  Tree Nuts |  Molluscs |  Crustacean |  Peanuts |  Soya |  Sesame |  Fish |  Celery |  Milk |  Egg |  Sulphites |  Lupins |  Mustard |
|--|--|---|--|--|---|---|--|--|--|--|---|---|--|---|

## Starter

|                          |   |  |  |   |   |  |   |   |  |  |   |  |   |   |
|--------------------------|---|--|--|---|---|--|---|---|--|--|---|--|---|---|
| Imperial Spring rolls    | ◆ |  |  | ● |   |  |   |   |  |  | ● |  |   |   |
| Veg Spring Roll          |   |  |  |   |   |  | ● |   |  |  |   |  | ● |   |
| Prawn Summer Roll        |   |  |  | ● | ○ |  |   |   |  |  |   |  |   |   |
| Tofu Summer Rolls        |   |  |  |   | ○ |  |   |   |  |  |   |  |   |   |
| Tender Beef Summer Rolls |   |  |  |   |   |  |   | ● |  |  |   |  |   |   |
| Countryman Chicken Wings |   |  |  |   |   |  |   | ● |  |  | ● |  |   | ● |
| Five Spice Honey Ribs    | ● |  |  |   |   |  |   |   |  |  |   |  |   |   |
| Salted & Pepper Squid    |   |  |  |   |   |  |   |   |  |  |   |  |   |   |
| Salted & Pepper Prawn    |   |  |  | ● |   |  |   |   |  |  | ● |  |   |   |
| Salted & Pepper Prawn    |   |  |  | ● |   |  |   |   |  |  | ● |  |   |   |
| Salted & Pepper Seabass  |   |  |  | ● |   |  |   | ● |  |  | ● |  |   |   |

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|--|---|--|---|---|--|--|---|---|---|---|--|--|---|--|
|  | <br>Gluten | <br>Tree Nuts | <br>Molluscs | <br>Crustacean | <br>Peanuts | <br>Soya | <br>Sesame | <br>Fish | <br>Celery | <br>Milk | <br>Egg | <br>Sulphites | <br>Lupins | <br>Mustard |
|--|---|--|---|---|--|--|---|---|---|---|--|--|---|--|

|   |   |  |   |   |   |  |   |   |  |  |   |   |  |  |
|---|---|--|---|---|---|--|---|---|--|--|---|---|--|--|
|   |   |  |   |   |   |  |   |   |  |  |   |   |  |  |
| <b>Golden Pancake Prawn &amp; Chicken</b> |   |  |   | ○ |   |  |   | ● |  |  |   | ● |  |  |
| <b>Golden Pancake Tofu vg</b>             |   |  |   |   |   |  |   | ● |  |  |   | ● |  |  |
| <b>Prawn Sesame Toast</b>                 | ● |  | ● | ● |   |  | ● |   |  |  | ● |   |  |  |
| <b>Chicken Satay Skewers</b>              | ● |  |   |   | ○ |  |   |   |  |  |   |   |  |  |

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|  | <br>Gluten | <br>Tree Nuts | <br>Molluscs | <br>Crustacean | <br>Peanuts | <br>Soya | <br>Sesame | <br>Fish | <br>Celery | <br>Milk | <br>Egg | <br>Sulphites | <br>Lupins | <br>Mustard |
|--|---|--|---|---|--|--|---|---|---|---|--|--|---|--|

## PHO HOUSE

|   |   |  |   |   |   |   |  |   |  |  |  |  |  |   |
|---|---|--|---|---|---|---|--|---|--|--|--|--|--|---|
| <b>Pho<br/>(All Beef &amp;<br/>Chicken)</b>     |   |  |   |   |   |   |  | ● |  |  |  |  |  |   |
| <b>Pho Beef Stew</b>                            | ● |  |   |   | ● |   |  |   |  |  |  |  |  |   |
| <b>Pho Tai Lan</b>                              |   |  |   |   |   |   |  | ● |  |  |  |  |  |   |
| <b>Pho Vegetarian</b>                           |   |  | ● | ● |   |   |  | ● |  |  |  |  |  |   |
| <b>Bun Hue<br/>(All Beef &amp;<br/>Chicken)</b> |   |  | ● | ● |   |   |  |   |  |  |  |  |  |   |
| <b>Bun Hue<br/>Vegetarian</b>                   |   |  |   | ○ |   |   |  |   |  |  |  |  |  |   |
| <b>Bun Hue Seafood</b>                          |   |  | ● | ● |   |   |  | ● |  |  |  |  |  |   |
| <b>Stir Fried Rice<br/>Noodle Beef</b>          | ○ |  |   |   |   | ● |  |   |  |  |  |  |  | ● |
| <b>Stir Fried Rice<br/>Noodle Chicken</b>       | ○ |  |   |   |   | ● |  |   |  |  |  |  |  |   |
| <b>Stir Fried Noodle<br/>Tofu</b>               | ○ |  |   |   |   | ● |  |   |  |  |  |  |  |   |

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|--|--|---|--|--|---|--|--|--|--|--|---|---|--|---|
|  |  Gluten |  Tree Nuts |  Molluscs |  Crustacean |  Peanuts |  Soya |  Sesame |  Fish |  Celery |  Milk |  Egg |  Sulphites |  Lupins |  Mustard |
|--|--|---|--|--|---|--|--|--|--|--|---|---|--|---|

## Healthy Bowl

|                                       |   |  |  |   |   |   |   |   |  |  |   |  |  |  |
|---------------------------------------|---|--|--|---|---|---|---|---|--|--|---|--|--|--|
| Bun Mam Grilled Pork and Spring Rolls | ◆ |  |  | ● | ○ | ● |   | ● |  |  | ● |  |  |  |
| Bun Mam Chicken                       | ● |  |  |   |   |   |   | ● |  |  |   |  |  |  |
| Bun Mam Tofu <b>vg</b>                | ● |  |  |   | ○ |   |   | ○ |  |  |   |  |  |  |
| Bun Mam Prawns                        | ● |  |  |   | ○ |   |   | ○ |  |  |   |  |  |  |
| Bun Mam Beef                          | ● |  |  |   | ○ | ● |   | ● |  |  |   |  |  |  |
| Com Tron Grill Pork Chop              | ● |  |  |   | ○ |   | ● |   |  |  | ○ |  |  |  |
| Com Tron Grilled Chicken              | ● |  |  |   |   |   | ● |   |  |  |   |  |  |  |

## MAIN COURSE

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|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Gluten  | Tree Nuts   | Molluscs  | Crustacean  | Peanuts   | Soya  | Sesame  | Fish  | Celery  | Milk  | Egg   | Sulphites   | Lupins  | Mustard   |

|                             |   |  |   |   |   |   |   |   |  |  |   |  |  |   |
|-----------------------------|---|--|---|---|---|---|---|---|--|--|---|--|--|---|
| Grilled Aubergine           | ● |  |   |   |   |   |   |   |  |  |   |  |  |   |
| Braised Tofu with Aubergine | ● |  |   |   |   | ○ |   |   |  |  |   |  |  |   |
| Stewed Pork in Clay pot     | ● |  |   |   |   |   | ● | ● |  |  | ● |  |  |   |
| Hoi An Curry Chicken        |   |  |   |   | ● |   |   | ● |  |  |   |  |  | ● |
| Hoi An Curry Prawn          |   |  |   |   | ● |   |   | ● |  |  |   |  |  |   |
| Hoi An Curry Tofu           |   |  |   |   | ● |   |   |   |  |  |   |  |  |   |
| Hoi An Special Fried Rice   | ● |  | ● | ● |   |   |   | ● |  |  | ● |  |  | ● |
| Camfire Beef                | ● |  |   |   | ● | ● |   | ● |  |  |   |  |  |   |
| Hanoi La Vong Fish Noodle   |   |  |   | ● | ● | ● |   | ● |  |  |   |  |  |   |
| Ca Mam Xoai                 |   |  |   | ● | ● |   |   | ● |  |  | ● |  |  |   |

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|--|---|--|---|---|--|---|---|---|---|---|--|--|---|--|
|  | <br>Gluten | <br>Tree Nuts | <br>Molluscs | <br>Crustacean | <br>Peanuts | <br>Soya | <br>Sesame | <br>Fish | <br>Celery | <br>Milk | <br>Egg | <br>Sulphites | <br>Lupins | <br>Mustard |
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|--|--|---|--|--|---|---|--|--|--|--|---|---|--|---|
|  |  Gluten |  Tree Nuts |  Molluscs |  Crustacean |  Peanuts |  Soya |  Sesame |  Fish |  Celery |  Milk |  Egg |  Sulphites |  Lupins |  Mustard |
|--|--|---|--|--|---|---|--|--|--|--|---|---|--|---|

## Side & Salad

|   |  |  |  |   |   |  |  |   |  |  |   |  |  |  |
|---|--|--|--|---|---|--|--|---|--|--|---|--|--|--|
| <b>Choy Sum/<br/>Mustard<br/>Green</b>  |  |  |  |   |   |  |  | ● |  |  |   |  |  |  |
| <b>Stir-fried<br/>Morning<br/>Glory</b> |  |  |  |   |   |  |  | ● |  |  |   |  |  |  |
| <b>Stir-Fried<br/>Broccoli</b>          |  |  |  |   |   |  |  | ● |  |  |   |  |  |  |
| <b>Papaya Prawn<br/>Salad</b>           |  |  |  | ● | ○ |  |  | ● |  |  |   |  |  |  |
| <b>Papaya Beef<br/>Jerky Salad</b>      |  |  |  |   | ○ |  |  | ● |  |  |   |  |  |  |
| <b>Exotic Rare<br/>Beef Salad</b>       |  |  |  |   | ○ |  |  | ● |  |  |   |  |  |  |
| <b>Steamed-<br/>Fragrant Rice</b>       |  |  |  |   |   |  |  |   |  |  |   |  |  |  |
| <b>Egg Fried Rice</b>                   |  |  |  |   |   |  |  | ● |  |  | ● |  |  |  |

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