

# 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)



Molluscs

## Molluscs

(e.g clams, oyster, squid)



Peanuts

## Peanut



Sesame

## Sesame



Celery

## Celery



Egg

## Egg



Lupins

## Lupin



Tree Nuts

## Nuts

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



Crustacean

## Crustacea/Shellfish

(e.g. prawns, crabs)



Soya

## Soya



Fish

## Fish



Milk

## Milk



Sulphites















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

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



Mustard

## Mustard

	 Gluten	 Tree Nuts	 Molluscs	 Crustacean	 Peanuts	 Soya	 Sesame	 Fish	 Celery	 Milk	 Egg	 Sulphites	 Lupins	 Mustard
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## 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>															

● contains the indicated allergen, it cannot be removed

○ contains the allergen, but we can remove it on request

□ may have been fried in oil also used to try another items containing the allergen

Vg vegan option available

	 Gluten	 Tree Nuts	 Molluscs	 Crustacean	 Peanuts	 Soya	 Sesame	 Fish	 Celery	 Milk	 Egg	 Sulphites	 Lupins	 Mustard
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## 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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<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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## PHO HOUSE


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

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

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## Special Dishes















Banh Cuon				●				●						
Banh Cuon Chay	●							●						
Bun Cha Ha Noi	●					●								
Mission ImPorksible (Sweet & Sour Vegan Char-siu)	●					●								
Chicken Who? (Chili lemongrass Vegan Chicken)	●					●								
Bun Mam ChickAin't	●				○	●								
Com Tron ImPorksible	●					●								

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## Side & Salad

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

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