



NUTRITION SURVIVAL GUIDE TO

PHO

CALORIES AND MACRONUTRIENTS

PG-FITNESS.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

STARTERS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Goi Cuon: Veggie	99	3	20.1	1.8	-	0.7	-
Goi Cuon: Chicken	160	18.3	17.9	0.9	-	1.6	-
Goi Cuon: Prawn	115	8.9	17.9	0.9	-	0.8	-
Cha Gio: Veggie	274	6.1	33.1	2.2	-	13	-
Cha Gio: Pork	293	11.8	30.8	2.3	-	13.7	-
Canh Ga	587	67.1	0.2	1.2	-	35.5	-
Nem Nuong	323	23.4	7.8	0.7	-	22	-
Muc Chien Gion	196	21.8	7.7	0.9	-	8.6	-
Nem Hai San	134	8.6	10	0.6	-	6.6	-
Goi Ngo Sen: Chicken & Prawn	194	23.8	13.8	2.2	-	4.7	-
Banh Xeo: Chicken & Prawn	496	24.3	49.5	3.9	-	22.2	-
Banh Xeo: Tofu	515	17.1	50.1	3.9	-	27.3	-

GOI: VIETNAMESE SALADS

Goi Ga	291	28.6	11.1	5.2	-	6.4	-
Goi Bap Chuoi	441	24.6	58.9	2	-	11.8	-
Goi Du Du: Chicken	260	27.4	21.2	5.5	-	6.9	-
Goi Du Du: Prawn	201	13.8	23.2	5.5	-	5.6	-
Portion Of Prawn Crackers	59	0	5.6	0.1	-	4.1	-
Goi Xoai	175	9	16.5	1.9	-	8.1	-

PHO : VIETNAMESE NOODLE SOUP

Pho Chin	396	36.2	41.6	1.8	-	9.4	-
Pho Tai Lan	347	32.3	42.1	1.9	-	5.6	-
Pho Tai	337	32.3	41.6	1.8	-	4.5	-
Pho Tai Chin	375	36	41.6	1.8	-	7.2	-
Pho Tai Bo Vien	583	46.1	46	2.2	-	23.8	-
Pho Bo Combo	564	47.9	44.9	2.1	-	21.4	-
Pho Ga	397	37	47.5	1.8	-	6.6	-
Pho Tom	346	26.7	47.5	1.8	-	5.4	-
Pho Tom	307	20	52.9	1.8	-	1.7	-
Pho Chay	467	17	53.6	3	-	16.2	-
Pho Chay	428	23.7	48.3	3	-	20	-
Pho Nam Rom	415	11.4	59.7	3.5	-	10.2	-
Pho Nam Rom	376	18.1	54.3	3.5	-	13.9	-

PHO : HOUSE SPECIALS

Super Green	381	10.6	76	4.9	-	2.4	-
Bun Rieu	534	34.6	55.8	3.2	-	19.2	-
Pho Dac Biet	440	39.6	47	2.8	-	10.4	-

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PHO : HOT AND SPICY SOUPS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Bun Ga Hue	446	30.3	67.2	1.8	-	6.2	-
Bun Bo Hue	465	36.1	42.5	1.9	-	16.7	-
Bun Tom Hue	394	20	67.2	1.8	-	5.1	-
Bun Chay Hue	516	17	67.9	3	-	19.6	-

COM TAM : BROKEN RICE

Com Tam Dac Biet: Pork	651	39.7	90.9	6.7	-	12.4	-
Com Tam Dac Biet: Beef	662	30.8	83.6	6.9	-	21.48	-
Com Tam Dac Biet: Chicken	575	32.8	75.32	4.3	-	13.9	-
Com Tam Dac Biet: Tofu & Veg	638	20.3	85.4	9.1	-	21.64	-
Com Tam Dac Biet: Meat Combo	718	47.7	94.3	8.7	-	18.4	-
Ca-ri: Chicken (Excluding Rice)	796	30.7	31.1	6.7	-	61	-
Ca-ri: King Prawn (Excluding Rice)	758	27.4	31.1	6.7	-	58.2	-
Ca-ri: Tofu (Excluding Rice)	758	15.9	32.1	7	-	62.9	-
Ca-ri Rice Portion	312	5.6	72	2	-	0.2	-
Com Tam Rang: Chicken & Dried Shrimp	664	32.4	110.2	3.8	-	10.4	-

BUN : VERMICELLI NOODLES*

Bun: Chicken	424	31.4	56	5.3	-	8	-
Bun: Beef	460	33.4	56	5.3	-	11.2	-
Bun: King Prawn	362	22.6	56	5.3	-	5.1	-
Bun: Nem nuong Pork Balls	452	20.9	59.7	5.6	-	14.2	-
Bun: Tofu & Mushroom	450	18.5	56.7	6.1	-	16.4	-
Bun: Veggie Spring Rolls	500	17.9	69	5.9	-	16.8	-

BUN ADD-ONS

Single Vegetarian Spring Roll	67	1.5	8.1	0.5	-	3.2	-
Nuoc Cham Sauce (100ml)	70	1.5	15.2	0.4	-	0	-
Peanuts	58	3	1.2	0	-	4.6	-

PHO XAO : WOK FRIED NOODLES*

Pho Xao: Beef + Nuoc Cham Sauce (15ml)	403	24	41.2	4.3	-	15.7	-
Pho Xao: Chicken & Prawn + Nuoc Cham Sauce (15ml)	422	29	41.2	4.3	-	15.6	-
Pho Xao: Chicken + Nuoc Cham Sauce (15ml)	455	33.8	41.2	4.3	-	17.2	-
Pho Xao: Tofu & Mushroom + Nuoc Cham Sauce (15ml)	421	18.7	42.1	5.1	-	19.7	-

SIDES

Banh Phong Tom	253	0	24	0.43	-	17.6	-
Rau Muong Xao	172	5.6	6.4	5	-	13.8	-
Dau Que	129	5.9	9.9	2.8	-	7.3	-

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SAUCES

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Nuoc Cham Sauce (15ml)	10	0.2	2.2	0.1	-	0	-
Nuoc Cham Sauce (30ml)	21	0.5	4.6	0.1	-	0	-
Nuoc Cham Sauce (50ml)	35	0.8	7.6	0.2	-	0	-
Peanut Sauce (30ml)	79.8	2.3	6.3	0	-	5.1	-
Sweet Chilli Sauce	69.3	0.18	16.6	0.48	-	0.2	-

FRESH VEGGIE ROLLS

Spicy Salad Rolls	44	0	1.8	1.3	-	0	-
Enoki Hand Roll	88	2	14.5	2.2	-	1.8	-

PHO : VIETNAMESE NOODLE SOUP

Courgetti Pho	257	-	-	-	-	-	-
Courgetti Pho: 'Spicy Green'	350	-	-	-	-	-	-
Boodle Pho Chin	256	-	-	-	-	-	-

CAULIFLOWER RICE BOWLS

Chargrilled Chicken Thigh	375	-	-	-	-	-	-
Chargrilled Pork	441	-	-	-	-	-	-
Crispy Beef in Betal Leaf	452	-	-	-	-	-	-
Tofu & Veg	428	-	-	-	-	-	-
3 Meat Combo	508	-	-	-	-	-	-