

# ALLERGEN GUIDE

The logo for VIET 80s is centered on the page. It consists of a dark red circle containing the text 'VIET' in a bold, yellow, sans-serif font on the top line, and '80s' in a larger, bold, yellow, sans-serif font on the bottom line.

**VIET  
80s**

























[www.viet80s.co.uk](http://www.viet80s.co.uk)

# INTRODUCTION

- **The guide below displays information about allergens in our food. In case you can't find the information you need from our guides or are uncertain about anything, feel free to ask any of our team members when you're at the restaurant. We can alter some recipes by either removing or replacing specific ingredients and striving to be as accommodating as we can.**
- **Please keep in mind that, even though we make a great effort to provide you with food that suits your requirements, the places where we prepare our dishes may contain ingredients that can cause allergies. The provided lists indicate which dishes don't include certain allergenic ingredients on purpose, but we can't guarantee that the dishes are completely free of these ingredients due to the preparation process.**





























# Starters

 : The dish contains the specified allergenic ingredient

| Item Name   | Option Value |  |  |  |  |  |  |  |    |  |  |  |    |  |  |
|---|--------------|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
|   |              | Celery  | Cereals with gluten*  | Crustacean  | Eggs  | Fish   | Lupin   | Milk  | Mollusc   | Mustard   | Nuts <sup>†</sup>   | Peanuts   | Sesame seeds  | Soya  | Sulphur Dioxide   |
| Ba chỉ nướng lá mắc mật/Grilled pork belly w clausena indica leaves |              |   |   |   |   |  |   |   |   |   |   |   |    |   |   |
| Ba chỉ rang mè/Pork side fried with sesame                          |              |   |   |   |   |  |   |   |   |   |   |   |    |   |   |
| Bò lúc lắc/Shaking beef   |              |   |   |   |   |  |   |   |    |   |   |   |    |   |   |
| Bò nướng lá lốt/Grilled beef w betel leaves rolls                   |              |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Bò nướng tiêu xanh/Grilled beef with green pepper                   |              |   |   |   |   |  |   |   |  |   |   |   |  |   |   |
| Bò tái chanh/Rare beef in lime juice salad                          |              |   |   |   |   |  |   |   |   |   |   |   |   |   |   |
| Bò xào lăn/Stir-fried Beef  |              |   |   |   |   |  |   |   |  |   |   |   |  |   |   |

# Starters

 : The dish contains the specified allergenic ingredient

| Item Name   | Option Value    |  |  |   |                 |  |  |  |  |  |  |    |    |    |  |
|---|-----------------|---|---|--|--|--|---|---|---|---|---|---|---|---|---|
|   |                 | Celery  | Cereals with gluten*  | Crustacean   | Eggs   | Fish   | Lupin   | Milk  | Mollusc   | Mustard   | Nuts <sup>†</sup>   | Peanuts   | Sesame seeds  | Soya  | Sulphur Dioxide   |
| Cánh gà chiên/Fried chicken wings                 |                 |   |   |  |                 |  |   |   |   |   |   |   |    |   |   |
| Chả nem/Spring rolls                              | Normal - Thường |   |   |   |                 |  |   |   |   |   |   |   |   |   |   |
| Chả nem/Spring rolls                              | Vegan - Chay    |  |   |  | <br>(white egg) |  |   |   |   |   |   |   |   |   |   |
| Chả tôm cuộn sả/Grilled chopped prawn lemongrass  |                 |   |   |  |                |  |   |   |   |   |   |   |   |   |   |
| Đôi sụn/Grilled chopped pork cartilage sausages   |                 |   |   |  |  |  |   |   |   |   |   |  |  |   |   |
| Đậu phụ chiên giòn/Fried tofu with Viet80s recipe |                 |   |   |  |  |  |   |   |   |   |   |   |   |  |   |
| Ếch rang muối sả/Salted frog deepen in lemongrass |                 |   |   |  |               |  |   |   |   |   |   |   |  |   |   |










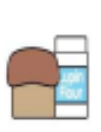





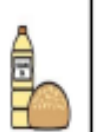
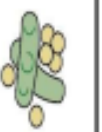




































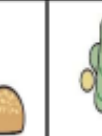


















# Main Courses

 : The dish contains the specified allergenic ingredient

| Item Name                         | Option Value |  |    |    |  |  |  |  |    |  |   |  |    |    |  |
|-----------------------------------|--------------|---|---|---|---|--|---|---|---|---|--|---|---|---|---|
|                                   |              | Celery  | Cereals with gluten*  | Crustacean  | Eggs  | Fish   | Lupin   | Milk  | Mollusc   | Mustard   | Nuts†  | Peanuts   | Sesame seeds  | Soya  | Sulphur Dioxide   |
| Phở/Vietnamese beef noodles soup  |              |   |   |   |   |  |   |   |   |   |  |   |   |   |   |
| Phở chay/Vegan Phở                |              |   |   |   |   |  |   |   |   |   |  |   |   |    |   |
| Bun Dau Mam Tom - Bún đậu mắm tôm |              |   |   |    |   |  |   |   |   |   |   |  |    |    |   |
| Lòng luộc - Pig Tripes            |              |   |   |   |   |  |   |   |   |   |  |   |   |   |   |
| Mì xào/Stir-fried noodles         | Beef - Bò    |   |  |   |   |  |   |   |  |   |  |   |  |   |   |
| Mì xào/Stir-fried noodles         | Prawn - Tôm  |   |  |  |   |  |   |   |  |   |  |   |  |   |   |
| Mì xào/Stir-fried noodles         | Veg. - Rau   |   |  |   |   |  |   |   |   |   |  |   |  |  |   |

# Main Courses

 : The dish contains the specified allergenic ingredient

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|--|--------------|---|---|---|---|--|---|---|---|---|---|---|---|--|---|
|  |              | Celery  | Cereals with gluten*  | Crustacean  | Eggs  | Fish   | Lupin   | Milk  | Mollusc   | Mustard   | Nuts <sup>†</sup>   | Peanuts   | Sesame seeds  | Soya   | Sulphur Dioxide   |
| Miến xào/Stir-fried glass noodles                          | Beef - Bò    |   |   |   |   |  |   |   |    |   |   |   |    |  |   |
| Miến xào/Stir-fried glass noodles                          | Prawn - Tôm  |   |   |    |   |  |   |   |    |   |   |   |    |  |   |
| Miến xào/Stir-fried glass noodles                          | Eels - Lươn  |   |   |   |   |  |   |   |    |   |   |   |    |  |   |
| Miến xào/Stir-fried glass noodles                          | Veg. - Rau   |   |   |   |   |  |   |   |   |   |   |   |   |  |   |
| Bún bò Huế/Spicy Beef Bún soup                             |              |   |   |  |   |  |   |   |   |   |   |   |   |  |   |
| Bún bò xào/Stir-fried beef bún                             |              |   |   |   |   |  |   |   |  |   |   |   |  |  |   |
| Bún chả nem thịt nướng/Spring rolls mixed grilled pork bún |              |   |   |  |  |  |   |   |  |   |   |   |  |  |   |



