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Cafe

Mama Phở

VIETNAMESE FOOD

OPENING HOURS

MONDAY, WEDNESDAY - FRIDAY 11.30AM - 3PM / 5PM - 10.30PM

SATURDAY & SUNDAY 11.30AM - 4PM / 5PM - 10.30PM

TUESDAY - CLOSED

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# VIETNAMESE CUISINE

**Cafe Mama Pho, a small family-run business offering authentic Vietnamese food. Our Mama Pho soup base is patiently cooked over 8 hours with fresh beef or chicken and traditional herbs. Some of our favourites dishes are Pho Tai Chin, Banh Xeo, Bun Bo Hue, Bun Cha Gio Thit Nuong and now with a new dish in our menu the Com Bo Kho.**

Vietnamese cuisine encompasses the foods and beverages of Vietnam, and features a combination of five fundamental tastes (Vietnamese: ngũ vị) in the overall meal.

Each Vietnamese dish has a distinctive flavor which reflects one or more of these elements. Common ingredients include fish sauce, shrimp paste, soy sauce, bean sauce, rice, fresh herbs, fruit and vegetables. French cuisine has also had a major influence due to the French colonization of Vietnam. Vietnamese recipes use lemongrass, ginger, mint, Vietnamese mint, long coriander, Saigon cinnamon, bird's eye chili, lime, and Thai basil leaves. Traditional Vietnamese cooking is greatly admired for its fresh ingredients, minimal use of dairy and oil, complementary textures, and reliance on herbs and vegetables. With the balance between fresh herbs and meats and a selective use of spices to reach a fine taste, Vietnamese food is considered one of the healthiest cuisines worldwide. Due to the Chinese domination of Vietnam, Vietnamese cuisine is heavily influenced by traditional Chinese medicine.

As the people respect balance rules, Vietnamese cuisine always combines fragrance, taste, and colour. Vietnamese cuisine always has five elements which are known for its balance in each of these features. Many Vietnamese dishes include five fundamental taste senses (ngũ vị): spicy (metal), sour (wood), bitter (fire), salty (water) and sweet (earth), corresponding to five organs (ngũ tạng): gall bladder, small intestine, large intestine, stomach, and urinary bladder.

Vietnamese dishes also include five types of nutrients (ngũ chất): powder, water or liquid, mineral elements, protein and fat. Vietnamese cooks try to have five colours (ngũ sắc): white (metal), green (wood), yellow (earth), red (fire) and black (water) in their dishes.

Dishes in Vietnam appeal to gastronomes via the five senses (năm giác quan): food arrangement attracts eyes, sounds come from crisp ingredients, five spices are detected on the tongue, aromatic ingredients coming mainly from herbs stimulate the nose, and some meals, especially finger food, can be perceived by touching. Whether complex or simple, Vietnamese dishes also offer satisfying mouthfeel during the dining enjoyment.

Salt is used as the connection between the worlds of the living and the dead. Bánh phu thê is used to remind new couples of perfection and harmony at their weddings. Food is often placed at the ancestral altar as an offering to the dead on special occasions (such as Lunar New Year). Cooking and eating play an extremely important role in Vietnamese culture. The word ăn (to eat) is included in a great number of proverbs and has a large range of semantic extensions.

Vietnamese cuisine is reflective of the Vietnamese lifestyle, from the preparation to how the food is served. Going through long phases of war and political conflict, as well as cultural shifts, the vast majority of the Vietnamese people have been living in poverty. Therefore, the ingredients for Vietnamese food are often very inexpensive but nonetheless, the way they are cooked together to create a yin-yang balance makes the food simple in appearance but rich in flavor.

Due to economic conditions, maximizing the use of ingredients to save money has become a tradition in Vietnamese cooking. In earlier decades and even nowadays in rural areas, every part of a cow is used, from the

muscle meat to the intestines; nothing is wasted. The higher quality cuts from farmed animals (cows, pigs) would be cooked in stirfry, soup or other dishes, while the secondary cuts would be used in blood sausages or soup. The same goes for vegetables like scallions: the leafy part is diced into small bits which are used to add flavor to the food while the crunchy stalk and roots are replanted.

**Nước mắm (fish sauce) is the most commonly used and iconic condiment in Vietnamese cooking. It is made from fermented raw fish, and is served with most of the Vietnamese dishes.**

Vietnamese cuisines are not known for ingredients with top quality, but rather for the very inexpensive and simple scraps that are creatively mixed together to create dishes with bold flavor. A traditional southern Vietnamese meal usually includes cơm trắng (plain white rice), cá kho tộ (catfish in a clay pot), canh chua cá lóc (sour soup with snakehead fish), and it would be incomplete without fish sauce served as a condiment. Dishes are prepared less with appearance in mind, but are served family style to bring everyone together after a long day of work.

Despite being a small country in Southeast Asia, the foods from each region in Vietnam carry their distinctive and unique characteristics that reflect the geographical and living conditions of the people there. The traditional southern

Vietnamese meal is made up of fresh ingredients that only the fertile Mekong Delta could provide, such as cá lóc, and a wide range of tropical fruit like mangosteen, mango, and dragon fruit. The southern style diet is very 'green', with vegetables, fish and tropical fruits as the main ingredients. Central Vietnam is the region in which food is prepared with the strongest, boldest flavors. This region is constantly under harsh weather conditions all throughout the year, so people there do not have as many green ingredients as others do in the north and south of Vietnam. Instead, the coastline around the central Vietnam area is known for its salt and fish sauce industries; these two condiments are central to their daily diets. Northern Vietnamese cuisine has a strong Chinese influence, and its iconic dish is phở. While rice is a staple in the southern Vietnamese diet, the north has a preference for noodles. Due to the drastic differences in climate and lifestyles throughout the three main regions of Vietnam, the foods vary. Northern Vietnamese cooking is the least bold in flavor compared to the foods from central and southern Vietnam.

Source: Wikipedia





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**Phở or pho (UK: /fɜː/, US: /fɑ, fəʊ/, Canada: /fəː/; Vietnamese: [fəː]) is a Vietnamese soup consisting of broth, rice noodles (bánh phở), herbs, and meat – usually beef (phở bò), sometimes chicken (phở gà). Pho is a popular street food in Vietnam and served in restaurants around the world.**

Pho likely evolved from similar dishes; for example, villagers in Vân Cù say they ate pho long before the French colonial period. The modern form emerged between 1900 and 1907 in northern Vietnam, southeast of Hanoi in Nam Định Province, then a substantial textile market. The traditional home of pho is reputed to be the villages of Vân Cù and Dao Cù (or Giao Cù) in Đông Xuân commune, Nam Trực District, Nam Định Province.



# BEER

- SAIGON EXPORT 4.00
- SAIGON SPECIAL 4.00
- HANOI BEER 4.00
- BUDWEISER 4.00
- SINGHA 4.00
- CHANG 4.00

# DRINKS

- VIETNAMESE COFFEE 3.00
- WONG LO KAT 2.50
- COCONUT JUICE 3.50
- APPLE, ORANGE, MANGO  
OR LYCHEE JUICE 3.00
- ICE LEMON TEA 2.50
- SPARKLING WATER 2.00
- STILL WATER 2.00
- JASMINE TEA 1.50 PP
- COKE, DIET COKE, 7UP  
OR FANTA ORANGE 2.50

# CHE

(Cold Dessert Drink)

- 29. CHÈ BA MÀU 4.00  
Three coloured dessert with red beans, green jelly and coconut cream
- 30. CHÈ THÁI 4.80  
Special dessert with agar agar, jackfruit, toddy palm seeds, durian and coconut cream.



# STARTERS

- 1. MỰC CHIÊN GIÒN 8.00  
Deep fried squid in garlic butter and chilli. Inside Front Cover
- CÁNH GÀ  
Deep fried chicken wings coated in:
- 2. NƯỚC MẮM 6.50  
Spicy fish sauce
- 3. BƠ 6.50  
Garlic butter and lemongrass
- 4. GỎI CUỐN 6.50  
Summer rolls with pork, prawns and salad served with hoisin sauce. 🌿
- 5. ĐẶC BIỆT 7.50  
Pork, prawns and eggs 🌿
- 6. GÀ 7.00  
Grilled chicken, herbs and salad 🌿
- 7. CHAY 6.50  
Herbs, tofu and soya sauce 🌿 V
- 8. CHẢ GIÒ 6.50  
Deep fried spring rolls filled with pork and prawns
- 9. CHAY 6.00  
Vegetarian
- 14. GỎI GÀ 7.00  
Chicken and cabbage salad served with spicy fish sauce and sprinkle of peanuts. 🌿
- 15. TÔM 7.50  
Prawns and cabbage 🌿
- 16. BÒ 7.50  
Rare beef salad 🌿

Let us know if you suffer from any food allergies.

All our prices are listed in Pounds Sterling and includes 20% VAT.

	PEANUTS
	WHEAT
V	VEGETARIAN



# PHO

(Noodle Soup)

- 17. PHỞ TÁI CHÍN 9.50  
Rare and well done beef noodle soup with fresh herbs.
- 18. PHỞ ĐẶC BIỆT 9.50  
Combination meat of beef, chicken and prawns noodle soup with fresh herbs. Comes with beef balls.
- 19. PHỞ TÁI 9.00  
Rare beef noodle soup with fresh herbs. Comes with beef balls.
- 20. PHỞ CHÍN 9.00  
Well cooked beef flank noodle soup with fresh herbs. Comes with beef balls.
- 21. PHỞ GÀ 9.00  
Chicken noodle soup with fresh herbs.

# BUN COM

(Vermicelli Noodles or Jasmine Rice)

- 22. BÚN BÒ HUỆ 10.00  
Soft shelled crabs x Tamarind sauce  
Crispy crabs with a Sweet & Tangy marinade.
- 23. BÚN CHẢ GIÒ THỊT NƯỚNG 9.00  
Grilled pork with lemongrass and spring roll served with salad. 🌿 🌿
- 24. BÚN CHẢ GIÒ CHAY 9.00  
Vegetarian spring rolls with salad served with soya sauce. 🌿 🌿 V
- 25. TOFU XÀO 9.00  
Flash fried tofu, beansprouts and lemongrass served with salad. 🌿 🌿
- 26. CƠM SƯỜN 9.00  
Grilled lemongrass pork chops served with salad and spicy sauce. 🌿
- 27. CƠM GÀ NƯỚNG 9.00  
Grilled chicken served with salad and spicy sauce. 🌿
- 28. CƠM BÒ KHO 9.50  
Vietnamese style slow cooked beef stew.