

SPRIG and SPROUT

GLUTEN FREE MENU

PHỞ

Vietnam's world famous rice noodle soup. Pick a preset bowl or build your own. All topped with White Onions, Green Onions and Cilantro.

THE TRADITIONAL

Flank, Lean Brisket, Beef Broth
\$11.25

THE ROOTS

Veggie Broth, Mixed Vegetables, Bean Curd, Tremella Mushrooms and Tofu
\$11.25

THE REEF

Shrimp, Surimi, Calamari, Beef Broth
\$15.5



THE BELTWAY

Everything (No Seafood), Beef Broth
\$14.5

***REQUEST NO LEMONGRASS TOFU

BUILD YOUR OWN PHỞ ^{\$11.25}

Topped with White Onions, Green Onions and Cilantro.

Choose Your Broth

Beef Bone Broth or Vegetable Burdock Root Broth

Add Spicy Sate Sauce?

Yes? (\$0.75)

Choose Up To Four

Lean Brisket	Flank	Skirt Flank (Fatty)	Chicken	Eye of Round
Bean Curd		Tremella Mushrooms		Mixed Veggies
		Salt and Pepper Tofu		

Customize It

Broccoli	Cauliflower	Carrots	Daikon	Bean Curd
Tremella	Mushrooms	Extra Noodles		Viet Meatballs (2)
Tripe (3)		Soft Broth Poached Egg (\$1.50)		

Add \$3 each

Full Order of Viet Meatballs (6)	Full Order of Tripe (8)
Extra Choice of Protein	Shrimp (3)

Add \$6 each

Shrimp	Calamari	Surimi	Seafood Combo
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VIET CORN TACOS ^{\$8}

Choose Your Filling

[Meats]

[Veg*n]

Marinated Pork Belly	5 Spice BBQ	Salt and Pepper Fried Tofu
Lemongrass Chicken	Crispy Chicken	
Lemongrass Beef		

Add Any Extras?

Add a Cup of Broth	\$3
Double or Additional Protein	\$3

STARTERS

TOFU FRIES \$5.25

SUMMER ROLLS

SHRIMP \$5.25

VEGETARIAN \$5.25

***REQUEST SUB SWEET CHILI SAUCE

(NOT SOUP) **BOWLS** \$10.75

Choose Your Base

VERMICELLI NOODLE SALAD

Rice Noodles, Basil, Bean Sprouts, Cucumbers, Pickled Carrots & Daikon, Lettuce, Peanuts

VIET FRIED RICE

Seasoned Rice, Peas, Carrots, Onions, Eggs, Bean Sprouts, Pickled Carrots & Daikon

STEAMED JASMINE RICE

Cucumbers, Pickled Carrots & Daikon, Bean Sprouts

Choose One

[Meats]

Marinated Pork Belly
Lemongrass Chicken
Lemongrass Beef
Steamed Chicken
Crispy Chicken
5 Spice BBQ

[Veg*n]

Salt and Pepper Fried Tofu
Mixed Vegetables
Buddha's Medley
***REQUEST NO SEITAN FOR BUDDHAS MEDLEY

Make It Yours

Add \$1 each

Broccoli
Bean Curd

Cauliflower
Tremella Mushrooms

Carrots
Daikon
Extra Noodles

Add \$2

Pineapple

Add \$3

Extra Protein

GỎI / SALADS

Cucumbers, Carrots & Daikon, Onions, Basil, Cilantro, Viet Citrus Vinaigrette, Fried Onions & Peanuts. Served with Seafood Air Chips.

Choose Your Size

Side or Entree

Choose Your Base

VIET GOI

Crispy Cabbage
\$6 / \$8.25

LOTUS GOI

Delicate Lotus Stems
\$7 / \$10.5

TROPIC GOI

Sweet Pineapple
\$7 / \$10.5

Pump It Up

Add Chicken or Salt and Pepper Tofu \$1.5 / \$3

Add Chilled Shrimp 3pcs / \$3 7 pcs / \$6

SIDES

Bean Curd Chips \$3

Cup of Broth (8 oz) \$3

Bowl of Broth (24 oz) \$6

Side of Plain Fried Rice \$5.50

Seafood Air Chips \$1

Vermicelli or White Rice \$3.25

