

# TRENDY STREET FOOD



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Just like Vietnam's social fabric, its street food culture is diverse, delicious, crowded and inclusive. Traditional street food vendors can be mobile sellers serving one type of dish only, balancing their equipment and ingredients on either end of a bamboo pole as they wander the streets. Stallholders without fixed storefronts who serve a small variety of dishes from the same spot each day or the permanent street food eateries with extensive menus, and their tables and chairs overflowing onto the pavements.

Whatever your take on Vietnamese cuisine it is undeniable that street food and Vietnam are synonymous. Some of the most delicious, intriguing and simplest of foods are served at street side establishments, many of which are now firm favorites on the sophisticated city restaurant scene.

Vietnamese cuisine has been influenced by France, India, China and other neighboring countries while the focus is on color, texture, aroma, flavor and harmony of yin and yang stimulating the senses and creating a cuisine consistently ranked in the world's top 10. Each region has its own specialties often based on closely guarded family recipes

handed down through the generations. The astonishing variety of dishes are influenced by climate, seasons, geography, traditions, culture and legends. Street food dishes play a critical role in Vietnamese culture. Not just for the enjoyment of eating but the importance associated with the traditions of harmony, luck, worship and family relationships. Many creations are also based on an infinite variety of rice. Regarded as the unofficial symbol of Vietnam and a gift from God, rice is the nation's sacred commodity and main staple food. It is combined with fish, pork, beef, chicken, tofu, vegetables, aromatic herbs, lemongrass, cilantro, mint, chili and condiments such as nuoc cham, nuoc mam...

Red Bean Trendy has captured the essence and variety of many much loved and lesser known street food dishes in its new lunchtime buffet menu featuring over 60 dishes from around Vietnam, split evenly over starters, mains and desserts. The freshly devised dishes feature northern savory favorites, spicier central fare and the south's sweeter tooth reflecting and symbolizing Vietnam's 63 provinces and 5 centrally controlled municipalities. Each comes with a story behind its origins, the combined result is an intriguing menu painting a picture of Vietnam's history and society through food. Different varieties of fresh and fried rice crepes and rolls, white bun noodles, BBQ meats and fish patties, sweet and savory young rice dishes, fresh and fried spring rolls, tangy flavorsome broths and soups, delicious che desserts and sticky rice dishes take the diner on a journey from north to south and vice versa.



# STARTER APPETIZER



# TRỨNG CÚT NƯỚNG SỐT ME

**Quail eggs, pork floss, spring onions,  
sausage, tamarind sauce**

*Origin: Nguyen Van To Street, Ngo Tram, Hanoi*

Quail eggs are a delicacy in many parts of the world including Southeast Asia. They are smaller than duck and chicken eggs - approximately four quail eggs equal one chicken egg. Trứng Nướng Sốt Me refers to grilled quail eggs in tamarind sauce and is a favorite South Vietnam dish. The dish has a nice sweet sour and spicy flavor from the tamarind. Our version of this dish is topped with pork floss which is light, dry and stringy – a popular ingredient in Vietnamese cuisine. Regarding the origins of this dish, one story says that it can be attributed to a girl who lived on Hanoi's Nguyen Van To Street. She loved eating snacks but would be scolded by her parents for eating such food at home. One day she went to Bat Trang pottery village and saw some lovely small bowls. She bought a few of them after she had an idea. At the market she purchased some small quail eggs with which she made a small snack, served in the bowls, for her friends to try. It was delicious. From then on this quail eggs dish became a popular snack in the alley. One can eat 1 or 2 bowls and not be full up but it is a good way to keep hunger pangs at bay.







# BÁNH TÔM HỒ TÂY

**Tempura batter, sweet potato,  
water shrimp**

*Origin: West Lake, Hanoi*

Bánh Tôm means shrimp cake (tôm refers to shrimp) and Bánh Tôm Hồ Tây refers to Hanoi's special West Lake shrimp cake. It was invented by a state-owned restaurant back in the 1970s on the shore of West Lake which used freshwater shrimp straight from the lake. The restaurant, the same name as the dish, is still there today and remains very popular with both locals and visitors. It is also the reason why most people think of this restaurant when talking about Bánh Tôm. The snack consists of small whole shrimp dipped in a wheat flour batter and pieces of sweet potato. These crispy patties are eaten with a sweet, sour and spicy fish sauce and pickled vegetables and often accompanied by a cold beer. Nowadays Bánh Tôm is a popular nationwide dish.

# BÁNH CUỐN CHẢ CỐM

**Rice starch, tapioca starch, pork, young sticky rice, mushrooms, wood ear mushrooms**

*Origin: Vong Village, Hanoi*

Bánh Cuốn originates from Northern Vietnam, some people attribute it to Vong village in Hanoi's Cau Giay district. As with many dishes, it is not known exactly when it was invented. It is made from ultra-thin delicate soft rice sheets steamed on a stretched linen cloth over a big pot of boiling water. The vendor expertly lifts each sheet off and immediately rolls it with a mixture of ground pork, mushrooms and sprinkled with deep fried shallots. It is a light dish nowadays eaten any time of the day. The dish Bánh Cuốn Chả Cốm is a combination of the rice sheet 'pancakes' with deep fried patties made from minced meat and young green rice flakes (cốm).







# CHẢ CỐM

**Pork, fat, young sticky rice**

*Origin: Vong Village, Hanoi*

Chả Cốm is Vietnamese cốm sausage particularly popular in Hanoi during the autumn. Cốm refers to young rice and it is a popular delicacy towards the end of the year. Vong Village in Hanoi's Cau Giay district supplies the best cốm. There are two kinds: early autumn with softer grains and mid-autumn where the grains are thicker and harder. The latter are suitable for making Chả Cốm. This dish consists of young rice with its subtle scent mixed with lean pork and fat to ensure it does not dry out. The mixture is formed into small pieces, steamed and then fried making the skin crispy and soft inside.

# BÁNH KHÚC

Glutinous rice, vegetables, mung bean

*Origin: North Vietnam*

This is a savory soft mung bean dumpling which is a Hanoi specialty. It has the distinctive aroma and flavor of khúc leaves. It is made by steaming and mixing the leaves with rice flour to form a 'dough', wrapped around a ball of green bean paste mixed with pork and a little pepper. The resulting dumpling is rolled in a sticky rice coating and steamed. The Bánh Khúc seller peddles his/her wares, which are kept warm and served hot, day and night. However, the snack is more common during the 2nd and 3rd lunar months when khúc leaves are in season. “Ai bánh khúc nóng đây” (who wants to buy hot Bánh Khúc) cries the seller, announcing the ultimate in comfort food.







# PHỞ CUỐN

**Fresh rice noodles, beef, onions, beansprouts, Thai basil**

*Origin: Truc Bach, Hanoi*

Phở Cuốn originates from Ngu Xa island near Hanoi's West Lake. These are fresh rolls made from soft cooked rice paper sheets, wrapped around aromatic herbs, fried minced beef and pepper served with a fish sauce dipping broth, garlic, seasoning, sliced carrots, green papaya, rice vinegar, lime juice, sugar, garlic and chili. Cuisine folklore says that the island's Mrs. Chinh on Mac Dinh Street takes the credit for inventing the dish. There are slight variations on her story, but it is commonly believed that one evening about 14 years ago a group of hungry workers arrived at her café wanting Phở noodle soup, but she had run out of Phở broth. Thinking on her feet she quickly improvised by making fresh rice rolls filled with the Phở ingredients. It proved to be such a popular dish that others copied Mrs. Chinh's success. Now the island and the surrounding area are shoulder to shoulder with Phở Cuốn restaurants.

# NEM CUỐN

**Rice paper sheets, green papaya,  
Vietnamese balm leaf, smoked beef**

*Origin: Southeast Vietnam*

Known as Nem Cuốn in the north, rice paper rolls in the center and Gỏi Cuốn in the south – these are Vietnamese summer rolls popular all over the country. CNN Go has ranked Nem or Gỏi Cuốn in the top 50 most delicious foods. These rolls are usually made with vermicelli noodles, pork, shrimp and herbs, although every restaurant has its own version. The ingredients are wrapped in thin dry rice paper sheets.







# NEM CHUA RÁN

**Pork shoulder, pork skin, rice starch, garlic, chili, sugar, fish sauce, sea salt, breadcrumbs**

*Origin: Hanoi*

It can be said that eating Nem Chua Rán is a very social affair. This is truly one of Hanoi's most popular street foods, particularly amongst young people in the cooler months. The name means fried fermented pork roll and it is traditionally eaten with French fries, cucumber and jicama (Mexican yam bean). Many of Hanoi's Old Quarter streets and alleys have made this snack famous such as Tam Thuong alley, off Hang Bong Street, Hang Bo Street, Ta Hien and so on. However, it is said Nem Chua Rán originated at Hong Chien, 11 Le Dai Hanh Street, in Hanoi's Hai Ba Trung district. The family who have been running this shop for more than 25 years come from Uoc Le village on the outskirts of Hanoi – a village famous for sausage making.

Its name may be slightly deceptive. The ingredients of Nem Chua Rán are similar to those of Nem Chua but the fermentation stage differs. 'Chua' means sour while 'Nem Chua' (which is not fried) is a small fermented pork sausage with an acidic taste. Nem Chua Rán is anything but sour and acidic and it does not require being wrapped in banana leaves (unlike Nem Chua). Small Nem Chua Rán rolls are made by mixing cured pork and shredded pork skin with chili, garlic and seasonings which are then covered in a flour coating and deep fried.

# BÁNH BÈO TÔM THỊT

**Rice starch, pork, shrimp, spring onions,  
carrots, white radish**

*Origin: Central Vietnam*

Bánh Bèo originates from Hue and is a popular central Vietnam dish, especially in Quang Nam and Quang Ngai although the dish is widely enjoyed throughout the country. The name of the dish refers to its shape. Bánh loosely means cake and bèo means duckweed. Hence, the dish is likened to rounded duckweed and is translated as bloated water fern-shaped cake in English. Bánh Bèo is made from a combination of a rice flour and tapioca starch cake topped with a variety of ingredients. A topping of pork and shrimp is typical of the Da Nang/Quang Nam region. Although a popular snack, nowadays it features on many restaurant lunch and dinner menus.

Bánh Bèo is present in modern day Vietnamese slang. Due to the dish's soft rubbery texture bánh bèo is slang for Vietnamese girls who are portrayed as too feminine, weak, too dependent and high maintenance.







# BÁNH BỘT LỘC

**Tapioca starch, shrimp, pork,  
onions, chili**

*Origin: Central Vietnam*

A loose translation of Bánh Bột Lọc is 'clear flour cake'. It is said to have originated from Hue where, under the Nguyen Dynasty, simple but sophisticated dishes were popular in the royal palace. Bánh Bột Lọc is a small, clear-looking chewy dumpling/parcel made from tapioca (corn starch and rice flour can also be added) wrappers filled with shrimp and pork belly, topped with fried shallots. The little parcels are boiled or steamed, a process which turns the tapioca translucent. They may sometimes be wrapped in a banana leaf, such as the variety that was popular in Hue during the Nguyen Dynasty.

# BÒ BÍA

**Rice paper sheets, coconut,  
sesame, barley sugar**

*Origin: South Vietnam*

If you wander the streets of Hanoi's Tay Ho (West Lake), the Old Quarter and Hoan Kiem Lake you will see a familiar sight. Bold red letters 'Bò Bía' decorating the sides of white or metal boxes strapped to the back of a cycle. Beer lovers are forgiven for assuming a particular brand of beer is stored within (bia in Vietnamese means beer). Bò Bía is actually a coconut-based dessert snack, a sweet variation of Saigon's savory version that originated in China. The vendor covers two sheets of rice paper with crunchy broken sugar cane, chilled fresh shredded coconut, sprinkled with black toasted sesame seeds, formed into a small soft sweet spring roll.







# BÁNH MỠ PATE

**Baguette, pork liver, pork meat, chicken liver, carrots, white radish, herbs**

*Origin: North, Central and South Vietnam*

Bánh Mỳ is the word for bread in Vietnamese and the nation's favorite iconic sandwich baguette.

The French introduced the concept of the sandwich to Vietnam, during the colonial period (1887-1954), which consisted of a traditional French baguette served with a plate of cold meats, pate, ham, cheese and butter. This is the forerunner of Vietnam's Bánh Mỳ. Today's version, made from a wheat and rice flour mix, originates from a Hanoian family who fled to Saigon after the French war in 1954. They substituted expensive meats for vegetables making the baguette more affordable for the ordinary people. Nowadays the list of possible fillings is vast.

# BÁNH ƯỚT THỊT NƯỚNG

Rice starch, tapioca starch, pork, chili, Thai basil, cucumber, spring onions, sour shrimp

*Origin: Vy Da Village, Hue*

Bánh Ướt Thịt Nướng – grilled beef soft spring rolls - is one of Hue's BBQ meat specialties and is cooked Hue style, the taste of which differs to other regions due the marinade used.

Vietnam cuisine includes a number of fresh spring rolls which vary according to type of rice wrapper and ingredients. Bánh Ướt refers to opaque rice flour sheets, literally meaning 'wet cake'. It is a thicker version of the Bánh Cuốn rice sheet. Bánh Ướt is steamed and filled with tangy fragrant seared meat, usually pork which has been marinated and charcoal grilled, and a selection of fresh vegetables and herbs.







# LỤI TÔM

**Pork, shrimp, onions, peanuts**

*Origin: Central Vietnam, Hue*

Lụi Tôm is a simple popular dish emanating from central and southern regions. It consists of a mixture of shrimp and pork shoulder which have been marinated and seasoned. The paste is formed into sausage shapes then wrapped around a wooden skewer before grilling.

The life of Vietnamese fishermen is very difficult and they earn little money. On the whole those with smaller boats catch smaller species of seafood found near the coastline such as silver shrimp, squid...etc. They have to think about the best way to incorporate these seafood ingredients in cooking and Lụi Tôm is one much loved delicious option thanks to the natural taste of shrimp.

# TÔM BAO MÍA

**Pork, pork fat, shrimp, sugarcane, spring onions, peanuts**

*Origin: South Vietnam*

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This dish originates from the south of Vietnam but is popular nationwide. To make, first remove the shells from the shrimps and allow them to dry. Then crush the shrimps together with the pork and pork fat and mix together well. Take a piece of sugarcane and roll the shrimp and pork mixture around it, pressing firmly with your hand and then grill.

Thinly slice the spring onions, add the peanuts and spread on the outside of the shrimp mixture.

The skewers can be eaten with sweet and sour sauce, boiled rice and fish sauce or rice noodles.







# BÁNH ÍT TÔM THỊT

Glutinous rice starch, shrimp, pork,  
spring onions

*Origin: South Vietnam*

Bánh Ít Tôm Thịt, emanating from Hue, is a savory variety of Bánh Ít (for more information see Bánh Ít Nhân Dừa). It is a ball of sticky rice flour filled with shrimp, pork, onions and seasoning, served plain or wrapped in a banana leaf. This dish makes an important appearance in death anniversaries for Hue families.

# GỎI ĐU ĐỦ BÒ GÁC BẾP

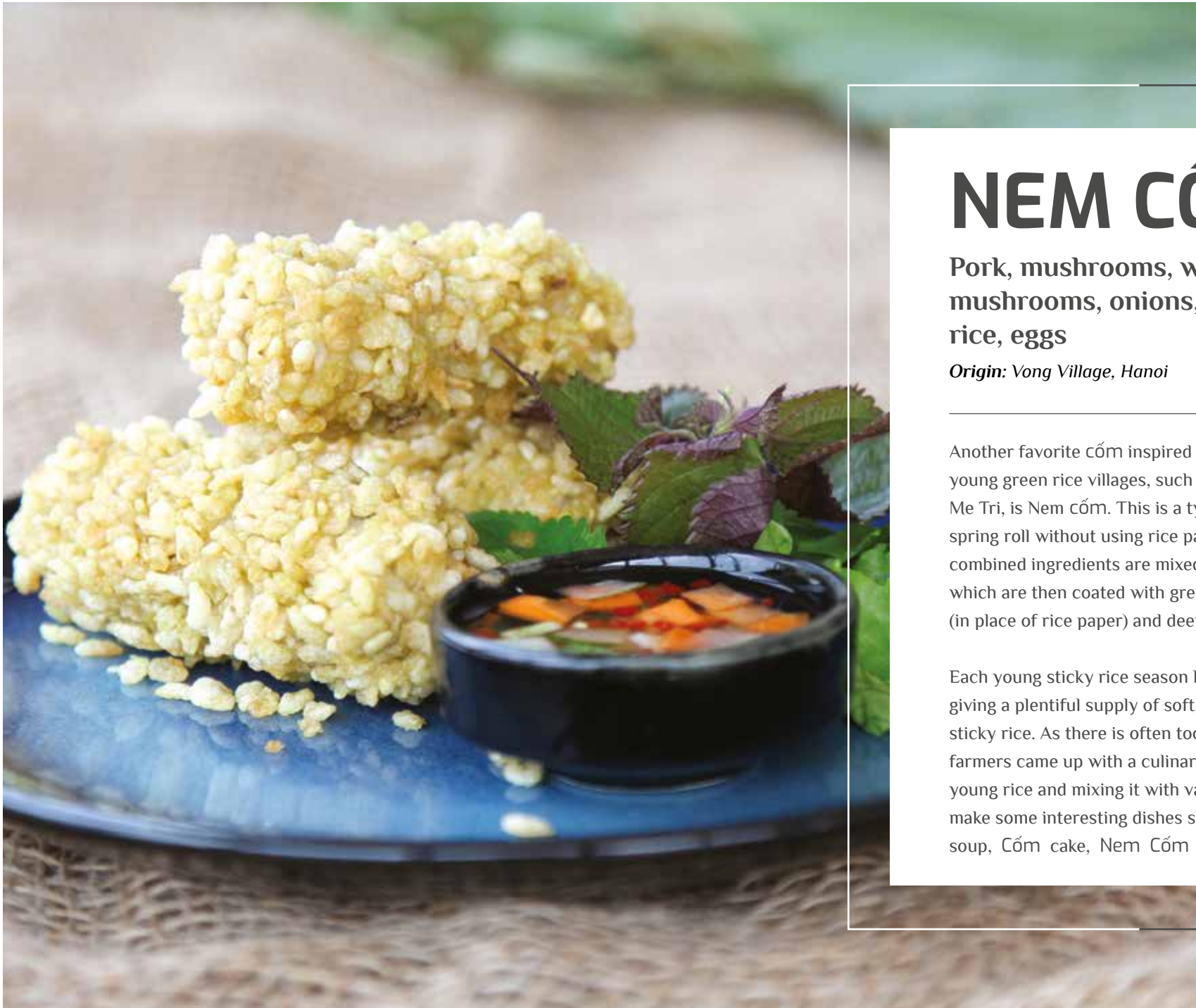
Green papaya, carrots, Vietnamese balm leaf, peanuts, garlic, chili, smoked beef jerky

*Origin: North Vietnam*

This dish is an appetizer a popular feature on many restaurant menus though it was originally sold as street food and especially enjoyed by students due to its cheap price. It is believed to have actually originated in Laos. Đu Đủ, which means papaya, should be fresh and green with a smooth skin and very firm to the touch. Shred the papaya and leave in a bowl of salty water. Mix together the other ingredients and grill the beef jerky until all sides are lightly browned then tear into strips. Drain the papaya well and place on a plate with the other ingredients and the beef jerky strips laid on top.







# NEM CỐM

**Pork, mushrooms, wood ear mushrooms, onions, young sticky rice, eggs**

*Origin: Vong Village, Hanoi*

Another favorite Cốm inspired dish from Hanoi's young green rice villages, such as Vong village or Me Tri, is Nem Cốm. This is a type of deep fried spring roll without using rice paper sheets. The combined ingredients are mixed and made into rolls which are then coated with green young rice flakes (in place of rice paper) and deep fried.

Each young sticky rice season lasts nearly 1 month giving a plentiful supply of soft, aromatic young sticky rice. As there is often too much to sell some farmers came up with a culinary idea of drying the young rice and mixing it with various ingredients to make some interesting dishes such as Cốm sweet soup, Cốm cake, Nem Cốm spring rolls..

# NEM CUA

**Rice paper sheets, crab meat, pork, mushrooms, wood ear mushrooms, carrots, beansprouts, onions, eggs**

*Origin: Port town of Hai Phong*

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The rolls differ from others as they are square in shape rather than tubular and a special type of rice paper is used.

The filling comprises ground crab meat, lean pork, egg white, kohlrabi, carrot, wood ear mushrooms and beansprouts. These ingredients are mixed together with a pepper and fish sauce to make a sticky paste with which to stuff the rice paper squares, which are then cooked in boiling oil until they turn brown.

The rolls are served with rice vermicelli noodles, lettuce and chopped cucumber.







# CHẢ RŨI

Sand worms, pork, eggs, mandarin skin, dill

*Origin: North Vietnam*

Rươi is a type of sand worm living in the mangroves and wetland areas of Hai Phong and Nam Dinh. These worms are found only from late September to mid-October. The creatures are cleaned, boiled and mixed with ground pork paste, egg and lemon leaves and fried until the delicious fritters turn a golden brown color.

Traditionally Chả Rươi is served hot with rice or vermicelli, salad leaves and fish sauce. Due to the short sand worm season Hanoians consider this a special and expensive gift from nature.

# CHẢ MỰC

Pork, squid, dill

*Origin: North Vietnam, Ha Long, Quang Ninh Province*

Chả Mực originates from the Ha Long Bay area as the sea provides a plentiful supply of fresh squid. To make the patties the squid is pounded by hand in a pestle and mortar until it becomes a flexible paste, which is then mixed with ground pepper and fish sauce and formed into cakes. These are then deep fried until they turn brown. Chả Mực is eaten hot with steamed rice rolls or glutinous rice, sometimes with pepper fish, pork and pickled bamboo. Apart from being delicious, healthwise the patties are good for circulation and the blood.







# BÁNH CUỐN CHẢ MỰC

**Rice starch, tapioca starch,  
mushrooms, wood ear mushrooms,  
onions, squid paste**

*Origin: North Vietnam, Quang Ninh Province*

Bánh Cuốn Chả Mực is a favorite specialty of Ha Long and is a two dish combination. Hanoi's Bánh Cuốn invention of delicate soft rice sheets steamed on a stretched linen cloth and then rolled, together with Quang Ninh province's special deep fried squid patties (Chả Mực). Chả Mực is the province's most famous food and features in the top 50 specialties of Vietnam. The combination of the squid and the Bánh Cuốn go perfectly together.

# BÁNH GỎI

**Bun, quail eggs, pork, beansprouts,  
vermicelli, wood ear mushrooms, onions**

*Origin: North Vietnam*

Bánh Gỏi is a pillow shaped deep fried type of savory pasty particularly popular on cold days. Gỏi means pillow. It has a yellow crispy rice flour pastry skin filled with a combination of noodles, mushrooms and minced pork complemented by other ingredients and seasoning. The mixture is wrapped in the pastry skin, the edges folded into a pillow pattern before deep-frying. In olden times sellers would wheel their Bánh Gỏi wares through the alleys. Nowadays Bánh Gỏi stalls are particularly popular on many street corners. Bánh Gỏi also goes by the name Bánh Xếp - xếp is the technique used to fold the pastry skin.







# CHẢ RAM CHIÊN

**Rice paper, pork, shrimp,  
mushrooms, vermicelli, onions**

*Origin: Central Vietnam*

Chả Ram Chiên is a deep fried pork spring roll which is one of central Vietnam's favorite dishes. It is similar to north Vietnam's Nem Rán (Hanoi deep fried spring rolls) but some ingredients vary. Chả Ram Chiên includes chili rice paper sheets and shrimp but excludes black mushroom. The original meat dipping sauce has been changed to a sweet and sour dipping fish sauce which is more popular.

# TRỨNG CÚT LỘN XÀO ME

**Baby quail eggs, tamarind, onions, hot mint, chili sauce, fish sauce**

*Origin: South Vietnam*

This is a nourishing southern Vietnam specialty, particularly popular in the summer, and with young people. The dish is a great combination of stir fried fertilized quail eggs and the sour taste of tamarind sauce, topped with vegetables, Vietnamese mint and fried onion. The eggs are small enough to fit on a spoon and biting into them is a textural experience. Trứng Cút Xào Me is a very moreish tasty dish famous throughout Saigon.





# MAIN COURSE



# BÚN CHẢ

**Pork, carrots, green papaya, shallots, vermicelli, herbs**

*Origin: North Vietnam, Hanoi*

It is said Bún Chả originated in Hanoi although no one knows who invented it or precisely when. Wandering street vendors would serve the dish, transporting the ingredients on the two ends of a bamboo-carrying pole. Hanoi's, and indeed Vietnam's, first Bún Chả stall opened on Gia Ngu Street, in the Old Quarter, which later moved to Nguyen Huu Huan Street. During the 1940s-1950s, many families set up Bún Chả businesses, which still thrive today and which often still follow closely guarded family recipes. In 1959 food author, Vu Bang (1913-1984) wrote that Hanoi was captivated by the dish. Nowadays, Bún Chả is a meal eaten usually for breakfast and lunch and it continues to captivate locals and visitors alike.







# XÔI

(LẠP XƯỚNG, GÀ NƯỚNG)

**Sticky rice, Chinese sausage, chicken, carrots, cucumber**

*Origin: Vietnam*

Sticky/glutinous rice (gạo nếp in Vietnamese) is popular throughout Southeast Asia. It differs from common plain white rice as it has almost no amylose and a high quantity of amylopectin – two properties of starch. The latter provides the sticky texture. This type of rice is the foundation of numerous varieties of savory and sweet dishes, combined with many ingredients. Xôi is a type of sticky rice dish which is either sweet or savory. Each region has xôi specialties while throughout Vietnam it must feature in certain important meals such as on full moon days, Tet Lunar New Year, weddings and death anniversaries.

One particular hearty Xôi dish is made with roasted chicken and Chinese sausage topping the chewy sticky Xôi.

# CHẢ CÁ CUỐN

**Snakehead fish, galangal, fermented rice, shrimp paste, vermicelli, herbs, dill, chili, carrots, rice paper**

*Origin: North Vietnam, Hanoi*

Chả Cá is a 100-year old Hanoi-inspired dish. The main ingredient is minced grilled fish usually Hemibagrus (a species of catfish), Semilabeo fish or Snakehead fish. Our recipe uses the latter. Chunks of fish fillets are marinated in a mixture of galangal water, turmeric, pepper and shrimp paste then grilled until golden yellow. This is served with vermicelli rice noodles, basil, roasted chopped peanuts, fresh green onions and dill. Chả Cá Cuốn is served with dry rice paper sheets so that you can wrap your own rolls. Chả Cá was invented by the Doan family who lived in Hang Son Street now Cha Ca Street, Hanoi, during the French colonial era. The family held secret anti-French resistance meetings and began selling this family-invented dish to earn more money.







# BÒ SỐT VÀNG BÁNH MỠ VIỆT

**Beef, five spices, garlic, shallots, tomatoes, cinnamon, star anise, cardamom, bread**

*Origin: North Vietnam, Hanoi*

Bò Sốt Vàng is another Hanoi favorite dish. This is a Vietnamese beef stew, a great choice for cooler temperatures. It is a variation on European stew, introduced to Vietnam in the French colonial period. The dish was adapted to suit the Vietnamese palate with the addition of warm spices and seasoning such as cinnamon, star anise and cardamom. Bò Sốt Vàng can be enjoyed with some light and crispy bánh mì bread.

# CHẠO TÔM BAO SẢ

Pork, onions, shrimp, lemongrass, peanuts

*Origin: Central Vietnam, Hue*

Chạo Tôm is a mashed shrimp mixture formed into a ball, then wrapped round a skewer, before grilling. This is a traditional dish from Hue. Often the skewer is a sugarcane stick but an alternative option is using a lemongrass stalk. When lemongrass is grilled, it releases a warm citrus flavor which is a great combination with shrimp.







# THỊT XIÊN NƯỚNG

**Pork, onions, lemongrass, sesame**

*Origin: Vietnam*

We make a special version of Thịt Xiên Nướng based around lemongrass and pork. Pork shoulder is thinly sliced, marinated and seasoned. Lemongrass stalks are sliced in the center and filled with the pork mixture creating an interesting type of skewer which is then grilled. Lemongrass is a wonderful culinary Southeast Asian herb, one of the oldest in existence and imparts a light lemony flavor.

# BÚN THANG

**Vermicelli, eggs, pork patties, chicken,  
dried radish, mushrooms, dried shrimp,  
hot mint**

*Origin: North Vietnam, Hanoi*

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Bún Thang, a popular and traditional Hanoi dish, used to be prepared on the 4th day of Tet to see off the ancestors. At the time the soup consisted of left over ingredients from the Lunar New Year. Nowadays the cooking process is simpler.

Bún means noodles while the literal English translation for thang is ladder i.e. to illustrate many items making up one dish. Thang also has Chinese connotations as it means soup in Chinese. There is also a 3rd theory for the name. Some say that thang refers to a 'pack' as in a pack of medicinal herbs from the north – 'thang thuoc bac'. The implication being because Bún Thang consists of many ingredients, just like a pack of these herbs, it is also a healthy light dish. It is said the broth is the soul of the dish with a sweet clear light taste while the inclusion of shrimp paste is the real secret according to Bún Thang connoisseurs.







# BÚN RIÊU CUA

**Vermicelli, freshwater paddy crabs, tofu, tomatoes, herbs**

*Origin: North Vietnam*

Bún Riêu Cua is a northern soup and also very well-known and popular on menus throughout the whole of Vietnam. To make the soup freshwater paddy crabs are used, found in paddy fields. After washing, the crabs, including their shells, are crushed into a fine paste and the liquid is strained to form the basis of the soup. Several other ingredients are added including stewed tomatoes, pork meat, tofu and rice vermicelli noodles. Herbs, chilies and lime add to the flavor plus blanched and raw vegetables. It is usually a morning dish, particularly popular in the summer months.

# PHỞ TRỘN

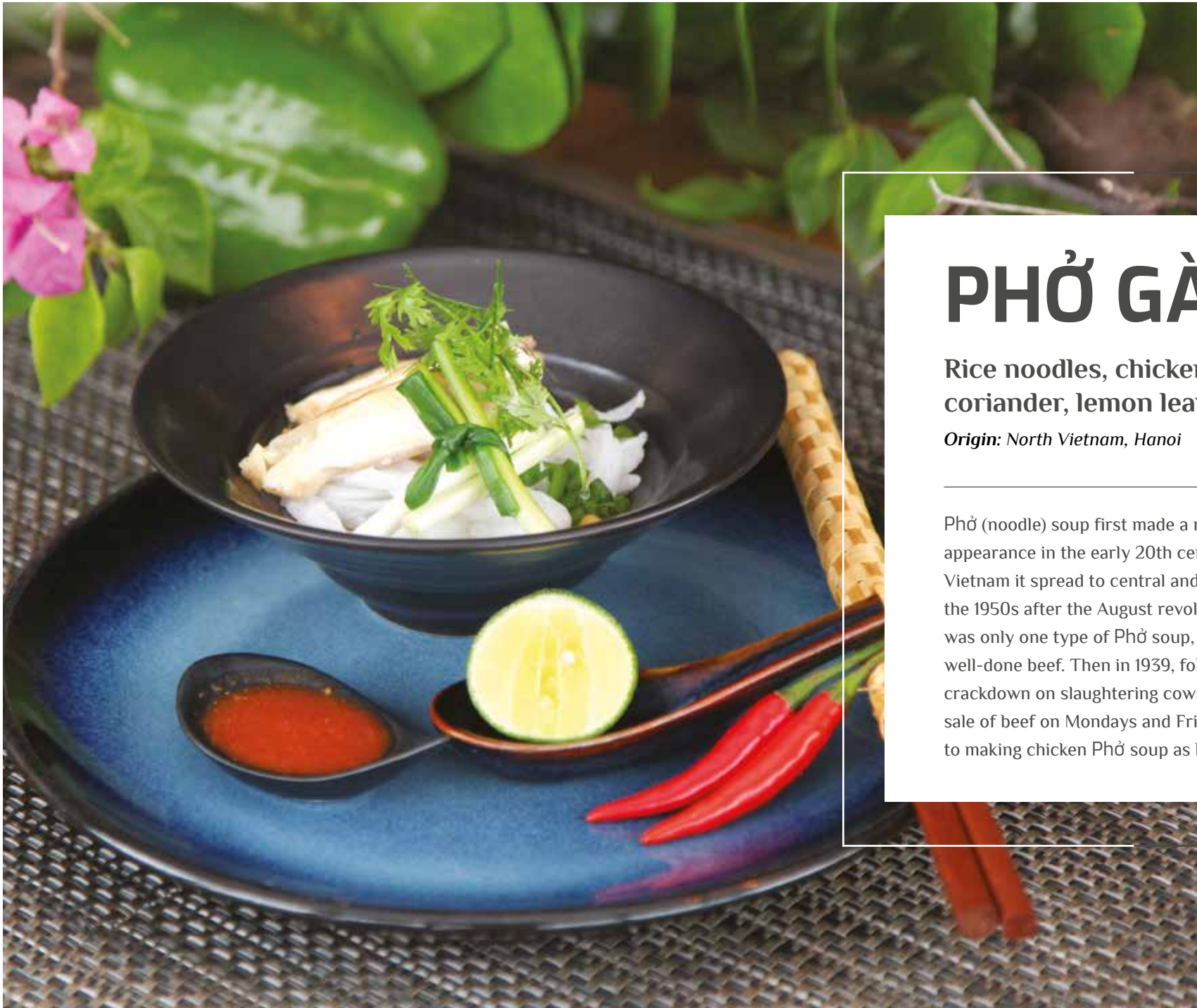
**Rice noodles, chicken, onions, coriander, lemon leaves, garlic, chili, carrot, cucumber**

*Origin: North Vietnam, Hanoi*

Phở Trộn is a variation on traditional phở. Trộn means mixed and this dish is a mixture of phở noodle and chicken but instead of broth the ingredients are tossed in a tasty dressing. Phở Trộn is a noodle chicken salad dish especially popular in Hanoi's summer months. The ingredients list is simple - phở noodles, chicken, vegetables, herbs, deep fried shallots and seasoning which create a light dish bursting with flavor.







# PHỞ GÀ

**Rice noodles, chicken, onions, coriander, lemon leaves**

*Origin: North Vietnam, Hanoi*

Phở (noodle) soup first made a recognizable appearance in the early 20th century. Popular in north Vietnam it spread to central and southern regions from the 1950s after the August revolution. Originally, there was only one type of Phở soup, which was made from well-done beef. Then in 1939, following a government crackdown on slaughtering cows and preventing the sale of beef on Mondays and Fridays, people switched to making chicken Phở soup as beef supplies dwindled.

# BÚN CÁ

**Vermicelli, Snakehead fish, mustard leaves, dill, onions**

*Origin: North Vietnam, Quynh Coi, Thai Binh Province*

There are many versions of this fish soup to be found throughout Vietnam and the type of fish used will depend on the area of the country one is in. However, one of the most popular is the Snakehead fish. The fish can be sliced or made into fish cakes and fried to a slight crispiness on the outside. The broth used is fairly light and includes dill, mustard leaves and onions along with vermicelli rice noodles. In the north of Vietnam it sometimes has a sharper taste with the addition of tomatoes and pineapple.







# BÚN HUẾ

**Vermicelli, pork leg, beef, lemongrass, chili, banana flower, beansprouts, Thai basil**

*Origin: Central Vietnam, Hue*

It is all in the name. Bún Huế is also known as Bún Bò Huế or Bún Bò depending on the region and the focus on ingredients. This rich complex, spicy and dynamic soup, which originated in Hue, is one of the most popular soups throughout Vietnam.

As with other Hue-born dishes, it reflects the taste palates from the time of the Nguyen Dynasty when the royal court was in Hue. The style of Hue cooking was adapted to suit the tastes of the royal family and high-ranking officials and Bún Huế is said to be the soul of Hue cuisine.

Within Hue and the surrounding area it is simply known as Bún Bò (which means noodles and beef). Outside Hue, other regions call it Bún Bò Huế to indicate it originated in Hue. However, for many people this soup should be known as Bún Huế as the dish includes more pork products than beef, ie. less emphasis on the word beef in the dish's name.

The broth is prepared by simmering beef bones and thin slices of beef shank with lemongrass, seasoned with fermented shrimp sauce and sugar for taste. Spicy chili added later gives it the spicy kick.

# BÁNH XÈO

## (NHÂN THỊT HOẶC HẢI SẢN)

**Rice starch, turmeric, onions, pork, beansprouts, shrimp, squid**

*Origin: Central and South Vietnam*

Bánh Xèo is a thin crispy savory pancake filled with beansprouts, prawns, pork and herbs. Its name derives from the sizzling sound (xèo) of rice batter as it is poured onto a hot skillet. The dish is popular throughout Vietnam, with various regional variations. There are many stories relating to its central Vietnam origins. Crepes were popular in the Tay Son era (1778-1802) eaten especially on the 2nd and 16th days of the lunar month. Some say Bánh Xèo evolved from Hue's Bánh Khoai food, or even stems from the Cham culture. Workers coming from central Vietnam introduced the food to Saigon in the 1960s or 1970s, from which time it has been a firm favorite in the city. In the south Bánh Xèo is the size of a large plate with an outer yellow layer. In central Vietnam it is smaller and white in color while Hanoi's Bánh Xèo tends to be similar to the south's but with the addition of a few more ingredients.







# BÚN SỨA CHẢ CÁ

**Vermicelli, fishcake, jellyfish, onion, tomatoes, peanuts, dill**

*Origin: Central Vietnam, Cam Ranh, Khanh Hoa*

It is safe to eat some species of jellyfish, a popular delicacy in many Asian and Southeast Asian countries. Vietnam is no exception. Jellyfish are harvested all along the country's coastline but it is Nha Trang's shores which serve up the jellyfish integral to the region's famous homegrown Bún Sứa Chả Cá - jellyfish and fish cake noodle soup. This is the region's must-try delicacy. The local fishermen have to travel far out to sea to catch the particular species of jellyfish used in the soup. Bún Sứa Chả Cá consists of rice vermicelli, jellyfish and steamed fish in a sweet and savory fish broth together with slices of fishcake. Jellyfish adds a flavorsome balance to seafood soups. It is also highly nutritious and has health benefits such as combatting a number of ailments including coughs, pneumonia or heart disease.

# BÁNH CANH CÁ QUẢ

Rice starch, Snakehead fish, onions, chili, tapioca starch

*Origin: Central Vietnam, Hue, Da Nang*

The literal meaning of Bánh Canh is ‘cake soup’. The soup emanates from central Vietnam particularly the Hue/Da Nang areas. This dish consists of a type of thick chewy Vietnamese noodle similar to Japanese udon noodle and is made from rice and tapioca flour. Bánh Canh comes in a number of varieties depending on the accompanying ingredients, such as the incorporation of Snakehead fish. The local farmers would catch fish while working in the fields and add this to the soup to make a hearty mid-morning or afternoon snack. During Vietnam’s subsidy period after the American War, households would make their own noodles and homemade Bánh Canh, which was a filling dish during these meager times.







# BÚN THỊT NƯỚNG

Pork, carrots, green papaya, vermicelli, garlic, chili, lemongrass, herbs

*Origin: Central Vietnam*

It is not known exactly when Bún Thịt Nướng arose although it originated from Hue and central regions. It is an elegantly flavored grilled (nướng) meat (thịt) vermicelli noodle (bún) salad dish popular throughout the whole country. It is considered the south's version of the north's Bún Chả - the main difference is the cut and shape of the meat. The dish consists of a bowl of grilled marinated pork chops with thin rice vermicelli on a bed of fresh vegetables and herbs tossed in a fish sauce dressing.

# CƠM GÀ HỘI AN

**Rice, mountain chicken, onion, turmeric, lemon leaves, hot mint, lime, spicy chili sauce**

*Origin: Central Vietnam, Hoi An*

Rice and chicken may seem a very simple dish, but it is one of Hoi An's most authentic and most delicious meals. Cơm Gà Hội An is a centuries-old central and southern Vietnam favorite. What makes it special is the way the chicken is prepared and skill involved in ensuring the meat is fragrant and aromatic. Boiled meat from a small local chicken is torn into small pieces and mixed with onion, lemongrass, herbs and spices. Rice is also cooked differently to other rice dishes- fluffy yellow saffron rice is cooked in some of the boiled chicken stock. Cơm Gà Hội An became popular following Hoi An's development. This important East Sea trading port town flourished in the 17th-18th centuries. Chinese and Japanese merchants considered it the best destination from where to conduct business. A large cosmopolitan population grew and the town became home to thousands of Chinese, Arabs, Japanese and Dutch, who all brought their cuisine with them. The original version of Cơm Gà came from Hainan Island, China's southern province. One of the first variations that appeared in Quang Nam Province was Cơm Gà Tam Ky. The Chinese populated Tam Ky (the provincial capital) as well as Hoi An. Hainanese chicken rice would have been popular at the time and the assumption is the Chinese brought this dish with them to the Quang Nam region. However, some locals argue that Cơm Gà, as enjoyed in Hoi An, is 100% Hoi An and not influenced by Chinese ancestors.







# BÚN BÒ NAM BỘ

**Beef, five spices, garlic, beansprouts, carrots, green papaya, vermicelli, herbs**

*Origin: South Vietnam*

Bún Bò Nam Bộ is southern style stir-fried beef with fried onions, peanuts, beansprouts and herbs served with vermicelli noodles. It is not a broth soup, instead, the ingredients are tossed in a tangy fish sauce dressing, with a similar flavor to the Bún Chả sauce.

In the north, this dish is known as Bún Bò Nam Bộ, which literally means beef noodle of the southern region. However, in the south the dish, which inspired the north's version, is commonly known as Bún Bò Xào meaning sautéed beef noodles.

While this is a southern-invented dish, it is popular throughout the country. It is not known when it first appeared in Hanoi. One theory says that troops returning to Hanoi from the south after 1975 brought the dish with them. In addition, one of the first Bún Bò Nam Bộ stalls in Hanoi is at 67 Hang Dieu Street. The owner had eaten Bún Thịt Bò Xào in Saigon and opened her shop in 1987 selling Hanoi's Bún Bò Nam Bộ variety.

# BÁNH ĐA TRỘN

**Hai Phong noodles, beansprouts, carrots,  
quail eggs, shrimp, fishcake, herbs, chili**

*Origin: Hai Phong, Viet Nam*

Bánh Đa Trộn is a classic street food flat rice noodle dish full of flavor tossed with a combination of many ingredients such as fish, pork, beef, beansprouts, shrimps, quail eggs, fish balls, herbs.... hence the word trộn, which means mixed. The noodles have a chewy consistency and include gấc pigment to give the noodles their brown/red color. The noodles are a specialty of Hai Phong and popular throughout the north. The noodles are carefully made with attention paid to rice selection, grinding, powdering and cooking. Bánh Đa Trộn is based on a Bánh Đa Cua Hải Phòng (Hai Phong noodle soup with crab), a popular Hai Phong dish.





# DESSERT



# BÁNH PHU THÊ

Glutinous rice starch, mung bean, coconut

*Origin: North Vietnam, Bac Ninh*

This dessert dish, which means husband and wife cake, originates from Dinh Bang in Bac Ninh province and as the name suggests is associated with marital relationships.

Traditionally this dish was given to a girl by her boyfriend to mark their engagement, signifying a happy future for them both, it can also be used as a wedding invitation. The stickiness of the cake is said to signify the stickiness of marriage ties.

Today the cake, which is not actually a cake but a series of leaf wrapped boxes, is most often found as part of a wedding banquet. It consists of glutinous rice, mung bean and coconut mixed together and wrapped in a box shape made of pandan leaves, the parcels are then steamed until they become a clear green color with a jelly like texture.







# CHÈ HOA CAU

**Tapioca starch, mung bean, sugar**

*Origin: North Vietnam, Hanoi*

A Hanoi favorite is Chè Hoa Cau - a mung bean dessert soup. It is named after the flower of the Areca Nut Palm tree because the cooked mung beans look similar to the flower's tiny yellow petals. The two key ingredients are mung beans and sweetened tapioca pudding. It is a deliciously gooey, healthy and comforting dessert soup much loved by Hanoians especially in the evening. The broth, which must not be too thick nor too runny, is often topped with coconut milk and sometimes pomelo blossom essential oil is added to enhance the flavor. Chè Hoa Cau is said to resemble the Hanoi people's character – graceful, gentle, warm and unforgettable.

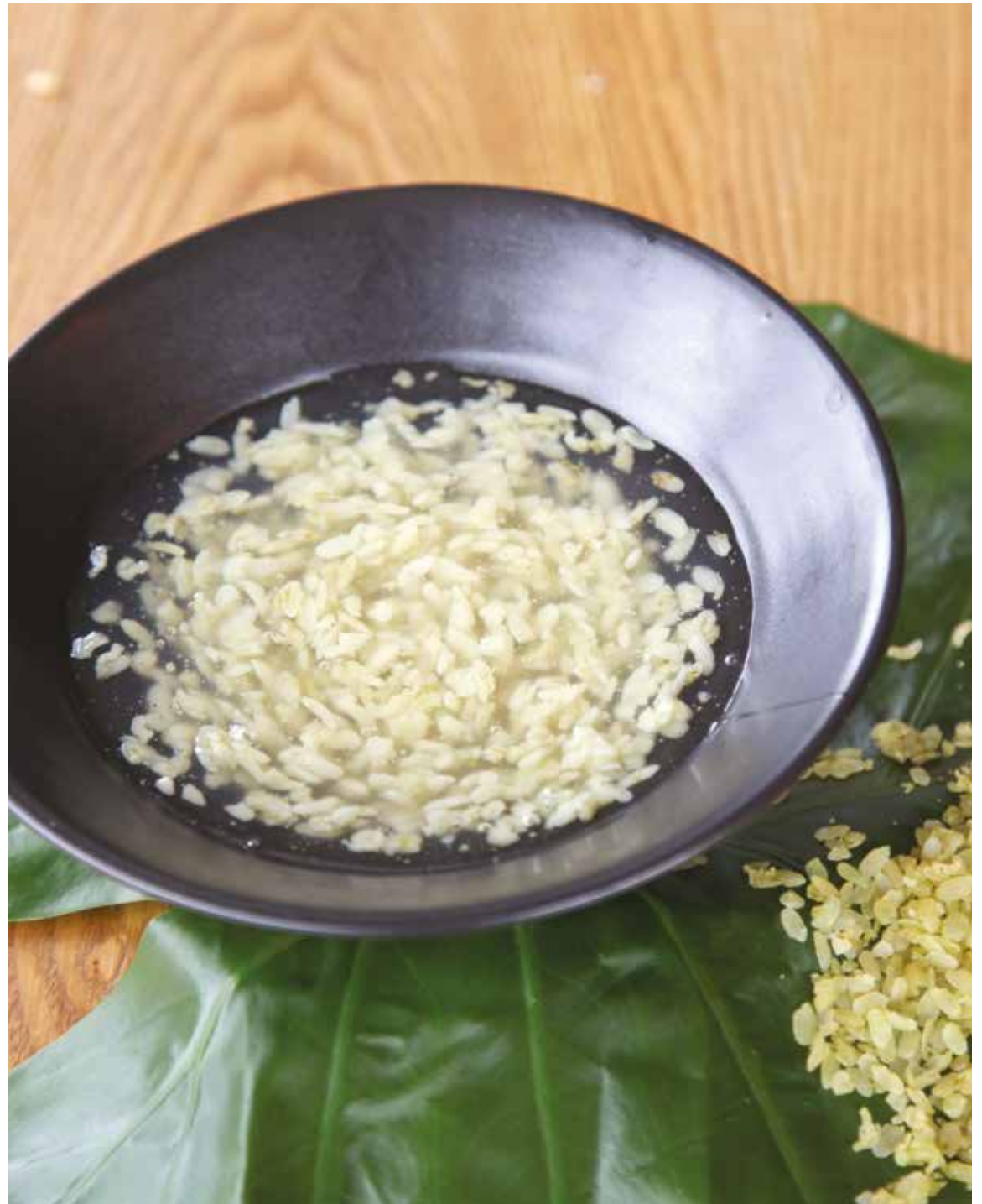
# CHÈ CỐM

**Young sticky rice, sugar, tapioca starch**

*Origin: North Vietnam, Vong village, Hanoi*

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Chè Cốm is a sweetened green young rice soup, originally from Vong village in Hanoi's Cau Giay district and is considered a Hanoi specialty. The rice grains extracted from the early rice are cooked with sugar and coconut milk and topped with shredded coconut.







# BÁNH RÁN BAO TUYẾT

Glutinous rice starch, mung bean, coconut, cinnamon

*Origin: North Vietnam*

Vietnam has a very long-standing diverse and abundant agricultural legacy. Historically, after harvest, farmers would make certain dishes which they offered to the ancestors and to heaven and earth as a sign of gratitude for, hopefully, a bumper crop. One such important food was/is made from glutinous rice flour mixed with peanut cake, coconut and cinnamon to make a dough. This is then fried and rolled into melted white sugar giving the dough balls a white snowy effect.

There are two kinds of Bánh Rán, salty and sweet – the latter is more common and it is said it appeared first. One of the most popular cakes in Vietnam, Bánh Rán Bao Tuyết refers to round snowy white donuts. This particular variety is a sweet dessert ball made with a round mashed mung bean filling covered with an outer shell made from a glutinous rice flour dough. This is deep fried and covered in sugar as per the above. Traditionally the mung bean filling should be separated from the shell so one can feel it rattling against the sides it is shaken. It sides when it that Hanoi's traditional Bánh Rán are actually Bánh Rán Luc Lac - 'luc lac', meaning 'shaking'.

# BÁNH TRÔI

Glutinous rice starch, mung bean, coconut, sesame

*Origin: Vietnam*

Glutinous rice balls actually originated from China where they are eaten from the 3rd to 5th day of the 4th lunar month. In Vietnam they are associated with March 3rd when they are offered to the ancestors as a sign of gratitude. They are easy to make, the ingredients are mixed together to form a dough which is then rolled into small balls and dropped into boiling water. The balls float to the surface when they are done and are then placed immediately in cold water so they do not stick together. The balls are then covered with ginger syrup and coconut fiber and sprinkled with sesame seeds.







# CHÈ THẬP CẨM CỐT DỪA

**Tapioca starch, sugar, sweetcorn, sweet potato, mung bean, red bean, snow fungus, sago sago**

*Origin: North Vietnam*

Chè Thập Cẩm means mixed sweet soup. It has something for everyone and for each person a little bit of everything. Thập Cẩm means 'mixed' and this type of chè can include many different ingredients such as red bean, mung bean, peanuts, taro, sweet potato, agar, green young glutinous rice, corn, tapioca, pandan leaf, coconut milk and so no. The ingredients are usually displayed in separate bowls at chè stalls and one can choose a selection. It is usually served cold and topped with crushed ice. The way Chè Thập Cẩm is made varies from region to region.

# CHÈ BA MÀU


**Glutinous rice starch, pandan leaf, pumpkin, beetroot, coconut, sesame, peanut**

*Origin: 3 regions of Vietnam*

Chè Ba Màu is a fresh and tasty 'rainbow' dessert of three colors. The key ingredients are colored beans such as red kidney beans, yellow mung bean paste and jelly which are layered one above the other, covered with sweetened coconut milk and topped with crushed ice. Chè Ba Màu is one of the most easily recognized and distinctive types of chè.





A close-up photograph of a black bowl filled with a dessert. The dessert consists of a base of white yogurt and condensed milk, topped with various fresh fruit cubes including watermelon, dragon fruit, and mango. A small sprig of fresh mint is placed on top. The bowl is set on a dark, textured surface, and green leaves are visible in the blurred background.

# HOA QUẢ DẦM SỮA CHUA

**Mixed seasonal fresh fruit, yogurt,  
condensed milk**

*Origin: Vietnam*

This dessert, popular throughout the nation, is sold on many Hanoi street corners. It is served in a cup or a bowl and fruit comes from all over Vietnam, according to the season at the time. The colors and smells are wonderful as are the varying flavors of the different fruits. Strawberry, avocado, mango, watermelon, apple, jackfruit, yellow melon, dragon fruit, pineapple and so on. Sometimes a little syrup is added together with jelly or tapioca pearls and ice. The dish is topped with the sweetness of yogurt and condensed milk and occasionally ice cream can be added.

# BÁNH ÍT NHÂN DỪA

**Glutinous rice starch, coconut, peanuts, grapefruit essence, dried zucchini**

*Origin: Central and South Vietnam*

Bánh Ít, which means 'little cake', is a central Vietnam specialty particularly popular in Hue, Hoi An and Binh Dinh province. While it is an anytime snack it is also an important food ingredient for death anniversaries and marriage rituals.

Firstly, why the name Bánh Ít? Locals living near the Bánh Ít Cham temple towers in the coastal province of Binh Dinh named these little cakes after their pyramid-styled towers. And it is also said that a woman named Thị Thiện sold Bánh Ít at the bottom of the mountain where the towers stand. Consequently, over the centuries Bánh Ít has become synonymous with Binh Dinh.

There are sweet and savory varieties of Bánh Ít, which in turn are known by their key ingredients. Bánh Ít Nhân Dừa is one of the sweet varieties. It includes seasoned ground coconut (instead of green bean - the filling for another Bánh Ít sweet variety), covered by a sticky rice flour dough and wrapped/folded in a banana leaf before being steamed.







# BÁNH RÁN VỪNG

Potato, sticky rice starch, tapioca starch, corn starch, mung bean, coconut, sesame

*Origin: South Vietnam*

Bánh Rán Vừng are similar to the Vietnamese snow donuts (Bánh Rán Bao Tuyết) but they are made in a more intricate way. Potatoes are boiled and mixed with sugar, kneaded with flour to make a dough which is filled with green bean and coconut. The round balls are then covered with sesame seeds and deep fried until a golden brown color.



# BÁNH PÍA

**Salty duck egg, durian, flour, mung bean, glutinous rice starch**

*Origin: South Vietnam*

Bánh Pía originates from China and the Suzhou mooncake. Pía is the Teochew word for pastry and is common in Vietnam in Soc Trang Province and Vung Thom. The Vietnamese cakes differ from the Chinese variety in that the pastry crust is flaky and the outer layer peels. Popular fillings include durian, shredded pork fat, salted duck egg yolk, mung bean paste, taro and coconut. Two types of dough are required to make the cakes, one for the outer layer and one for the inner.







# XÔI MÍT LÁ DỨA

**Sticky rice, jackfruit, pandan leaves, coconut, peanuts**

*Origin: South Vietnam*

This is a good choice for those who love jackfruit. Xôi Mít is a southern favorite and is Vietnam's version of Thailand's mango sticky rice. The sticky rice (xôi) is stuffed inside pieces of jackfruit (mít). Other ingredients are added such as coconut and peanuts to create more texture, flavor and color.

# CHÈ TRÔI NƯỚC

Glutinous rice starch, coconut, peanuts,  
tapioca starch

*Origin: South Vietnam*

Chè Trôi Nước (also called Chè Xôi Nước) literally means ‘dessert wading or drifting in water’. It is a rice ball sweet soup, considered a southern Vietnamese dish. However, some believe it derived from a Chinese sweet soup called tuang yuan popular in Vietnam during the 18th century. Glutinous rice dumplings filled with mung bean paste are shaped into balls and boiled in water infused with sugar and grated root ginger which forms a sweet clear brown both. The dessert is served hot and topped with sesame seeds and coconut milk may be added. The dish is often served during the Tet Lunar New Year as well as on a child’s first birthday.







# CHÈ HẠT SEN LONG NHÂN

**Lotus seeds, longan, sugar**

*Origin: North Vietnam, Hanoi*

Chè Hạt Sen Long Nhân is a popular dessert incorporating longans (longan fruit is similar to the lychee) which are stuffed with lotus seeds and then simmered in rock sugar syrup. Longans used in southern Vietnam are often dried, as they are available all the year round. The result is a light, sweet and clear chè. Eating this dish has health benefits such as reducing stress and fatigue and improving the quality of sleep.

# BÁNH CHIÊN

(NGÔ, KHOAI LANG, CHUỐI)

## SỐT CỐT DỪA

Mixed starch, (sweetcorn, sweet potato, bananas), coconut sauce, peanuts, sesame

*Origin: North Vietnam, Hanoi*

A common sight, particularly in the cold weather, is to see people walking around Hanoi's streets munching steamed corn on the cob, hot soft sweet potatoes or bananas. These foods are extremely popular in Vietnam and the perfect ingredients for Bánh Chiên Sốt Cốt Dừa dessert. Sweetcorn, potatoes and bananas are combined with rice and wheat flour, turmeric powder and coconut milk to make a sweet dessert cake.







# XÔI CỐM HẠT SEN

**Glutinous rice, mung bean, coconut, sesame, young sticky rice, lotus seeds**

*Origin: North Vietnam, Hanoi*

Hanoi and in particular Vong village is famous for Xôi Cốm (young sticky rice) which is an autumn specialty. Unlike other types of Xôi (sticky rice) Xôi Cốm embodies the unique flavor of young green rice. It is green, soft, sticky and fragrant.

Xôi Cốm Hạt Sen incorporates steamed young sticky rice - the green rice flakes are very dry and mixed with green bean, coconut and lotus seeds.

# CHÈ BÀ BA

Taro, sweet potato, lotus seed, peanuts,  
coconut

*Origin: South Vietnam*

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This variety of chè includes taro, cassava and long sweet potato, translucent tapioca pearls which are then cooked in a sweet coconut milk to create a warm and filling soup. Chè Bà Ba is typically a Southern Vietnamese dessert with a creamy flavor.







# CHUỐI NƯỚNG

**Glutinous rice, banana, peanuts,  
sesame, coconut**

*Origin: South Vietnam*

This dessert, which is very popular in south Vietnam originates from the Mekong Delta where bananas are very widely grown.

The name simply means “grilled banana” and this is how it is made, by peeling the bananas and grilling evenly all over. However, the bananas used must be of a special type, shorter, softer and rounder than the usual variety. After grilling, the bananas are gently pounded to make them soft.

The pieces of banana are then covered in sticky rice, coconut milk is poured over them and they are sprinkled with dried sesame seeds and peanuts.

# XÔI DỪA

Glutinous rice, mung bean, coconut, sesame seeds

*Origin: South Vietnam*

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Another southern sticky rice favorite dessert dish is steamed xôi with mung beans cooked in coconut milk topped with toasted sesame seeds. The combination of ingredients gives an amazing flavor. The sticky rice is moist and slightly sweet, the coconut is creamy and fragrant while the sesame seeds add a rich aroma.







Hanoi, Vietnam









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