<table>
<thead>
<tr>
<th>Dish</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Pho</td>
<td>6.99</td>
<td>1410</td>
</tr>
<tr>
<td>Beef Pho</td>
<td>6.99</td>
<td>1380</td>
</tr>
<tr>
<td>Vegetable Pho</td>
<td>5.99</td>
<td>1460</td>
</tr>
</tbody>
</table>

- **Chicken Pho**: 6.99 | 1410 Cals
  - pulled chicken, rice noodles, broth, onion, green onion, cilantro

- **Beef Pho**: 6.99 | 1380 Cals
  - lemongrass beef, rice noodles, broth, onion, green onion, cilantro

- **Vegetable Pho**: 5.99 | 1460 Cals
  - five spice tofu, roasted mushrooms, rice noodles, vegetable broth, onion, green onion, cilantro

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.
Beef Noodle Salad 6.99 l 470 Cals*
lemongrass beef, rice noodles, lettuce, pickled carrot, cilantro, mint, sunflower seed, Vietnamese dressing
*includes salad dressing

Fresh Spring Roll 2.99 l 130 Cals
served with dipping sauce

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