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# ParLÈ

BY VIETFRESH



# ParLÉ

BY VIETFRESH

## TO SHARE

A2. VEGGIE SPRING ROLLS (2)	\$8.49
A4. SHRIMP RICE WRAPS (2)	\$9.99
A5. GRILLED CHICKEN RICE WRAPS (2)	\$8.99
A7. GRILLED BEEF RICE WRAPS (2)	\$8.99
A8. TOFU RICE WRAPS (2)	\$8.99
A9. HANDMADE GRILLED SHRIMP SKEWERS (2)	\$9.99
A11. CRISPY SHRIMP WONTON (6)	\$8.99
A14. ROCKET SHRIMP ROLL (6)	\$9.99

*NOTE:*

Rice Wraps Served W/  
Peanut Sauce

\* Please note that we are not a peanut-free venue, and all menu items may contain traces of nuts.

WE NOT GUARANTEE OUR PRODUCTS DO NOT CONTAIN GLUTEN

## PHO (BEEF BROTH | RICE NOODLE)

	MEDIUM	LARGE
P1. RARE BEEF	\$18.99	\$19.99
P2. SLICED CHICKEN BREAST		
P3. RARE BEEF   CHICKEN		
P4. RARE BEEF   BEEF BALL		
P5. RARE BEEF   BEEF BRISKET		

\* SUBSTITUTE EGG NOODLES OR UDON + \$2.00

## PHO (CHICKEN BROTH | RICE NOODLE)

C2. SHRIMP WONTON	Large \$19.99
C4. SLICED CHICKEN BREAST	
C5. MIXED SEAFOOD	

SUBSTITUTE EGG NOODLES OR UDON + \$2.00

\* Please note that this dish may contain traces of shellfish

## VEGETARIAN & VEGAN

V1. VEG RICE NOODLE SOUP (M) <b>VEGAN</b>	\$18.99
V2. VEG SPICY LEMON GRASS RICE NOODLE SOUP (M) <b>VEGAN</b>	\$18.99
V3. IMITATION BEEF BALL / SHRIMP RICE NOODLE SOUP	\$18.99
V4. VEG TOM KHA COCONUT SPICY RICE NOODLE SOUP (M) <b>VEGAN</b>	\$18.99
V5. 3X VEG SPRING ROLLS ON VERMICELLI	\$18.99
V7. VEG FRIED RICE <b>VEGAN</b>	\$18.99
V8. VEG CURRY FRIED RICE	\$18.99
V10. VIET GENERAL TSO'S IMITATION CHICKEN <b>VEGAN</b>	\$18.99
V11. SWEET AND SOUR SPICY TOFU <b>VEGAN</b>	\$18.99
V12. VEG PADSEW <b>VEGAN</b>	\$18.99

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## VERMICELLI BOWL

INCLUDES 1X HOUSE MADE VEGGIE SPRING ROLL

B2. GRILLED CHICKEN	\$19.99
B3. GRILLED BEEF	\$19.99
B4. GRILLED SHRIMP	\$21.99
B9. HALAL MIXED MEATS (CHICKEN, SHRIMP, BEEF)	\$22.99
B6. VEGETARIAN (TOFU)	\$19.99
B8. BBQ CHICKEN	\$19.99

**ADD AN EXTRA PROTEIN OF YOUR CHOICE FOR JUST \$4.00.  
SHRIMP IS AVAILABLE FOR AN ADDITIONAL \$5.00.**

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## FRIED RICE

INCLUDES 1X FRIED EGG ON TOP

FR1. CHICKEN	\$17.99
FR2. BEEF	\$17.99
FR4. SHRIMP	\$19.99
FR5. SEAFOOD CURRY	\$19.99



FR3

## RICE DISH

INCLUDES STEAMED RICE AND 1X FRIED EGG

R2. GRILLED CHICKEN	\$18.99
R3. GRILLED BEEF	\$18.99
R4. GRILLED SHRIMP	\$20.99
R9. HALAL MIXED MEATS (CHICKEN, SHRIMP, BEEF)	\$21.99
R8. BBQ CHICKEN	\$18.99

**ADD AN EXTRA PROTEIN OF YOUR CHOICE FOR JUST \$4.00.**



R5

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## CHEF'S SIGNATURE RICE NOODLE SOUPS

SP1. BO KHO BRAISED BEEF SOUP	MEDIUM \$18.99	LARGE \$19.99
SP2. TOM KHA SPICY COCONUT SOUP		
CHOICE OF CHICKEN   RARE BEEF   MIXED SEAFOOD		
SP4. BEEF SATAY NOODLE SOUP		
SP8. PHO THAI SPICY LEMONGRASS SOUP		
CHOICE OF CHICKEN   RARE BEEF		

\* SUBSTITUTE EGG NOODLES OR UDON + \$2.00



SP2  
MIXED  
SEAFOOD

## CRISPY EGG NOODLE

SN1. CHICKEN	\$19.99
SN2. SHRIMP	\$21.99
SN3. SEAFOOD	\$21.99
SN5. BEEF	\$19.99
SN6. VEGETARIAN	\$19.99

SN3



## WOK FRIED UDON NOODLE

UD1. CHICKEN	\$18.99
UD1. BEEF	\$18.99
UD4. SHRIMP	\$20.99
UD5. VEGGIE	\$20.99

## PAD THAI

PT1. CHICKEN	\$18.99
PT2. BEEF	\$18.99
PT4. SHRIMP	\$20.99
PT5. VEGGIE	\$20.99



PT1

\* Please note that we are not a peanut-free venue, and all menu items may contain traces of nuts.



### PAD SEE EW

Stirfried flat rice noodles with seasonal vegetable & your choice of

**\$19.99**

CHOICE OF CHICKEN OR SHRIMP

## HOUSE SPECIALS



### SPICY GARLIC CHICKEN WINGS

Stir-fried chicken wings tossed with Thai chili peppers, plenty of garlic, and savory shallots!

**\$14.99**



### STIRFRIED EGG NOODLE

STIR FRIED EGG NOODLE WITH SEASONAL GREENS AND YOUR CHOICE OF PROTIEN: CHICKEN OR SHRIMP

**\$19.99**



### BANH MI BO KHO

Flavorful Vietnamese beef stew with tender meat, aromatic spices, served with a fresh, golden baguette for dipping.

**\$16.99**



### HALAL BANH HOI (ROLL YOURSELF)

LACY VERMICELLI SHEETS SERVED WITH FRESH HERBS, LETTUCE, AND YOUR CHOICE OF PROTEIN. WRAP YOUR OWN ROLLS AND ENJOY WITH A FRAGRANT DIPPING SAUCE!

**\$26.99**

BEEF - CHICKEN - SHRIMP



### TOM YUM NOODLE SOUP

Tom Yum Soup is a tangy, spicy broth with lemongrass, and fresh herbs, offering bold, vibrant flavors of Southeast Asia in every bite.

**\$19.99**

CHOICE OF BEEF - CHICKEN - SHRIMP - MIXED SEAFOOD

Please note: While we take precautions, this is not a 100% allergy-free facility due to the possibility of cross-contamination. We sincerely apologize for any inconvenience.

DEAR VALUED HALAL CUSTOMERS,

AT PARLE, WE ARE COMMITTED TO PROVIDING HIGH-QUALITY, **AUTHENTIC HALAL** OPTIONS. WE USE **HAND-SLAUGHTERED HALAL MEATS** FROM CÔTÉ POULTRY AND **HALAL BEEF AND CHICKEN BONES** FOR OUR SIGNATURE PHO BROTH. OUR TEAM IS **TRAINED TO UPHOLD HALAL STANDARDS**, ENSURING NO CROSS-CONTAMINATION, SO YOU CAN ENJOY YOUR MEAL WITH CONFIDENCE.

THANK YOU FOR ALLOWING US TO SERVE THE **OTTAWA HALAL COMMUNITY** WITH RESPECT AND DEDICATION.

*Nava Sok*  
PARLE CO-FOUNDER



## DRINKS & DESSERT

D1. SOFT DRINK	\$3.25
CHOICE: COKE   SPRITE   NESTEA (MORE OPTIONS AVAILABLE)	
D3. PREMIUM DRINK	\$4.25
CHOICE: GINGER BEER   PERRIER	
D4. EXOTIC DRINK	\$4.50
CHOICE: LYCHEE   MANGO   THAI TEA (PLEASE ASK SERVER)	
D5. BLUE BUTTERFLY PEAFLOWER TEA (HOT)	\$3.50
ORIGINAL VIETNAMESE ICE COFFEE	\$6.99
SALTED CREAM VIETNAMESE ICE COFFEE	\$6.99
COCONUT CREAM VIETNAMESE ICE COFFEE	\$6.99
DEEP FRIED BANANA	\$6.99



DEEP FRIED BANANA