

## How did we do?

Thanks for dining with us. You are the reason why we are here. Online reviews are permanent, please tell us or send us a Facebook message before leaving one. No one is perfect and outliers do exist, so please let us know and we will gladly correct any services or food that you think do not meet the Butterfly Belly high standards in our food, cleanliness & services.

We are passionate on topics concerning cleanliness, food taste, speed of service, anything and everything. Your inputs will help us prioritize what is most important to you. Our staff should always be cheerful, warm, caring and attentive to you at all times.

As a courtesy when our kitchen is not busy, you can specify certain dietary restrictions or dislikes such as peanuts, sesame, soy, dairy, eggs, onions, garlic & etc. since some menu items maybe altered to meet your needs. A 5-10 minutes added preparation time may be required.

## What you should know about our food...

1. Absolutely no MSG nor Gluten is used in our kitchen.
2. We cook with Non-GMO Vermicelli and Tofu. We use tamari sauce, mix our own sesame oil and use Canola oil to stir-fry.
3. Items deep fried with **SOY** based oil are: fried shallots, crushed peanuts, eggrolls, pepper salted squids, wings, fries, fried chicken. **SOY** flavoring bases are used in stir fries – i.e. fried rice, pepper salted squid.
4. Soy free dishes – Pad Thai, Pho & Vermicelli Bowl, Yellow Curry without the garnish of shallots and/or peanuts.
5. Our house sauces are 100% MSG, Gluten, preservative free, and made vegan includes: “Sriracha”, “hoisin”, Chili Oil Sate, peanut sauce, Pad Thai, Teriyaki, 5 Spice dressings, and curry paste. Our Teriyaki creamy salad dressing, chicken stock for stir fries and oyster sauce are low in preservatives.
6. We also make our own pate, bread, eggrolls, meatballs, and fresh cut fries.

## Disclaimers & Disclosures:

We are diligent in reading food labels and use brands that clearly list out the ingredients and cross contaminations. I.e. item processed in a facility that processes peanuts, wheat or soy etc.. When the label is unclear we'd rely on the online GF community and feedback when deciding on current or new food sources.

1. We have no control over fine particle contaminations from customers' clothing or food brought into our dining area.
2. We are not responsible for misrepresentations in food labels.
3. We reserve the rights to refuse services to anyone.

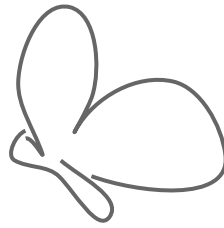
As butterflies collect nectar from all over

# Butterfly Belly

collects the most popular

# Asian Cuisine

from all over for your enjoyment!



Welcome to Butterfly Belly, a Vietnamese Asian Fusion restaurant, owned and operated by a local East Tabor family since 2013.


We are about fresh and healthy food made from scratch without the use of MSG, Gluten, and low in preservatives. We strive to be the uncompromised and trusted place for families, friends, and neighbors to gather.



## MSG & Gluten Free in your Belly!

### Allergens:

<sup>P</sup> Peanuts   <sup>SF</sup> Soy Free   <sup>D</sup> Dairy   <sup>SE</sup> Sesame   <sup>E</sup> Eggs   <sup>F</sup> Fish Sauce



# Phở

Two whole days process, world famous and truly a labor of love.  
*The beef, chicken, or shiitake garden Phở (38 oz.) with rice noodle come garnished with cilantro, green & yellow onions, a side of bean sprouts, basil, jalapeño, and lime.*

Large (50 oz) \$2 more **Extra** Veggies/Noodles \$1, Meat \$2, Tofu \$1.5

**Chicken** \$11 SF  
*Chicken broth with tender chicken breast strips.*

**Garden** \$11  
*Vegan shiitake broth with mix vegetables and tofu.*

**Beef** \$11 SF  
*Beef bone broth with eye of rounds & briskets cuts.*

**Huế** \$12.5 SF  
*Spicy lemon grass beef broth with brisket & rounds.*

**Meatballs** \$12.5  
*Beef bone broth with house made meat balls.*

**Fit** \$13.5  
*The "Phở-fect" bowl with chicken, beef, tofu & veggies.*


**Butterfly** \$14.5  
*Beef Phở plus meat balls, tripe & tendons.*

**OMG** \$18  
*Beef Phở with rounds, brisket & sirloin steak (5oz).*

**Butterfly Huế** \$15.5 SF  
*Huế with added tripe, tendon & meatball*

**Garden Huế** \$12.5  
*Spicy lemon grass broth with veggies & tofu.*

**Spicy Seafood** \$15.5 SF  
*Huế broth with shrimp and squid.*



# Stirfries – Noodles & Rice

Choose **chicken, pork, beef, tofu. Shrimp or Squid** \$2 more

Extra Veggies \$1 or Meat \$2

**Lemon Grass Chicken** \$11.5 SF, F  
*A rice chicken dish sate with lemon grass and yellow onion.*

**Phở Xào** \$11.5  
*Phở noodles and vegetables stir fried in a variety of popular flavors of Pad Thai, Curry, Chili Basil or Vegetarian. P, F, E*

**Bún Xào** \$11.5 P, SE  
*Stir fry vermicelli rice noodle with mixed veggies. Choices of Viet, Vegan or Curry flavors.*

**Fried Rice** \$11.5 F, E  
*Wok flash stir fried rice Viet, Thai, Curry or Vegan. Try it with lap xuong for \$1 more.*

**Yellow Curry** \$12.5 SF  
*Fusion of Indian curry, Thai coconut and Vietnamese style curry with potatoes and carrots. Choices of rice or noodles and spice level (1-5).*

OPTIONS: Some stir fry dishes are garnished with eggs, garlic, onions, or fish sauce may be excluded upon request. Some house sauces might have fish sauce, soy, garlic, onions, and etc. which may not be excluded.

# Pan Asia Grill



Choose from **chicken, pork, tofu, or shrimp** \$2 more

Extra Veggies \$1, Meat \$2

## Teriyaki \$11.5

Jasmine rice with mixed greens with choice of chicken, pork, or tofu. Traditional, Chili or ginger sauce. <sup>SE</sup>

## Com Thit Nướng \$12.5

Vietnamese BBQ rice plater with, eggs, pickled vegetables, lettuces, served with fish or vegan sauce.

## Lemon Grass Chicken \$11.5

Vietnamese rice plate with pickled vegetables, lettuces, served with vinegarette fish sauce. <sup>F</sup>

## Vermicelli Bowl \$13

The ultimate noodles BBQ bowl with mixed greens, pickled radishes. Choose one protein from above. Choices of Vegetarian sauce or Fish sauce. <sup>P, F, SF</sup>

## Nem or Lemon Grass Vermicelli Bowl \$14

The ultimate noodles BBQ bowl with mixed greens, pickled radishes. Choices of Vegetarian sauce or Fish sauce. <sup>P, F, SF</sup>

## Butterfly Vermicelli Bowl \$16

The ultimate noodles BBQ bowl with mixed greens, pickled radishes. First choose chicken, pork, or tofu. Then choose vegetarian or meat eggrolls. Shrimp is included. Choices of Vegetarian sauce or Fish sauce. <sup>P, F, SF</sup>

## Koren Ribs Vermicelli Bowl \$17

The ultimate noodles BBQ bowl with mixed greens, pickled radishes. Choices of Vegetarian or Fish sauce. <sup>P, F, SF</sup>

# Chef Specials



## Butterfly Wings \$13

Wok caramelized party wings served with rice, pickled carrot & daikon. Choose fish or tamarind flavors. <sup>S</sup>

## Bò Kho \$14

Vietnam popular five spice beef stew served with GF bread, pho noodles or vermicelli noodles.

## Butterfly Squid \$15.5

Classic battered pepper salted squid or choose the new fish sauce flavor.

## Lúc Lắc Steak \$15.5

Vietnamese famous luc lac steak bites served on a bed of sweet vinegar salad and rice. <sup>S</sup>

## Butter-Rice Lúc Lắc \$16\*

Drunken stir fried rice with the popular lúc lắc steak bites.

## Korean BBQ Ribs \$17

Served with Jasmine rice, mixed stir fry of yellow onions, cabbage, carrot, broccoli and garnishing of sesame seed. Choices of traditional or chili teriyaki sauce.

\* May only be available during dinner or weekends. Please check with us.

# Appetizers

**Egg Rolls** \$6.5 *Mixed chicken pork or vegetarian*

**Salad Rolls** \$7 *Pork, Beef, Tofu. Nem or Shrimp+\$1* <sup>P</sup>

**Lettuce Wraps** \$8 *Tofu, Pork, Chicken.*

**Butterfly Wings** \$11 *Fish or Tamarind*

**Butterfly Calamari** \$13.5 *Fish or Pepper Salted*

# Soups

**Starter Sized Phở** - Garden, Chicken, or Beef \$7.5 (20oz) <sup>SF</sup>

# Salads

**Garden** \$11 *Five spice salad with fried Tofu.* <sup>P</sup>

**Teriyaki** \$12.5 *Creamy or vegan Teriyaki mixed greens.* <sup>SE</sup>

**Chicken** \$12.5 *Fish vinegar mixed cabbage, & carrots.* <sup>P</sup>

**Spicy Beef** \$13.5 *Five spice mixed pickled veggies.* <sup>P</sup>

**Spicy Calamari** \$14.5 *Five spice pickled salad.* <sup>P</sup>

Sides: \* intended to compliment full meal orders only

**Phở Broth** (24 oz) \$5.5 (32 oz) \$6.5 **Tofu** (1pc) \$4

**Egg Rolls** (2pc) \*\$5 **Nem** (3pc) \$4.75 **Shrimp** (3) \*\$3 (9) \$7

**Rice or Noodles** (10oz) \*\$2.5 (16oz) \$3.25 (32oz) \$5.25



## Drinks

**Sodas** \$1.5  
Coke, diet Coke, Dr. Pepper, Ginger Ale, Sprite, 7-Up

**Juice** \$2  
Apple, Orange, or Cranberry

**Milk** \$1.5  
Whole, Coconut, or Soy

**Iced Tea** \$2  
Fresh brew green, Jasmine, Oolong

**Hot Tea** \$2  
Fresh brew green, Jasmine, Oolong, Chrysanthemum

**Fresh Hot Tea** \$2  
Green, Jasmine, Oolong, Chrysanthemum

**Thai Hot or Iced Tea** \$3.5  
Cream, Coconut, or Lime

**Limenade or Lemonade** \$3  
Fresh squeezed

**Saigon Plum Lime Soda** \$3.5  
Salted plum lime soda

**Viet Coffee** \$3.5  
Iced or hot. Sugar or condensed milk.

**Italian Sodas** \$3.5  
Raspberry, Strawberry, or Peach

**Smoothies** \$3.5  
Raspberry, Strawberry, Peach, Taro, Thai tea

**Yogurt Smoothies** \$4  
Saigon style yogurt. Peach or Raspberry



## Beer

**Lager** *Asahi* \$4.5    *Tsingtao* \$4.5    *Heineken* \$4.5

*Corona* \$4    *Coors Light* \$3.5    *Sapporo* (20.3oz) \$7

**Ale** *Organic Salmon Fish Tale Pale Ale* \$4  
*Bluemoon Belgian Wheat Ale* \$4

**IPA** *Hop Devil* \$4.5    *Avatar Jasmine* (20.3oz) \$9

**Local** *Black Butte Porter* \$4    *Widmer Hefeweizen* \$4

# Wine & Sake

Ozeki Sake Chilled \$5 | \$17 Hot (6oz) \$6

Nigori Unfiltered Sake (12.7oz or 25.4oz bottles) \$11 | \$18

Black Oak Pinot Noir Puglia Italy \$5 | \$15

Himan Pinot Noir Oregon \$6.5 | \$20

Black Oak Cabernet Sauvignon California \$5 | \$15

Bogle Cabernet Sauvignon Oregon \$6.5 | \$20

Black Oak Merlot California \$5 | \$15

Smoking Loon Merlot Chile \$6.5 | \$20

Pinot Grigio Black Oak Veneto Italy \$5 | \$15

Chardonnay Black Oak California \$5 | \$15

X|Y = Glass | Bottle Prices. 1 bottle = 5-6 glasses.