

LUNCH MENU

SMALL PLATES

Cha Gio | Crispy Spring Rolls (2) \$8

Choice of **Pork** // **Veg**, Served with chili fish sauce.

GF, V Option

Goi Cuon | Fresh Salad Rolls (2) \$10

Choice of **Shrimp** // **Tofu**, Served with spicy peanut sauce.

GF Option, V Option, P

Canh Ga | Chicken Wings \$14

Choice of **Fish Sauce** // **Butter Garlic** // **Salt & Pepper**.

Bo Tai Chanh | Beef Carpaccio \$16

Sliced rare ribeye, quail egg yolk, crispy shallots, onions, herbs and chili lime vinaigrette.

GF Option

Goi Ga | Chicken Salad \$16

Shredded chicken, cabbage slaw, fresh herbs, shrimp crackers and ginger chili fish sauce.

GF

Banh Hue | Hue Platter \$16

A Central Vietnamese specialty platter with steamed tapioca and rice dumplings. Served with chili fish sauce.

GF



Banh Khot | Crispy Prawn Cakes (5) \$15

Crispy turmeric cakes filled with prawns, coconut milk, green onions. Served with lettuce & chili fish sauce.

Banh Cuon | Viet Rice Rolls \$15

Steamed Vietnamese rice rolls filled with ground pork and wood ear mushrooms, topped with Vietnamese sausage, beansprouts, cucumber and herbs. Served with chili fish sauce.

GF

Allergen Notice

Our dishes may contain common allergens (gluten, soy, nuts, shellfish). While we take care in preparation, our kitchen is not allergen-free, and cross-contamination may occur. Please use your discretion if you have severe allergies.



- Chef Long's Fav | GF - Gluten Friendly | V Option - Can be made Vegetarian | P - Contains Peanuts

BOWLS

Pho | Noodle Soup \$17

Noodle soup with 24-hour beef broth. Choice of **Beef** // **Chicken** // **Tofu & Veg** *V Option*.

GF



Sate Pho | Spicy Peanut Noodle Soup \$19

Noodle soup with 24-hour spicy peanut beef broth. Choice of **Beef** // **Chicken** // **Tofu & Veg** *V Option*.

GF, P

Bun Bo Hue | Spicy Lemongrass Noodle Soup \$19

Spicy Lemongrass noodle soup with beef shank, flank, pork sausage, pork hock & pork blood.

GF Option

Bun | Vermicelli \$18

Choice of **Sate Beef & Onions** *GF Option* // **Grilled Chicken** // **Grilled Pork** // **Tofu & Vegetable** *GF Option V Option*, with lettuce, cucumber, pickled carrots and daikon, beansprouts, peanuts, scallion oil. Served with chili fish sauce.

P

BETWEEN BREAD

Banh Mi | 7" Vietnamese Submarine \$11

Choice of **Cold Cuts** // **Tofu** *V Option* // **Sate Beef & Onions + 1** // **Grilled Chicken + 1** // **Grilled Pork + 1**, with cucumber, pickled carrots and daikon, cilantro, chilis, pork & chicken liver pâté, and house-made mayo. Served with a side of beef broth.

Add Cheese +2



Pho Grilled Cheese \$15

Beef, caramelized onions, cheese & a shot of pho broth.

Add Ons: Rice \$3 | Baguette \$3 | Noodles \$3 | Donut Stick \$3

A man and a woman are smiling and making peace signs. The woman is on the left, wearing a dark jacket and glasses. The man is on the right, wearing a dark polo shirt and glasses. In the background, there is a circular mirror reflecting a restaurant interior with many people. The text 'LAI RAI' is overlaid in a stylized, blocky font. A small icon of a stool is also present.

LAI RAI

Lai Rai [lye-rye] — literally, it means “little by little,” but in Vietnam it’s really code for stretching one drink into three hours, ordering “just one more” snack, and hanging out way longer than you planned. That’s exactly what we’re here for in Calgary. From the fam that brought you Pho Dau Bo and Mot To, Lai Rai is our unfiltered love letter to Vietnamese food and drinking culture. We’re talking phở for breakfast (yes, it’s totally a breakfast food), street snacks that hit just right, and a space that feels like lingering over cà phê sữa đá on a busy Saigon morning.

Hannah grew up in the back of Pho Dau Bo watching her dad, Long, and her family feed the city, with schoolwork on the table and the smell of broth in the air. That’s where she learned that food is never just food, it’s connection, culture, and straight-up joy. A trip back to Vietnam lit the spark for Lai Rai. The chaos, the colour, the way people eat, drink, and linger. That’s the heartbeat we’re bottling up here.

So pull up a stool, grab a bowl, crack open a drink, and lai rai with us. Bit by bit, sip by sip, snack by snack. This is Vietnam, Calgary-style.