

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.

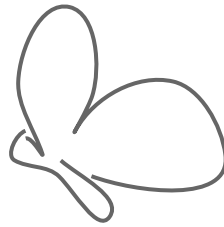
As butterflies collect nectar from all over

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:

^P Peanuts ^{SF} Soy Free ^D Dairy ^{SE} Sesame ^E Eggs ^F Fish Sauce

Appetizers

Haystack fries \$3.5 *Fresh cut "haystack" potato fries*

Butter fries \$4.5 *Playful bean sprouts & carrots fries*

Egg Rolls \$5.5 *Mixed chicken pork or vegetarian*

Salad Rolls \$6 *Pork, Beef, Tofu. Nem or Shrimp+\$1^P*

Lettuce Wraps \$7 *Tofu, Pork, Chicken.*

Butterfly Wings \$9 *Fish or Tamarind*

Butterfly Calamari \$11.5 *Fish or Pepper Salted*

Sampler \$13 *Egg rolls, Salad rolls & Fries.*

Collection \$20 *Wings, Lettuce wraps, Egg rolls & Fries.*

Butterfly \$30 *Calamari, Wings, Let-wraps, Salad rolls, and Fries.*

Togo orders: 25 cents per container. Be "green" bring your own.

Soups

Pho Broth \$1.5 *Beef, Chicken, or Garden (8oz)^{SF}*

Garden, Chicken, or Beef Pho \$6 (20oz)^{SF}

Salads

Garden \$9 *Five spice salad with fried Tofu.^P*

Teriyaki \$10 *Creamy or vegan Teriyaki mixed greens.^{SE}*

Chicken \$10 *Fish vinegar mixed cabbage, & carrots.^P*

Spicy Beef \$11 *Five spice mixed pickled veggies.^P*


Spicy Calamari \$12 *Five spice pickled salad.^P*

Sides: * intended to compliment full meal orders only

Pho Broth (24 oz) \$4.5 (32 oz) \$5.5 Tofu (1pc) \$3

Egg Rolls (2pc) *\$4 Nem (3pc) \$3.75 Shrimp (3) *\$2 (9) \$6

Rice or Noodles (10oz) *\$1.5 (16oz) \$2.25 (32oz) \$4.25



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 \$9 SF
Chicken broth with tender chicken breast strips.

Garden \$9
Vegan shiitake broth with mix vegetables and tofu.

Beef \$9 SF
Beef bone broth with eye of rounds & briskets cuts.

Spicy Huế \$10 SF
Lemon grass beef broth with beef.

Meatballs \$10
Beef bone broth with house made meat balls.

Fit \$11
The “Phở-fect” bowl with chicken, beef, tofu & veggies.


Butterfly \$12
Our Beef Phở plus meat balls, tripe & tendons.

OMG \$15
Our Beef Phở with side 5 oz. of sirloin steak.

Spicy Butterfly \$13 SF
Lemon grass beef broth with beef.

Spicy Garden \$10
Lemon grass broth with tofu.

Spicy Seafood \$13 SF
Huế broth with shrimp and squid.



Stirfries – Noodles & Rice

Choose from **chicken, pork, beef, or tofu.**

Shrimp or Squid \$2 more **Extra** Veggies \$1, Meat \$2

Lemon Grass Chicken \$9.5 SF, F
A rice chicken dish sate with lemon grass and yellow onion.

Phở Xào \$9.5
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 \$9.5 P, SE
Stir fry vermicelli rice noodle with mixed veggies. Choices of Viet, Vegan or Curry flavors.

Fried Rice \$9.5 F, E
Wok flash stir fried rice Viet, Thai, Curry or Vegan. Try it with lap xuong for \$1 more.

Cơm Chiên \$11 F, E
Gourmet home style crisp fried rice. Viet or Thai chili basil flavors. (Expect 5-10 additional cook time).

Yellow Curry \$10 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.

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Pan Asia Grill



Choose from **chicken, pork, or tofu.**

Shrimp \$2 more Extra Veggies \$1, Meat \$2

Teriyaki \$9.5 *Jasmine rice with mixed greens with choice of chicken, pork, or tofu. Traditional, Chili or ginger sauce.* ^{SE}

Com Thit Nướng \$10 *Vietnamese BBQ rice plater with, eggs, pickled vegetables, lettuces, served with fish or vegan sauce.*

Lemon Grass Chicken \$9.5 *Vietnamese rice plate with pickled vegetables, lettuces, served with vinegarette fish sauce.* ^F

Vermicelli Bowl \$10.5 *The ultimate noodles BBQ bowl with mixed greens, pickled radishes. Try with nem or lemon grass chicken for \$1 more. Choose ribs for \$4 more or Butterfly up with added eggrolls & shrimp for \$3 more. Choices of Vegan or Fish sauce.* ^{P, F, SF}

Whole Calamari \$13 *Foot long whole squid grilled with side of rice. Great with white wine, sake, or beer.*

Korean BBQ Ribs \$14 *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.*

Togo orders: 25 cents per container. Be "green" bring your own.

Chef Specials



Butterfly Wings \$11 *Wok caramelized party wings served with rice, pickled carrot & daikon. Choose fish or tamarind flavors.* ^S

Bò Kho \$12 *Vietnam popular five spice beef stew served with GF bread, pho noodles or vermicelli noodles.*

Butterfly Squid \$13 *Classic battered pepper salted squid or choose the new fish sauce flavor.*

Lúc Lắc Steak \$13 *Vietnamese famous luc lac steak bites served on a bed of sweet vinegar salad and rice.* ^S

Butter-Rice Lúc Lắc \$13* *Drunken stir fried rice with the popular luc lac steak bites.*

Quail Nest \$14* *Two marinated quails grilled and served on a nest of crispy rice noodle and mixed vegetables.* ^S

Sàigòn Ducking Steak © \$16* *Butterfly Belly 's signature recreation of the original Saigon's street vendor Bò Né steak which sizzles so fiercely so you better "duck" out of the way. Served with two sunshine up eggs, rich chicken pate, scallion, onions, sides of sweet vinegar salad and our playful banh mi waffles for the ultimate steak & eggs dipping experience. Great with beer, wine or champagne.*

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



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

Liquor

Potato or Tito's Vodka \$5 *Bacardi Gold* \$5

1800 \$6 *Grey Goose* \$6 *Jameson* \$6

Johnnie Walker \$6 *Gentleman Jack* \$6

Courvoisier \$6

Well \$4
Rum, Vodka, Whiskey, Gin, Tequila
(OJ, Apple Juice, Cranberry, Club Soda, Tonic Soda, 7-up, Coke, D-Coke)

Cocktails (Top Shelf +\$1.50)



- Thai-tea-ni** \$6 *Rum, Gin, Whiskey or Vodka*
- Caffeinee** \$7 *Viet cafe with Gin, Rum, Vodka, or Whiskey*
- Niki Spicy Feisty** \$9 *Icy spicy rum with fresh ginger, mint, coconut, pineapple, and green pepper.*
- Saigon Iced Tea** \$8 *A past, present, and future themed concoction of US strawberry, Russia's Vodka, Saigon orange peels, and Thai tea ingredients for a free Saigon.*
- Purple Butterfly** \$7 *Vodka with salted plum infused lime juice and a splash of club soda.*
- Orange Butterfly** \$7 *Vodka with orange peels infused lime juice and a splash of club soda.*
- Margarita** \$6 *Lime or Strawberry. Tequila and Curacao.*
- Mojito** \$6 *Rum club soda with fresh lime and mint.*
- Martini** \$6 *Dry, Sweet, Vodka, Sour Apple or Perfect.*
- Mai Tai** \$7 *Rum, Orange Curacao, Orgeat, Lime, Rock Candy*
- Mimosa** \$6 *Orange, Cranberry, or Apple.*
- Screw Driver - Pina Colada - Whiskey Sour** \$6
- Paradise - Kamikaze - Tequila Sunrise** \$6
- Manhattan** \$7 *Reg, Medium, or Dry* **Long Island** \$8

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.