

wagamama  
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allergen information  
and dietary guide  
northern ireland

wagamama\*

## allergen information and dietary guide

**this guide** this guide lists what allergenic ingredients are contained in each dish at the wagamama restaurants in northern ireland that are operated by portalon belfast limited

the guide also shows whether or not dishes are suitable for vegetarian or vegan customers

at the bottom of this page is a key which explains how the guide works. you will find the same key in the same place at the bottom of each page in this guide

**gluten** most of our dishes include ingredients that contain gluten

**allergenic ingredients featured in this guide in accordance with the EU Food Information Regulation** are

- **celery**
- **cereals containing gluten** (namely barley, oats, rye and wheat)
- **crustacean** - (such as prawn, crab, lobster)
- **egg**
- **fish**
- **lupin**
- **milk**
- **mollusc** - (such as mussels & oysters)
- **mustard**
- **nut** - (namely almond, brazil, cashew, chestnut, hazelnut, macadamia, pecan, pistachio, queensland, walnut)
- **peanut**
- **sesame seed**
- **soya**
- **sulphur dioxide / sulphites** (if they are at a concentration of more than 10 parts per million)

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sides		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
11104	edamame with salt													•		yes	yes	yes
11104	edamame with chilli garlic salt													•		yes	yes	yes
11104	edamame plain													•		yes	yes	yes
11111	wok fried greens													•		yes	yes	yes
112	suribachi chicken wings		•	*	*				*				•	•	*	no	no	no
104	bang bang cauliflower		•				*						*	•	*	no	yes	yes
103	bang bang prawn		•	•	•				*	•			*	•	•	no	no	no
113	duck wraps, asian pancakes and cherry hoisin		•										•	•	•	no	no	no
114	duck wraps, lettuce wrap and tamari sauce													•		yes	no	no
117	bao buns, bbq beef and red onion		•		•					•				•	•	no	no	no
118	bao buns mixed mushroom and panko aubergine		•		•					•				•	•	no	yes	no
110	chilli squid		*	*					•				•	*	*	no	no	no
11106	vegan ribs		•							•			•	•		no	yes	yes
97	chicken ssambap		•	•		•			•					•		no	no	no
98	Yasai ssambap		•				*						*	•		no	yes	yes

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vegan		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
11104	edamame no salt													•		yes	yes	yes
11104	edamame with chilli and garlic salt													•		yes	yes	yes
11104	edamame with salt													•		yes	yes	yes
11101	steamed yasai gyoza		•										•	•		no	yes	yes
104	bang bang cauliflower		•				*						*	•	*	no	yes	yes
11111	wok fried greens													•		yes	yes	yes
1164	firecracker tofu		•				*						•	•		no	yes	yes
11667	hot katsu, yasai		•				*						•	•	*	no	yes	yes
1172	yasai katsu curry		•				*						*	•	*	no	yes	yes
1147	vegan pad thai		•				*						*	•	*	no	yes	yes
1141	vegan yaki soba		•										•	•		no	yes	yes
1188	vegatsu		•				•						*	•	*	no	yes	yes
1184	kare buruso ramen	•	•				*						•	•	•	no	yes	yes
1176	raisukaree, tofu		•				*						•	•		no	yes	yes
11668	vegatsu, hot		•				•						*	•	*	no	yes	yes
1151	nikko curry, yasai						*						•	•		yes	yes	yes
98	yasai ssambap		•				*			•			•	•	•	no	yes	yes
11106	vegan ribs		•							•			•	•		no	yes	yes

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kids menu		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
920	mini ramen, chicken		●		●					●			●	●	●	no	no	no
927	mini ramen, yasai	●	●		●		*							●		no	yes	no
981	mini grilled chicken noodles		●		●					●			●	●	●	no	no	no
971	mini katsu, chicken (no sauce)		●	*					*				*	*	*	no	no	no
971	mini katsu, chicken (amai sauce)		●	*					*				*	●	*	no	no	no
971	mini katsu, chicken (curry sauce)		●	*					*				*	*	*	no	no	no
970	mini grilled katsu (no sauce)		●							●			●	●	●	no	no	no
970	mini grilled katsu (amai sauce)		●							●			●	●	●	no	no	no
970	mini grilled katsu (curry sauce)		●							●			●	●	●	no	no	no
972	mini yasai katsu (no sauce)		●				*						*	*	*	no	yes	yes
972	mini yasai katsu (amai sauce)		●				*						*	●	*	no	yes	yes
972	mini yasai katsu (curry sauce)		●				*						*	*	*	no	yes	yes

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gyoza		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
11101	steamed yasai gyoza		●										●	●		no	yes	yes
100	steamed chicken gyoza		●										●	●		no	no	no
99	fried duck gyoza		●	*	*				*				●	●		no	no	no

donburi		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nuts	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
58	teriyaki donburi, chicken		●	in kimchee		in kimchee			in kimchee	●			●	●		no	no	no
57	teriyaki donburi, beef		●	in kimchee		in kimchee			in kimchee				●	●	●	no	no	no
87	grilled duck donburi		●	in kimchee	●	in kimchee			in kimchee				●	●		no	no	no

salads		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nuts	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
74	chicken katsu salad		●										●	●		no	no	no
77	yasai salad		●				*						●	●		no	yes	yes

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ramen		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
	spicy broth, chicken stock		•											•		no	no	no
	spicy broth, vegetable stock	•	•											•		no	yes	yes
	light broth, chicken stock															yes	no	no
	light broth, vegetable stock	•														yes	yes	yes
	rich broth, chicken stock		•			•								•		no	no	no
20	chicken ramen		•		•	•				•			•	•	•	no	no	no
25	chilli ramen, chicken		•		•					•			•	•	•	no	no	no
24	chilli ramen, sirloin steak		•		•									•		no	no	no
1184	kare buruso ramen	•	•					*					•	•	•	no	yes	yes
37	chicken gyoza ramen	•	•		•	•							•	•		no	no	no
38	vegetable gyoza ramen	•	•										•	•		no	yes	yes
39	duck gyoza ramen	•	•	*	•	•							•	•		no	no	no
52	tantamen chicken		•	•	•	•			•					•		no	no	no
53	tantamen beef		•	•	•	•			•					•		no	no	no

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desserts		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
126	vanilla ice cream							•								yes	yes	no
271	salted caramel brownie				•			•							•	yes	yes	no
273	GF - vegan lemon cheesecake													•		yes	yes	yes
11127	vegan - vanilla															yes	yes	yes
275	mochi							•								yes	yes	no
272	chocolate cake		•													no	yes	yes
274	white chocolate & ginger cheesecake		•		•			•						•	•	no	yes	no
276	triple chocolate brownie (gf)				•			•						•		yes	yes	no
	toffee sauce							•								yes	yes	no
	chocolate sauce													•		yes	yes	yes

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refreshing juices		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
08	tropical															yes	no
11	positive															yes	no
03	orange															yes	no
13	power															yes	yes

**drinks** (bottled, can & prepackaged) for allergen and dietary information about bottled, can & prepackaged drinks please ask to check the label

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teppanyaki		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
46	pad thai, chicken and prawn		●	●	●	●				●			●	●	●	no	no	no
47	pad thai, yasai		●		●		*						*	●	*	no	yes	no
40	yaki soba, chicken and prawn		●	●	●					●				●	●	no	no	no
41	yasai yaki soba		●		●								●	●	●	no	yes	no
68	teriyaki soba, chicken		●	●	●	●				●			●	●	●	no	no	no
66	teriyaki soba, sirloin steak		●	●	●	●							●	●	●	no	no	no

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curry		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
62	firecracker, chicken		●										●	●		no	no	no
63	firecracker, prawn		●	●									●	●		no	no	no
71	katsu curry, chicken		●	*					*				*	●	*	no	no	no
1172	katsu curry, yasai		●				*						*	●	*	no	yes	yes
70	katsu curry, grilled chicken		●							●			●	●	●	no	no	no
666	hot katsu, chicken		●	*					*				●	●	*	no	no	no
11667	hot katsu, yasai		●				*						●	●	*	no	yes	yes
1188	vegatsu		●				●						*	●	*	no	yes	yes
49	nikko curry, chicken												●			yes	no	no
50	nikko curry, prawn			●									●			yes	no	no
1151	nikko curry, yasai						*						●	●		yes	yes	yes
79	raisukaree, prawn		●	●									●	●		no	no	no
75	raisukaree, chicken		●										●	●		no	no	no
1176	raisukaree, tofu		●				*						●	●		no	yes	yes
1164	firecracker, tofu		●				*						●	●		no	yes	yes
11668	vegatsu, hot		●				●						*	●	*	no	yes	yes

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extras		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
303	chillies															yes	yes	yes
301	soba noodles		●		●											no	yes	no
301	udon noodles		●													no	yes	yes
301	rice noodles															yes	yes	yes
300	rice															yes	yes	yes
306	curry sauce (katsu)		●													no	yes	yes
309	pickled ginger															yes	yes	yes
301	ramen noodles		●		●											no	yes	no

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