

from bowl to soul

since we first opened our doors in 1992, wagamama has been an eating house for the soul, serving up balanced bowls of modern asian soul food to our

our menu takes inspiration from across asia. from japan's ramen shops, to korea's canteens, and thailand's night markets. experimenting with flavour and texture, our bowls are flavour-packed, nutritious and satisfying. because we believe in positive eating for positive living. seeing food as nourishment. energy. the thing that punctuates your day, and what you look forward to after a long one. food is a shared moment of joy with the ones we love, and the fuel that keeps us energised and engaged in life

that's why we made it our mission to create nutritious, fresh bowls that leave you feeling rejuvenated, optimistic + restored, allowing you to nourish yourself completely. from bowl to soul



and to finish...

always room for dessert. this time with a fresh twist + the unique flavours of asia

ginger cheesecake 37.99

a creamy cheesecake with a biscuit base and a zingy ginger twist drizzled with a rich toffee sauce and dusted with ginger icing sugar 588 kcal

142 banana katsu (v) 27.99 banana in a panko breadcrumbs with a scoop of salted caramel icecream 588 kcal

144 chocolate layer cake (v) 37.99

layers of chocolate sponge, dark chocolate parfait and chocolate cream served with vanilla ice cream 565 kcal

passion fruit cheesecake 37.99 served with passion fruit sauce 535 kcal

147 mango chili cheesecake 37.99

132 chocolate fudge cake (v) 37.99

chocolate shichimi ice cream (v) 29.99 served with a chocolate sauce and caramelised sesame seeds 1013 kcal

salted caramel ice cream (v) 29.99

soft drinks

- 705 **pepsi** 17.99
- 706 diet pepsi 17.99
- 708 7 **up** 17.99
- 709 miranda 17.99
- 710 peach iced tea 21.95
- 711 lemon iced tea 21.95
- 818 frozen minted lemonade
- 715 ginger beer non alcoholic 21.95
- local still water
- 712 reg 2.99
- 713 large 6.99 imported still water
- 701 reg 19.99

hot drinks

end your meal with satisfying sipping

tea

- 700 tea selection 1 kcal 15.99 735 white coffee 15.99
- 745 hot chocolate 320 kcal 17.99
- green tea free
- warm your soul with our free green tea 1kcal

coffee

- a medium roast asian coffee blend for a smooth + mellow finish
- 731 espresso 24 kcal 15.99
- 732 double espresso 44 kcal 17.99
- 739 espresso macchiato (v) 34 kcal 15.99
- 733 americano 83 kcal 17.99
- 736 cafe latte (v) 174 kcal 17.99
- 738 cappuccino (v) 179 kcal 17.99
- 740 iced coffee (v) 202 kcal 17.99

refreshing juices

raw energy is the rejuvenating power of fruits + vegetables. squeezed and freshly poured. each nourishing you with 1 of your 5-a-day

regular 19.99 | large 29.99

- 03 orange
- prange juice. pure + simple 177 / 236 kcal
- 04 carrot

08 tropical

- th fresh ginger 177 / 237 kcal
- mango. apple. orange juice 184 / 237 kcal
- 09 positive
- ineapple. lime. spinach. cucumber. apple 166 / 237 kcal
- spinach. apple. fresh ginger 177 / 224 kcal
- super green
- 13 repair kale. apple. lime. pear 140 / 232 kcal

- apple. orange. passion fruit188 / 266 kcal
- 10 blueberry spice







sides + sharina

steamed, wrapped, folded, skewered. enjoy our small plates, full of flavour + perfect for sharing



two fluffy asian buns with your choice of filling

korean barbecue beef 44.95 oked, tender barbecue beef brisket with pickled red onion. + japanese mayo 345 kcal

mixed mushrooms (v) 44.95 mixed mushrooms with crispy panko-coated aubergine + japanese mayo. topped with coriander 121.2 kcal

118 fried panko chicken 43.99 panko-coated chicken with fresh tomato, pickled cucumber and mayonnaise. topped with coriander 148.3 kcal

our signature gyoza

five dumplings packed with flavour. served with a dipping sauce

101 yasai | vegetable 36.95

steamed green gyoza, served with a black spicy vinegar sauce 155 kcal

100 chicken 39.95

steamed and served with a chilli, soy + sesame dipping sauce 207 kcal

(vg) vegan

102 shrimp 41.99

(v) vegetarian

ried until crispy and served dipping sauce 204 kcal

the classics

109 raw salad 36.95

mixed leaves, edamame beans, baby plum tomatoes, pickled mooli, carrot and red onion, fried shallots, wagamama dressing 101 kcal

107 chilli sauid 44.99

our iconic crispy fried squid, tossed in shichimi spice. served with a chilli + coriander dipping sauce 245.1 kcal

edamame, your way 34.95

pop them out of their pod + enjoy simply salt / chilli + garlic salt 244 kcal

110 bang bang cauliflower 36.95

crispy cauliflower coated in our spicy firecracker sauce with red + spring onion. topped with fresh ginger + coriander 181.4 kcal

103 ebi katsu 44.99

butterflied prawns coated in crispy panko. topped with fresh coriander + a lime wedge. served with a chilli + garlic dipping sauce 219.7 kcal

96 prawn kushiyaki 44.99

three grilled prawn skewers, marinated in zesty lemongrass + chilli. served with a caramelised lime 225 kcal

chicken tom yum soup 36.95

rice noodle, coconut lemongrass soup, stir fried chicken, mushrooms, red and spring onion, beans sprouts, coriander, mint 231.2 kcal

to discover

new kokopanko

crispy + zesty panko-coated fried chicken or aubergine, tossed in a coconut, chilli + lime salt rub. garnished with coriander cress + served with a side of sriracha mayo for dipping

97 **chicken 39** 522 kcal 98 **qubergine (v) 22** 443 kcal





may contain shell or small bones

the ultimate bowl of comfort. a steaming pot of warming broth packed with crunchy veg + the popular korean street food, tteokbokki

new hot pot

hot pots

a korean inspired broth with soft + silky tteokbokki, butternut squash, mangetout, bok choi, kimchee + red onion. topped with coriander cress, red chilli + spring onion. finished with a drizzle of chilli oil

brisket 69.99 726 kcal 619 kcal

32 teriyaki beef 33 chicken 66,99 34 tofu 63,99

529 kcal

curry

whether mild + fragrant or packing a fiery punch, our curries are full of flavour

raisukaree

mild + citrusy, a fragrant coconut sauce, mangetout, red + green. peppers and red + spring onion. served with a dome of white rice, chilli, coriander, sesame seeds + a fresh zingy lime wedge

79 prawn 67.95 691 kcal **75 chicken 64.9** 909 kcal

a bold + fiery favourite. served with mangetout, red + green peppers, white + spring onion and hot red chillies. topped with a dome of white rice, sesame seeds, shichimi + a fresh zingy

93 prawn 69.99 636 kcal 92 chicken 68.95 936 kcal

chicken or shrimp with asparagus, broccoli, fried aubergine and chillies in a spicy coconut milk-based curry, sweet potato, red and green bell peppers and white onions served with sticky white rice

314 beef 69.99 451 kcal

316 shrimp 68.99 414 kcal **315 chicken 66.99** 471 kcal

iconic japanese flavours. chicken or vegetables coated in crispy panko breadcrumbs. topped with sticky white rice + an aromatic katsu curry sauce, served with a dressed side salad

71 chicken 67.95

72 yasai 61.9 sweet potato, aubergine + butternut squash 1365 kcal

make your katsu hot

customise my rice

white (vg) steamed / brown (vg) steamed / sticky white (vg) steamed



donburi

a bowl full of soul, flavour-packed protein

+ vegetables on a bed of steaming rice

gochujana rice bowl

your choice of protein coated in a spicy gochujang sauce with bok choi, pickled cucumber, snow onion slaw + red onion. served on a hed of sticky white rice, finished with spring onion, sliced red chilli and a sprinkle of sesame seeds

56 chicken 55 55 prawn 55 54 tofu (v) 52

889 grilled duck \$ 84.95

shredded duck in a sweet + spicy teriyaki sauce on a bed of sticky white rice. served with shredded carrots, mangetout, sweet potato, cucumber and red + spring onion. topped with a fried egg. served with a side of kimchee 1102 kcal

grilled salmon 89.99

white rice, red peppers, edamame, asparagus, sweet potato, yakitori sauce, teriyaki sauce, coriander, sesame seeds 419 kcal

teriyaki

842 kcal

your choice of beef or chicken coated in teriyaki sauce on a bed of sticky white rice, shredded carrots, pea shoots + spring onion. sprinkled with sesame seeds and served with a side of kimchee

69 beef brisket 69.99

70 chicken 66.95 738 kcal

make your teriyaki hot

customise my rice

sticky white (vg) steamed / white (vg) steamed / brown (vg) steamed

soulful bowls

a collection of bright bowls to nourish the soul

katsu salad

chicken or aubergine coated in crispy panko breadcrumbs, tossed with dressed mixed leaves, apple slices, cucumber, edamame beans, pickled asian slaw, seasonal greens, japanese pickles, red chilli, served with a side of curried salad dressing

74 chicken 46.00

aubergine 46.00

60 sirloin + shiitake 79.95

arinated sirloin, shiitake mushrooms, carrots, mangetout, red onion, baby plum tomatoes, mixed leaves, pea + herb dressing 395 kcal

65 pad thai salad 79.95

ginger chicken, shrimp, mixed leaves, mangetout, baby plum tomatoes, shredded pickled beetroot, carrot + red onion, fried shallots, nuoc cham + ginger miso dressing 364.8 kcal

harusame glass noodles

mixed with kale, edamame, mangetout, blackened carrots, seasonal greens, fresh mint, fresh shallots, spicy vinegar

74 chicken 46.00





ramen

slurp the noodles, sip the broth, our hearty bowls are topped with protein + fresh vegetables

your choice of marinated chicken or mixed mushrooms with ramen noodles submerged in an extra rich chicken. broth, topped with menma, kimchee + half a tea-stained egg, garnished with spring onion, coriander + chilli oil

189 chicken 59.00

191 mix mushroom (v) 59.00

20 grilled chicken 62.95

inated chicken breast + ramen noodles served in a rich chicken broth with dashi + miso. topped with seasonal greens + a spring onion garnish 655 kcal

21 wagamama's own 78.99

nated chicken. tail-on prawns shell-on mussels. half a teastained egg. wakame.spring onion. seasonal greens. rich chicken broth vith dashi + miso 653 kcal

chilli

ramen noodles submerged in a spicy chicken broth. topped with red + spring onion, beansprouts, coriander, chilli + a fresh lime wedge

25 chicken 67.95

24 beef 82.95

kare lomen udon noodles in a fragrant coconut sauce with a warm chilli kick. topped with beansprouts, cucumber, coriander + a fresh lime wedge

57 chicken 56.00 58 prawns 65.00 1159 tofu 62.00

28 **vasai** (v) 64.95

customise my broth

light vegetable (vg) or chicken

spicy vegetable (vg) or chicken with chilli

rich reduced chicken broth with dashi + miso

onal japanese omelette, crispy fried silken tofu and mixed mushrooms on top of noodles in a vegetable broth 1115 kcal

customise my noodles soba (v) thin, contains wheat + egg udon (vg) thick, contains wheat rice noodle (vg) thin + flat

teppanyaki

yaki soba

pad thai

+ a fresh lime wedge

teriyaki soba

45 steak 89.99

bulgogi

87 beef

612 kcal

brisket 75.00

noodles sizzling from the grill, turned guickly so

oba noodles cooked with egg, peppers, beansprouts

rice noodles cooked in amai sauce with egg, beansprouts, leeks, chilli and red + spring onion. topped with fried onions, mint, coriander

a noodles cooked in teriyaki sauce and curry oil with mangetout,

46 salmon : 89.99

les cooked in firecracker sauce with prawns, red + green

bok choi, red + spring onion, chilli + beansprouts. topped with coriander + a sprinkle of sesame seeds

soba noodles cooked in a sesame + bulgogi sauce with kimchee +

spring onions, served with half a tea-stained egg and coriander

peppers, mangetout, spring onion and beansprouts. topped with

89 chicken

69.00 574 kcal

firecracker prawns soba 59.00

crispy fried onions + coriander 535 kcal

41 yasai | mushroom 64.99

vegan 537 kcal

vegan 680 kcal

1147 vasai | tofu 67.99

85 aubergine

onion (v) 58.00

+ carame

and white + spring onion. topped with crispy fried

onions, pickled ginger + sesame seeds

40 chicken + prawn 67.95

48 chicken + prawn 71.95

the noodles are soft and the vegetables stay crunchy

extras

300 extra rice 131 kcal 14.99

301 extra noodles 198 kcal **17.99**

302 miso soup + japanese pickle 43 kcal 19.95 306 kimchee 11 kcal 6.00

303 **chillies** 12 kcal **6.00**

japanese pickle 28 kcal 6.00 305 tea-stained egg (v) 97 kcal 6.00

310 extra tofu 217 kcal 15

313 katsu chicken 297 kcal 15.00 317 yaki chicken 166 kcal 15.00

318 duck 179 kcal 25.00 **319 shrimp** 193 kcal **20.00**

allergies + intolerances if you have a food allergy or intolerance, or need help accessing our allergen information, please let your server know before you order, every time you visit. the manager on duty will personally take and serve your order, whilst the kitchen manager will personally prepare your food as you require. this may mean that your meal may take a little longer than normal to prepare. whilst we take every care to prevent cross-contamination, we cannot guarantee that your dish will be free from allergenic ingredients as our food and drinks are prepared in busy kitchens where cross-contamination may occur. our menu descriptions do not include all ingredients.

we have a dedicated kid-friendly menu for our little noodlers