

wagamama

allergen information and dietary guide for trial menu

(glasgow city centre, bolton,
cardiff library, brighton,
wigmore street, balham kitchen)

akt-22-06-21



allergen information and dietary guide

this guide

this guide lists what allergenic ingredients are contained in each of our dishes

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, but we are able to modify some recipes to remove these ingredients or replace them

gluten is found in cereals such as wheat, barley and rye, so for details of which dishes we are able to modify, please refer to the **cereals containing gluten** page in the modification guide

diabetes

carbohydrate and sugar values for our food can be found within the nutritional information for each dish that is published on our website wagamama.com

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

- **celery**
- **cereals containing gluten** - including wheat (such as spelt and khorasan), rye, barley and oats
- **crustaceans** - such as prawns, crabs and lobsters
- **eggs**
- **fish**
- **lupin**
- **milk**
- **molluscs** - such as mussels, oysters and squid
- **mustard**
- **tree nuts** - including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts
- **peanuts**
- **sesame seeds**
- **soybeans**
- **sulphur dioxide and sulphites** (if they are at a concentration of more than ten parts per million)

●	a red dot means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example
□	a blue box means that the dish can be modified to remove the specified allergenic ingredient or to make it suitable for vegetarians or vegans. please ask your server for more information
*	a purple asterisk means that the dish is fried in oil that may also be used to fry other dishes that include the specified allergenic ingredient

please note the contents of this allergy guide are for informational purposes only and are not a substitute for medical advice, diagnosis or treatment. whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and so we cannot guarantee that dishes are 100% free of these ingredients due to the preparation process
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hirata steamed buns		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
112	aromatic chicken		● (wheat)											●	●	no	no
116	hoisin pulled duck		● (wheat)										●	●	●	no	no
117	firecracker jackfruit		● (barley, wheat)											●	●	yes	yes
118	karikari vegan 'chicken'		● (barley, wheat)										●	●	●	yes	yes

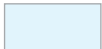
gyoza		this dish contains													suitable for?		
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
101	yasai vegetable		● (wheat)										●	●	●	yes	yes

extras		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
307	chilli sambal paste														●	yes	yes

kokoro bowls		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
231	shu's 'shioik' jackfruit													●	●	yes	yes



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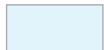
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ramen		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
20	grilled chicken		● (wheat)		●	●								●		no	no
21	fried yasai gyoza ramen	●	● (wheat)		●								●	●	●	yes	no
22	spicy 'vegan short rib' ramen	●	● (barley, wheat)		●								●	●	●	yes	no
28	pulled 'vegan chicken' ramen	●	● (barley, wheat)		●								●	●	●	yes	no
30	tantanmen beef brisket	●	● (barley, wheat)	●	●	●		●	●	●			●	●	●	no	no
35	miso-glazed cod	●	● (wheat)	●	●	●		●	●	●				●		no	no

teppanyaki		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
45	teriyaki soba, sirloin steak		● (barley, wheat)		●	●							●	●	●	no	no
46	teriyaki soba, salmon		● (barley, wheat)		●	●							●	●	●	no	no
40	yaki soba, chicken and prawn		● (wheat)	●	●								●	●		no	no
41	yaki soba, yasai mushroom		● (barley, wheat)		●								●	●		yes	no
48	pad thai, chicken and prawn		● (barley, wheat)	●	●	●								●		no	no
47	pad thai, yasai tofu		● (barley, wheat)		●									●	●	yes	no



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kids menu		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
mains																	
920	mini ramen		● (wheat)		●									●		no	no
noodles																	
940	mini yaki soba, chicken		● (barley, wheat)		●									●		no	no
981	mini grilled noodles, chicken		● (barley, wheat)		●									●		no	no
982	mini grilled noodles, fish		● (barley, wheat)		●	●								●		no	no
hirata steamed buns																	
916	hoisin pulled duck buns		● (wheat)										●	●	●	no	no
mains yasai																	
927	mini yasai ramen	●	● (wheat)		●									●	●	yes	no
941	mini yasai yaki soba		● (barley, wheat)		●									●	●	yes	no

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non gluten menu		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
1048	chicken and prawn pad thai			●	●	●								●		no	no

vegan		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
sides																	
11101	yasai gyoza		● (wheat)										●	●	●	yes	yes
11117	firecracker jackfruit hirata bun		● (barley, wheat)											●	●	yes	yes
11118	karikari vegan 'chicken' hirata bun		● (barley, wheat)										●	●	●	yes	yes
noodle dishes																	
1147	yasai pad thai		● (barley, wheat)											●	●	yes	yes
rice dishes																	
11231	shu's 'shioik' jackfruit													●	●	yes	yes

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