

wagamama

**allergen information  
and dietary guide**  
ak-31-08-21



## 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

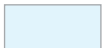
carbohydrate and sugar values for our food can be found within the nutritional information for each dish that is published on our website [wagamama.com](http://wagamama.com)

### 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)



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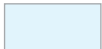
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sides		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
104	edamame with salt													●		yes	yes
104	edamame with chilli garlic salt													●		yes	yes
104	edamame plain													●		yes	yes
110	bang bang cauliflower		● (barley, wheat)										*	●	●	yes	yes
106	wok-fried greens													●		yes	yes
111	vegetable tempura		● (barley, wheat)										*	●	●	yes	yes
119	vegan chilli 'squid'		● (barley, wheat)										●	●	●	yes	yes
120	sticky vegan 'ribs'		● (barley, wheat)							●			●	●	●	yes	yes
96	prawn kushiyaki			●		●								●	●	no	no
94	tama squid		● (wheat)	●	●	●		●	●				*	●		no	no
103	ebi katsu		● (barley, wheat)	●	*	*		*	*				*	*	●	no	no
107	chilli squid		*	*	*	*		*	●				●	*	●	no	no
27	chicken yakitori		● (barley, wheat)										●	●		no	no



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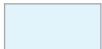
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hirata steamed buns		this dish contains													suitable for?		
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
115	hirata buns, pork belly		● (wheat)							●			*	●	●	no	no
114	hirata buns, mixed mushroom		● (wheat)										●	●	*	yes	yes
113	hirata buns, korean barbecue beef		● (barley, wheat)	●		●		●	●	●			●	●	●	no	no

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	gyoza, yasai   vegetable		● (wheat)										●	●	●	yes	yes
100	steamed gyoza, chicken		● (barley, wheat)										●	●		no	no
105	steamed gyoza, pulled pork		● (barley, wheat)											●	●	no	no
99	fried gyoza, duck		● (barley, wheat)	*	*	*		*	*				●	●	●	no	no
102	fried gyoza, prawn		● (wheat)	●	*	●		*	*				●	●	●	no	no



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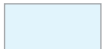
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extras		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
304	japanese pickles		● (wheat)											●		yes	yes
303	chillies															yes	yes
302	miso soup, japanese pickles		● (wheat)											●		yes	yes
305	tea-stained egg				●									●		yes	no
306	kimchee															yes	yes
300	white rice															yes	yes
307	brown rice															yes	yes
300	sticky white rice															yes	yes
301	soba noodles		● (wheat)		●											yes	no
301	udon noodles		● (wheat)													yes	yes
301	rice noodles															yes	yes



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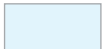
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summer noodles		this dish contains													suitable for?		
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
63	teriyaki chicken hiyashi bowl		● (barley, wheat)							●			●	●	●	no	no
65	miso mixed vegetable hiyashi bowl									●			●	●	●	yes	yes
64	teriyaki shredded duck hiyashi bowl		● (barley, wheat)							●			●	●	●	no	no
60	salmon harusame salad					●								●	●	no	no
62	tofu harusame salad													●	●	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
90	avant gard'n		● (barley, wheat)							●			●	●	●	yes	yes
78	naked katsu		● (wheat)							●				●		no	no
67	nuoc cham tuna		*			●							*	●	●	no	no
230	shu's 'shioik' chicken													●	●	no	no



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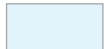
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teppanyaki		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
45	teriyaki soba, steak		● (barley, wheat)		●								●	●	●	no	no
46	teriyaki soba, salmon		● (barley, wheat)		●	●							●	●	●	no	no
44	ginger chicken udon		● (wheat)		●									●		no	no
40	yaki soba, chicken and prawn		● (wheat)	●	●								●	●		no	no
41	yaki soba, yasai   mushroom		● (barley, wheat)		●								●	●		yes	no
59	cod mokutan soba	●	● (wheat)	●	●	●		●	●	●				●	●	no	no
48	pad thai, chicken and prawn		● (barley, wheat)	●	●	●								●		no	no
47	pad thai, yasai   tofu		● (barley, wheat)		●									●	●	yes	no
42	yaki udon		● (wheat)	●	●	●							●	●		no	no



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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
30	tantanmen beef brisket ramen	●	● (barley, wheat)	●	●	●		●	●	●			●	●	●	no	no
35	miso-glazed cod ramen	●	● (wheat)	●	●	●		●	●	●				●		no	no
34	chilli prawn and kimchi ramen	●	● (barley, wheat)	●	■	●								●	●	no	no
24	chilli ramen, steak		● (barley, wheat)		■									●	●	no	no
25	chilli ramen, chicken		● (barley, wheat)		■									●	●	no	no
23	kare burosu ramen	●	● (barley, wheat)							●			●	●	*	yes	yes
31	shirodashi pork belly ramen		● (barley, wheat)	●	●	●		●	●					●	●	no	no
20	grilled chicken ramen		● (wheat)		●	●								●		no	no

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curry		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
79	raisukaree, prawn			●									●	●		no	no
75	raisukaree, chicken												●	●		no	no
76	raisukaree, tofu												●	●	●	yes	yes
93	firecracker, prawn		● (barley, wheat)	●									●	●	●	no	no
92	firecracker, chicken		● (barley, wheat)										●	●	●	no	no
91	firecracker, tofu		● (barley, wheat)										●	●	●	yes	yes
1171	vegatsu, regular		● (barley, wheat)							●			*	●	●	yes	yes
668	vegatsu, hot		● (barley, wheat)							●			*	●	●	yes	yes
71	katsu curry, chicken		● (wheat)	*	●	*		*	*	●			*	●	*	no	no
73	grilled chicken katsu		● (wheat)							●				●		no	no
72	katsu curry, yasai   sweet potato, aubergine and butternut squash		● (wheat)							●			*	●	*	yes	yes
666	hot katsu curry, chicken		● (barley, wheat)	*	●	*		*	*	●			*	●	●	no	no
667	hot katsu curry, yasai   sweet potato, aubergine and butternut squash		● (barley, wheat)							●			*	●	●	yes	yes

donburi		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
69	teriyaki donburi, beef brisket		● (barley, wheat)										●	●	●	no	no
70	teriyaki donburi, chicken		● (barley, wheat)										●	●	●	no	no
84	no duck donburi		● (barley, wheat)							●			●	●	●	yes	yes
89	grilled duck donburi		● (barley, wheat)		●								●	●	●	no	no

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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
05	high five															yes	no
15	up-beet															yes	yes
06	nourish-mint															yes	yes
10	blueberry spice															yes	yes
11	positive															yes	yes
08	tropical															yes	no
14	power															yes	yes
03	orange															yes	no

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

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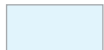
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desserts		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
131	white chocolate and ginger cheesecake		● (oat, wheat)					●			● (including almonds, walnuts and pecans)	●		●		yes	no
130	salted caramel cheesecake		● (wheat)		●			●		●				●		yes	no
134	chocolate orange cake										● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	●	●	●	●	yes	yes
135	white chocolate and matcha cheesecake				●			●			● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)		●	●	●	yes	no
142	banana katsu		● (wheat)										*	●	*	yes	yes
129	smoked chocolate caramel cake		● (wheat)		●			●			● (including almonds, hazelnuts, walnuts, pecans, pistachios and macadamia nuts)	●		●		yes	no
146	yuzu and lemon tart		● (wheat)		●			●			● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	●	●	●	●	yes	no
<b>ice cream and sorbet</b>																	
127	vietnamese coffee ice cream							●					●	●		yes	no
140	coconut reika ice cream															yes	yes
128	miso caramel ice cream													●		yes	yes
153	chocolate and orange blossom ice cream															yes	yes
151	strawberry and yuzu ice cream															yes	yes
122	pink guava and passion fruit sorbet												●			yes	yes



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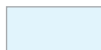
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kids menu		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
<b>mains</b>																	
920	mini ramen		● (wheat)		●									●		no	no
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
977	mini cha han, chicken		● (barley, wheat)		●									●		no	no
983	crispy fish bites, no sauce		● (wheat)	*	*	●		*	*				*	*		no	no
983	crispy fish bites, katsu curry sauce		● (wheat)	*	*	●		*	*	●			*	*		no	no
983	crispy fish bites, amai sauce		● (barley, wheat)	*	*	●		*	*				*	●		no	no
971	mini chicken katsu, no sauce		● (wheat)	*	●	*		*	*				*	*		no	no
971	mini chicken katsu, katsu curry sauce		● (wheat)	*	●	*		*	*	●			*	*		no	no
971	mini chicken katsu, amai sauce		● (barley, wheat)	*	●	*		*	*				*	●		no	no
973	mini grilled chicken katsu, no sauce													●		no	no
973	mini grilled chicken katsu, katsu curry sauce		● (wheat)							●				●		no	no
973	mini grilled chicken katsu, amai sauce		● (barley, wheat)											●		no	no
<b>mains yasai</b>																	
203	tofu sample	●												●	●	yes	yes
927	mini yasai ramen	●	● (wheat)		●									●	●	yes	no
11927	mini yasai ramen, udon noodles	●	● (wheat)											●	●	yes	yes
11927	mini yasai ramen, rice noodles	●												●	●	yes	yes



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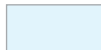
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<b>mains yasai</b>																	
941	mini yasai yaki soba		● (barley, wheat)		●									●	●	yes	no
11941	mini yasai yaki soba, udon noodles		● (barley, wheat)											●	●	yes	yes
11941	mini yasai yaki soba, rice noodles		● (barley, wheat)											●	●	yes	yes
11972	mini yasai katsu curry, no sauce		● (wheat)										*	*	*	yes	yes
11972	mini yasai katsu curry, katsu curry sauce		● (wheat)							●			*	*	*	yes	yes
11972	mini yasai katsu curry, amai sauce		● (barley, wheat)										*	●	*	yes	yes
978	mini yasai cha han		● (barley, wheat)		●									●	●	yes	no
11978	mini yasai cha han		● (barley, wheat)											●	●	yes	yes
<b>something sweet</b>																	
913	vanilla pod ice cream, no sauce				●			●								yes	no
913	vanilla pod ice cream, passion fruit sauce				●			●								yes	no
913	vanilla pod ice cream, chocolate sauce				●			●						●		yes	no
915	little ko pop, mango and apple															yes	yes
915	little ko pop, blackcurrant and apple															yes	yes
<b>drinks</b>																	
910	mini fresh juice, orange															yes	no
910	mini fresh juice, apple															yes	yes
910	mini fresh juice, orange and apple															yes	no
911	glass of milk							●								yes	no



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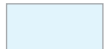
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non gluten menu		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
<b>sides</b>																	
10104	edamame with salt													●		yes	yes
10104	edamame with chilli garlic salt													●		yes	yes
10104	edamame plain													●		yes	yes
10106	wok-fried greens													●		yes	yes
1096	prawn kushiyaki			●		●								●	●	no	no
<b>mains</b>																	
1065	miso mixed vegetable hiyashi bowl									●			●	●	●	yes	yes
1060	salmon harusame salad					●								●	●	no	no
1062	tofu harusame salad													●	●	yes	yes
1020	grilled chicken ramen													●		no	no
1048	chicken and prawn pad thai			●	●	●								●		no	no
1079	raisukaree prawn			●									●	●		no	no
1075	raisukaree chicken												●	●		no	no
1076	raisukaree tofu												●	●	●	yes	yes
10230	shu's 'shio' chicken													●	●	no	no



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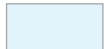
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plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
<b>desserts</b>																	
10134	chocolate orange cake										● <small>(including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)</small>	●	●	●	●	yes	yes
10135	white chocolate and matcha cheesecake				●			●			● <small>(including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)</small>		●	●	●	yes	no
10127	vietnamese coffee ice cream							●					●	●		yes	no
10140	coconut reika ice cream															yes	yes
10128	miso caramel ice cream													●		yes	yes
10153	chocolate and orange blossom ice cream															yes	yes
10151	strawberry and yuzu ice cream															yes	yes
10913	vanilla pod ice cream, passion fruit sauce				●			●								yes	no
10122	pink guava and passion fruit sorbet												●			yes	yes
10913	vanilla pod ice-cream   passion fruit sauce				●			●								yes	no



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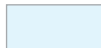
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vegan		this dish contains													suitable for?		
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
<b>sides</b>																	
11120	sticky vegan 'ribs'		● (barley, wheat)							●			●	●	●	yes	yes
11104	edamame with salt													●		yes	yes
11104	edamame with chilli garlic salt													●		yes	yes
11104	edamame plain													●		yes	yes
11110	bang bang cauliflower		● (barley, wheat)										*	●	●	yes	yes
11101	yasai gyoza		● (wheat)										●	●	●	yes	yes
11106	wok-fried greens													●		yes	yes
11119	vegan chilli squid		● (barley, wheat)										●	●	●	yes	yes
11111	vegetable tempura		● (barley, wheat)										*	●	●	yes	yes
11114	mixed mushroom and panko aubergine hirata steamed buns		● (wheat)										●	●	*	yes	yes
<b>rice dishes</b>																	
1191	tofu firecracker		● (barley, wheat)										●	●	●	yes	yes
1176	tofu raisukaree												●	●	●	yes	yes
1172	yasai katsu curry, regular		● (wheat)							●			*	●	*	yes	yes
11667	yasai katsu curry, hot		● (barley, wheat)							●			*	●	●	yes	yes
1171	vegatsu, regular		● (barley, wheat)							●			*	●	●	yes	yes
11668	vegatsu, hot		● (barley, wheat)							●			*	●	●	yes	yes
1190	avant gard'n		● (barley, wheat)							●			●	●	●	yes	yes
1184	no duck donburi		● (barley, wheat)							●			●	●	●	yes	yes



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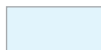
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<b>summer noodles</b>																	
1165	miso mixed vegetable hiyashi bowl									●			●	●	●	yes	yes
1162	tofu harusame salad													●	●	yes	yes
<b>noodle dishes</b>																	
1147	yasai pad thai		● (barley, wheat)											●	●	yes	yes
1141	yasai yaki soba, udon noodles		● (barley, wheat)										●	●		yes	yes
1141	yasai yaki soba, rice noodles		● (barley, wheat)										●	●		yes	yes
1123	kare burosu ramen	●	● (barley, wheat)							●			●	●	*	yes	yes
<b>extras</b>																	
304	japanese pickles		● (wheat)											●		yes	yes
303	chillies															yes	yes
302	miso soup, japanese pickles		● (wheat)											●		yes	yes
306	kimchee															yes	yes
<b>desserts</b>																	
11142	banana katsu		● (wheat)										*	●	*	yes	yes
11134	chocolate orange cake										● <small>(including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)</small>	●	●	●	●	yes	yes
11140	coconut reika ice cream															yes	yes
11128	miso caramel ice cream													●		yes	yes
11153	chocolate and orange blossom ice cream															yes	yes
11122	pink guava and passion fruit sorbet												●			yes	yes
11151	strawberry and yuzu ice cream															yes	yes



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