

wagamama

NOODLE
LAB

**allergen
information &
dietary guide**

na-15-09-21

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

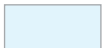
carbohydrate and sugar values for our food can be found within the nutritional information for each dish that is published on our website wagamama.com

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)



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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

noodlelab		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
test sides																	
101	fried yasai gyoza		● (wheat)										●	●	●	yes	yes
112	aromatic chicken hirata steamed buns		● (wheat)											●	●	no	no
116	hoisin pulled duck hirata steamed buns		● (wheat)										●	●	●	no	no
117	firecracker jackfruit hirata steamed buns		● (barley, wheat)											●	●	yes	yes
118	spicy teriyaki vegan 'chicken' hirata steamed buns		● (barley, wheat)										●	●	●	yes	yes
test mains																	
43	teriyaki no-steak udon		● (barley, wheat)										●	●		yes	yes
22	spicy vegan 'short rib' ramen	●	● (barley, wheat)										●	●	●	yes	yes
26	chilli no-steak ramen	●	● (barley, wheat)										●	●	●	yes	yes
28	teriyaki vegan 'chicken' ramen	●	● (barley, wheat)										●	●	●	yes	yes
29	duck tantanmen ramen	●	● (barley, wheat)	●	●	●		●	●	●			●	●	●	no	no
85	spicy miso mackerel	●	● (barley, wheat)			●				●			●	●	●	no	no
231	shu's 'shio' jackfruit													●	●	yes	yes
test dessert																	
143	yuzu and lemon cheesecake		● (wheat)								● <small>(including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)</small>	●	●	●	●	yes	yes

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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
114	mixed mushroom hirata steamed buns		● (wheat)										●	●	*	yes	yes
100	steamed gyoza, chicken		● (barley, wheat)										●	●		no	no
99	fried gyoza, duck		● (barley, wheat)	*	*	*		*	*				●	●	●	no	no

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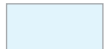
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kokoro bowls		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
78	naked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



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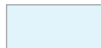
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ramen		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
20	grilled chicken ramen		● (wheat)			●								●		no	no
35	miso-glazed cod ramen	●	● (wheat)	●	●	●		●	●	●				●		no	no
23	kare burosu ramen	●	● (barley, wheat)							●			●	●	*	yes	yes

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
666	hot katsu curry, chicken		● (barley, wheat)	*	●	*		*	*	●			*	●	●	no	no
72	katsu curry, yasai sweet potato, aubergine and butternut squash		● (wheat)							●			*	●	*	yes	yes
667	hot katsu curry, yasai sweet potato, aubergine and butternut squash		● (barley, wheat)							●			*	●	●	yes	yes
73	grilled chicken katsu		● (wheat)							●				●		no	no



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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
46	teriyaki salmon soba		● (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
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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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
307	chilli sambal paste														●	yes	yes
300	steamed white rice															yes	yes
300	sticky white rice															yes	yes
301	soba noodles		● (wheat)													yes	yes
301	udon noodles		● (wheat)													yes	yes
301	rice noodles															yes	yes

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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
142	banana katsu		● (wheat)										*	●	*	yes	yes
129	smoked chocolate caramel cake		● (wheat)		●			●			● <small>(including almonds, hazelnuts, walnuts, pecans, pistachios and macadamia nuts)</small>	●		●		yes	no
131	white chocolate and ginger cheesecake		● (oat, wheat)					●			● <small>(including almonds, walnuts and pecans)</small>	●		●		yes	no
134	chocolate orange cake										● <small>(including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)</small>	●	●	●	●	yes	yes
140	coconut reika ice cream															yes	yes
128	miso caramel ice cream													●		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
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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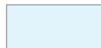
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kids menu		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
mains																	
920	mini ramen		● (wheat)											●		no	no
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
mains yasai																	
203	tofu sample	●												●	●	yes	yes
927	mini yasai ramen	●	● (wheat)											●	●	yes	yes
11927	mini yasai ramen, udon noodles	●	● (wheat)											●	●	yes	yes
11927	mini yasai ramen, rice noodles	●												●	●	yes	yes



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mains yasai																	
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
something sweet																	
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
drinks																	
910	mini juice, orange															yes	no
910	mini juice, apple															yes	yes
910	mini juice, orange and apple															yes	no
911	glass of milk							●								yes	no

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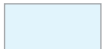
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plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan	
test sides																		
11101	fried yasai gyoza		● (wheat)										●	●	●	yes	yes	
11117	firecracker jackfruit hirata steamed buns		● (barley, wheat)											●	●	yes	yes	
11118	spicy teriyaki vegan 'chicken' hirata steamed buns		● (barley, wheat)										●	●	●	yes	yes	
test mains																		
1143	teriyaki no-steak udon		● (barley, wheat)										●	●		yes	yes	
1122	spicy vegan 'short rib' ramen	●	● (barley, wheat)										●	●	●	yes	yes	
1126	chilli no-steak ramen	●	● (barley, wheat)										●	●	●	yes	yes	
1128	teriyaki vegan 'chicken' ramen	●	● (barley, wheat)										●	●	●	yes	yes	
11231	shu's 'shio' jackfruit													●	●	yes	yes	
test dessert																		
11143	yuzu and lemon cheesecake		● (wheat)										●	●	●	●	yes	yes



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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
sides																	
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
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
rice dishes																	
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
1184	no duck donburi		● (barley, wheat)							●			●	●	●	yes	yes

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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
kokoro bowls																	
1165	miso mixed vegetable hiyashi bowl									●			●	●	●	yes	yes
1162	tofu harusame salad													●	●	yes	yes
noodle dishes																	
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
extras																	
304	japanese pickles		● (wheat)											●		yes	yes
303	chillies															yes	yes
302	miso soup, japanese pickles		● (wheat)											●		yes	yes
306	kimchee															yes	yes
307	chilli sambal paste														●	yes	yes
desserts																	
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

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noodlelab non gluten		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
test main																	
10231	shu's 'shioik' jackfruit													●	●	yes	yes

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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
sides																	
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
mains																	
1065	miso mixed vegetable hiyashi bowl									●			●	●	●	yes	yes
1060	harusame salad, salmon					●								●	●	no	no
1062	harusame salad, tofu													●	●	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
desserts																	
10134	chocolate orange cake										●	●	●	●	●	yes	yes
10140	coconut reika ice cream															yes	yes
10128	miso caramel ice cream													●		yes	yes
10913	vanilla pod ice cream, passion fruit sauce				●			●								yes	no

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