

mindful drinks

- ★ 689 **ginger no-jito** 3.95
zingy cold pressed ginger, coriander seed syrup, sparkling water, fresh mint, lime 63 kcal
- ★ 683 **new** **cherry blossom lemonade** 2.95
cherry blossom + cloudy lemon syrup, sparkling water, a sprinkle of dried rose petals 83 kcal
- 684 **new** **yuzu + lychee tonic** 3.95
yuzu purée + lychee syrup, fever-tree tonic water, garnished with a fresh orange slice
reg 170/light 144 kcal



683

soulful spirits + sake

- ★ 504 **refreshed** **roku tonic** 7.25
japanese craft roku gin, fever-tree tonic water, garnished with fresh lime + ginger
- ★ 514 **new** **sakura pink g+t** 7.75
japanese craft roku gin, cherry blossom syrup, fever-tree tonic water, fresh lime + a sprinkle of dried rose petals
- ★ 484 **sho chiku bai** 15% vol 125ml 3.75
japan's national drink, sake, brewed from rice, mild but complex
- 512 **new** **lychee collins** 7.5
japanese craft haku vodka, lychee + cloudy lemon syrup, sparkling water, a sprinkle of orange zest



484

wine

- | | 750ml | 250ml | 175ml |
|--|-------|-------|-------|
| red | | | |
| ★ 429 merlot spain 13.5% vol | 20.25 | 7.5 | 5.95 |
| ★ 444 malbec argentina 14% vol | 22.25 | 8.25 | 6.25 |
| white | | | |
| ★ 409 pinot grigio italy 11.5% vol | 18.95 | 6.95 | 5.5 |
| ★ 408 sauvignon blanc south africa 12.5% vol | 24.95 | 9.5 | 6.95 |
| rosé | | | |
| ★ 449 pinot grigio blush italy 11.5% vol | 19.95 | 7.25 | 5.95 |
| all wine available in 125ml glass | | | |
| sparkling | | | |
| ★ 460 refreshed prosecco italy 11.5% vol | 25.5 | 4.95 | |

desserts

- ★ 10134 **chocolate orange cake** 6.5
flourless chocolate orange cake, miso caramel ice cream, chocolate sauce, fresh mint 567 kcal
- ★ 10128 **miso caramel ice cream** 4.75
with toffee sauce + fresh mint 419 kcal
- ★ 10140 **coconut reika ice cream** 4.75
with coconut flakes + passion fruit sauce 432kcal
- 10125 **new** **chocolate + cherry kefir ice cream (v)** 4.75
with fresh mint 429 kcal



10125

cider

- ★ 603 **east by south east cider** london 4.6% vol 330ml 5.25
hawkes collaboration
crisp cider crafted from fuji, gala + bramley surplus supermarket apples

soft drinks

- ★ 705 **coke** 3.1 139 kcal
- ★ 705 **diet coke** 2.95 1 kcal
- ★ 705 **coke zero** 2.95 1 kcal
- ★ 708 **sprite zero** 2.95 3 kcal
- ★ 714 **cloudy lemonade**
reg 2.75 85 kcal
large 2.95 127 kcal
- ★ 710 **peach iced tea**
reg 2.75 98 kcal
large 2.95 133 kcal
- still water**
- ★ 701 **reg** 2.5 0 kcal
- ★ 703 **large** 4.25 0 kcal
- sparkling water**
- ★ 702 **reg** 2.5 0 kcal
- ★ 704 **large** 4.25 0 kcal

*includes sugar tax levy

hot drinks

tea

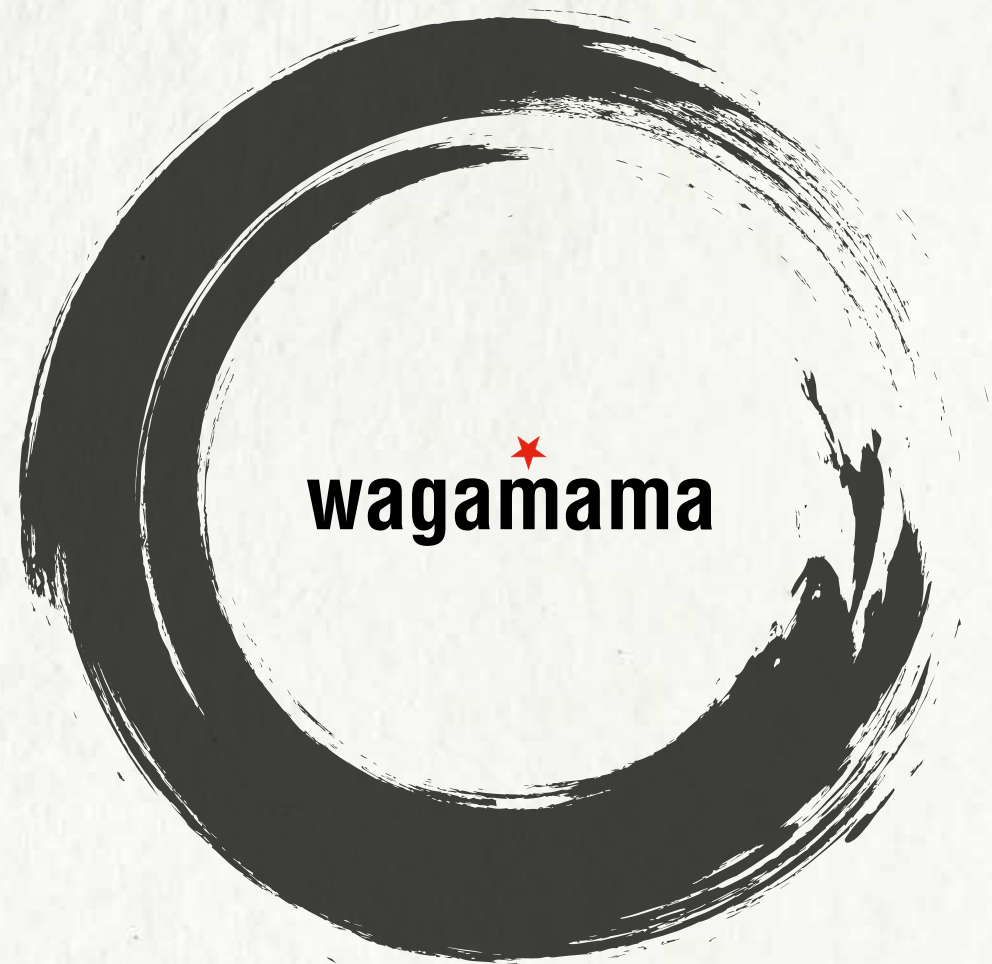
- ★ 782 **ginger + lemongrass tea** 2.75
zesty, warming + fragrant 0 kcal
- ★ 784 **fresh mint tea** 2.75
fresh mint leaves, pure + simple 4 kcal
- ★ 781 **jasmine flowering tea** 3.25
flowering lily + jasmine green tea 0 kcal
- ★ 771 **green tea** free 0 kcal

coffee

- ★ 731 **espresso** 2.25 4 kcal
- ★ 732 **double espresso** 2.5 8 kcal
- 733 **americano** 2.75 20 kcal
- latte**
- 735 **reg** 2.95 44 kcal
- 736 **large** 3.25 80 kcal
- cappuccino**
- 737 **reg** 2.95 52 kcal
- 738 **large** 3.25 88 kcal
- 739 **macchiato** 2.75 20 kcal
- 740 **iced coffee** 2.95 90 kcal

non-gluten

this menu is for a non-gluten diet. a great selection of our dishes that do not contain gluten in their ingredients. these dishes are full of flavour, either remaining true to their original recipes or having been subtly modified to suit a non-gluten diet



true nourishment from bowl to soul

refreshing juices

raw energy is the rejuvenating power of fruits + vegetables. our juices are full of it. each glass is one of your 5-a-day to give you a boost + they contain no added sugar

regular 3.95 | large 4.95



08 **tropical**
mango, apple, orange
152/198 kcal



04 **carrot cleanse**
carrot, fresh ginger
140/211 kcal



05 **high five**
melon, pineapple, lemon, apple, orange
211/311 kcal



10 **blueberry spice**
blueberry, apple, ginger
164/234 kcal



11 **positive**
pineapple, lime, spinach, cucumber, apple
234/346 kcal



03 **orange**
orange juice, pure + simple
110/165 kcal



14 **power**
spinach, apple, fresh ginger
170/235 kcal



15 **up-beet**
beetroot, red pepper, cucumber, ginger, apple
150/216 kcal

DISCOVER
TRUE
NOURISHMENT

when you eat positively, you live positively. our recipes + food philosophy have been created to make you feel rejuvenated + satisfied. a base of noodles or rice give you energy. quality proteins + good fats sustain you. an abundance of fresh crunchy vegetables nourish you. finally, spices + steaming broths ignite your tastebuds. our simple balanced soul food is made fresh every day in our open kitchens and has been since 1992

sides

- ★ 10104 **edamame** ⚡🌱 4.5
beans with salt or chilli-garlic salt. pop them out of their pod + enjoy salt 246 kcal / chilli-garlic salt 253 kcal
- ★ 10106 **wok-fried greens** 4.75
tenderstem broccoli, bok choy, garlic + soy sauce 177 kcal
- 1096 **prawn kushiyaki** ⚡ 6.95
skewered grilled prawns, lemongrass + chilli marinade, caramelised lime 151 kcal
- new** **ssambap** 5.75
baby gem lettuce wraps, pickled asian slaw, spicy kimchee sauce
- 1097 **chicken** ⚡
with red chillies 274 kcal
- ★ 1098 **tempeh** ⚡
with coriander cress 266 kcal



10230

mains

- ★ 1065 **miso mixed vegetable hiyashi bowl** 🌱🌱 11.25
refreshing glass noodles, miso stir-fried mushrooms, broccoli + kale, turmeric roasted cauliflower, tofu + edamame guac, pickled slaw, sliced radish, fresh coriander + chilli, sesame seeds, white dressing 412 kcal
- 1020 **grilled chicken ramen** ⚡🌱 10.5
grilled marinated chicken, rice noodles, light chicken broth, seasonal greens 448 kcal
- 1048 **chicken + prawn pad thai** ⚡ 11.5
rice noodles, chicken, prawns, egg, beansprouts, leeks, chilli, red + spring onion, mint, coriander, fresh lime 677 kcal
- ★ 10231 **shu's 'shio' jackfruit** 🌱🌱 10.95
shu han lee collaboration
turmeric + ginger roasted jackfruit, served on a bed of coconut + lemongrass dressed rice, pickled slaw + radish, chilli, coriander, caramelised lime 517 kcal
- 10230 **shu's 'shio' chicken** ⚡🌱 11.25
shu han lee collaboration
turmeric, garlic + ginger marinated chicken, roasted and served on a bed of coconut + lemongrass dressed rice, pickled slaw + radish, chilli, coriander, caramelised lime 570 kcal
- raisukaree**
mild + citrusy, coconut, mangetout, peppers, red + spring onion, white rice, chilli, coriander, sesame seeds, fresh lime
- 1079 **prawn** 13.95 1035 kcal
- 1075 **chicken** ⚡ 12.95 1123 kcal
- ★ 1076 **tofu** 11.95 1167 kcal



1097



1065

feed your soul...

from plant-based options to fibre + protein sources, wagamama your way

(v) **vegetarian**

★ **vegan**

🌱 **under 600 calories**

new

⚠️ **may contain shell or small bones**

⚡ **source of protein**
protein helps to maintain healthy bones and muscles

🌱 **source of fibre**
fibre helps to keep your digestive system healthy

adults need around 2000 calories a day

allergies + intolerances if you have a food allergy, intolerance or sensitivity, please let your server know every time you visit, before you order. the manager on duty will personally take and deliver 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. please note, we cannot guarantee that your dish will be free from allergenic ingredients, as dishes are prepared in areas where these ingredients are present

full nutritional information can be found at [wagamama.com/our-menu](https://www.wagamama.com/our-menu)

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