



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

mindful drinks

- ★ 608 **hitachino nest** japan 330ml 4.95
low alcohol beer. yuzu + ginger 0.3% vol. 30 kcal
- ★ 689 **ginger no-jito** 3.95
zingy cold pressed ginger, coriander seed syrup, sparkling water, fresh mint, lime 63 kcal
- ★ 683 **cherry blossom lemonade** 2.95
cherry blossom + cloudy lemon syrup, sparkling water, a sprinkle of dried rose petals 83 kcal
- 684 **yuzu + lychee tonic** 3.95
yuzu purée + lychee syrup, fever-free tonic water, garnished with a fresh orange slice
reg 170/light 144 kcal



beer + cider

- ★ 604 **mama biru** london 4.7% vol 330ml 5.25
camden town brewery collaboration
brewed with juicy peach purée + dry-hopped with amarillo + huell melon hops. a great palate cleanser
- ★ 601 **asahi** japan 5.2% vol 330ml 4.25
602 660ml 7.25
- 613 **singha** thailand 5% vol 330ml 4.25
614 630ml 7.25
- ★ 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



soulful spirits + sake

- ★ 504 **roku tonic** 7.25
japanese craft roku gin, fever-free tonic water, garnished with fresh lime + ginger
- ★ 514 **sakura pink g+t** 7.75
japanese craft roku gin, cherry blossom syrup, fever-free 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 **lychee collins** 7.5
japanese craft haku vodka, lychee + cloudy lemon syrup, sparkling water, a sprinkle of orange zest



wine

- | | | | |
|------------------------------------------------------|-------|-------|-------|
| red | 750ml | 250ml | 175ml |
| ★ 429 merlot spain 13.5% vol | 20.25 | 7.5 | 5.95 |
| ★ 444 malbec argentina 14% vol | 22.25 | 8.25 | 6.25 |
| white | 750ml | 250ml | 175ml |
| ★ 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 | 750ml | 250ml | 175ml |
| ★ 449 pinot grigio blush
italy 11.5% vol | 19.95 | 7.25 | 5.95 |
| all wine available in 125ml glass | | | |
| sparkling | 750ml | 125ml | |
| ★ 460 prosecco
italy 11.5% vol | 25.5 | 4.95 | |

hot drinks

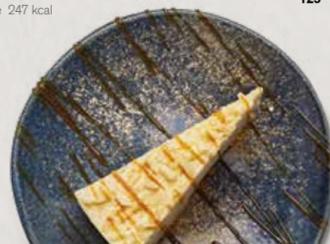
- | | |
|--------------------------------------------------------------------------------------|--------------------------------------------|
| tea | coffee |
| ★ 782 ginger + lemongrass tea 2.75
zesty, warming + fragrant 0 kcal | ★ 731 espresso 2.25 4 kcal |
| ★ 784 fresh mint tea 2.75
fresh mint leaves, pure + simple 4 kcal | ★ 732 double espresso 2.5
8 kcal |
| ★ 781 jasmine flowering tea 3.25
flowering lily + jasmine green tea 0 kcal | 733 americano 2.75 20 kcal |
| ★ 771 green tea free 0 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 |
| | *oat milk available |

soft drinks

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

desserts

- something sweet, but not as you know it. unique with the fresh flavours of asia
- ★ 134 **chocolate orange cake** 6.5
flourless chocolate orange cake, miso caramel ice cream, chocolate sauce, fresh mint 567 kcal
 - ★ 142 **banana katsu** 6.5
banana in crispy panko breadcrumbs, miso caramel ice cream, toffee sauce 247 kcal
 - 131 **white chocolate + ginger cheesecake (v)** 6.5
with toffee sauce 449 kcal



- 129 **smoked chocolate caramel cake (v)** 6.5
smoked chocolate mousse, salted caramel, crushed biscuits, chocolate fudge brownie, chocolate ganache, vanilla ice cream 518 kcal
- ★ 140 **coconut reika ice cream** 4.75
with coconut flakes + passion fruit sauce 432 kcal
- ★ 128 **miso caramel ice cream** 4.75
with toffee sauce + fresh mint 419 kcal
- 125 **chocolate + cherry kefir ice cream (v)** 4.75
with fresh mint 429 kcal



wagamama

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

sides

small bowls, big flavour. from bright, crunchy edamame beans to freshly steamed gyoza. our sides are perfect to break the ice + chopsticks over. most people share three between two, alongside their main dish

gyoza 6.5

five dumplings packed with flavour

fried

served with dipping sauce

- 101 **yasai | vegetable** 226 kcal
- 99 **duck** 373 kcal

steamed

served grilled with dipping sauce

- 100 **chicken** 223 kcal
- 105 **pulled pork** 231 kcal



95



118

hirata steamed buns 6.5

two fluffy asian buns

- 118 **spicy teriyaki vegan 'chicken'**
seasoned soya protein, asian slaw, fried onions, spicy teriyaki sauce 363 kcal

- 114 **mixed mushrooms**
panko aubergine, vegan mayonnaise, coriander 338 kcal

- 116 **hoisin pulled duck**
cucumber, hoisin sauce, vegan mayonnaise 416 kcal

- 113 **korean barbecue beef**
red onion, asian slaw, sriracha, vegan mayonnaise 264 kcal

- 115 **pork belly**
panko apple, sriracha, vegan mayonnaise, coriander 392 kcal

- 104 **edamame**
beans with salt or chilli-garlic salt, pop them out of their pod + enjoy salt 246 kcal / chilli-garlic salt 253 kcal

- 110 **bang bang cauliflower**
crispy cauliflower, firecracker sauce, red + spring onion, fresh ginger, coriander 472 kcal

- 106 **wok-fried greens**
tenderstem broccoli, bok choy, garlic + soy sauce 177 kcal

- 119 **vegan chilli 'squid'**
lightly battered pulled king oyster mushrooms, shichimi, sticky dipping sauce with fresh chilli + coriander 575 kcal

- 120 **sticky vegan 'ribs'**
mushroom + soya protein 'ribs', sweet + spicy sticky sauce, sesame seeds, spring onion 306 kcal

- 95 **sticky miso corn**
corn on the cob roundels, sticky miso sauce, red chilli, sesame seeds 505 kcal

- ssambap**
baby gem lettuce wraps, pickled asian slaw, spicy kimchee sauce

- 97 **chicken**
with red chillies 274 kcal

- 98 **tempeh**
with coriander cress 266 kcal

- 94 **tama squid**
crispy fried squid balls, okonomiyaki sauce, vegan mayonnaise, seaweed, bonito flakes 334 kcal

- 103 **ebi katsu**
prawns in crispy panko breadcrumbs, coriander, fresh lime, chilli + garlic dipping sauce 305 kcal

- 107 **chilli squid**
crispy fried squid, shichimi spice, chilli + coriander dipping sauce 586 kcal

- 96 **prawn kushiyaki**
skewered grilled prawns, lemongrass + chilli marinade, caramelised lime 151 kcal

- 108 **chicken yakitori**
marinated miso glazed chicken skewers, coriander cress, sesame seeds 282 kcal



22

ramen

(raa.muhn)

there are many ways to serve ramen, but only one way to truly to eat it... with maximum gusto. immerse yourself in steam, trail the noodles up between your teeth + slurp the broth heartily. for the noodles are the heart of the ramen, but the soul of the bowl is the broth

- 28 **teriyaki vegan 'chicken'**
seasoned soya protein in a spicy teriyaki sauce, udon noodles, vegetable broth, sweetcorn, bok choy, chilli sambal paste, spring onion, chilli, coriander, chilli oil 813 kcal

- 22 **spicy vegan short 'rib'**
mushroom + soya protein 'ribs' in a sweet + spicy sticky sauce, udon noodles, vegetable broth, roasted bok choy, spring onion, chilli, coriander, sesame seeds, chilli oil 728 kcal

- 23 **kare burosu**
shichimi-coated silken tofu, udon noodles, curried vegetable broth, grilled mixed mushrooms, seasonal greens, carrot, chilli, coriander 594 kcal

- 35 **miso-glazed cod**
two miso-glazed cod fillets, ramen noodles, light vegetable broth, bok choy, menma, spring onion, chilli oil 673 kcal

- 20 **grilled chicken**
marinated chicken, ramen noodles, rich chicken broth with dashi + miso, seasonal greens, menma, spring onion 499 kcal

- chilli**
ramen noodles, spicy chicken broth, red + spring onion, beansprouts, coriander, fresh lime

- 24 **steak** 681 kcal | **25 chicken** 606 kcal

- 30 **tantanmen beef brisket**
korean barbecue beef, ramen noodles, extra rich chicken broth, menma, kimchee, half a tea-stained egg, spring onion, coriander, chilli oil 689 kcal

- 31 **shirodashi pork belly**
slow-cooked pork belly, ramen noodles, rich chicken broth with dashi + miso, seasonal greens, menma, wakame, half a tea-stained egg, spring onion 880 kcal

customise my broth

light chicken or vegetable

spicy chicken or vegetable with chilli

rich reduced chicken broth with dashi + miso

extras

tasty additions to your meal

- 304 **japanese pickles** 5 kcal

- 303 **chillies** 2 kcal

- 302 **miso soup, japanese pickles** 37 kcal

- 309 **coconut + sriracha vegan 'egg'** 50 kcal

- 306 **kimchee** 15 kcal

- 307 **chilli sambal paste** 64 kcal

- 305 **tea-stained egg (v)** 95 kcal

♥ it's good to know our team receive 100% of tips



76

curry

cooked patiently to let the flavours infuse but served fresh as soon as it's ready. we believe variety is the spice of life so our curries range from fragrant to seriously fiery

- raisukaree**
mild + citrusy, coconut, mangetout, peppers, red + spring onion, white rice, chilli, coriander, sesame seeds, fresh lime
- 79 **prawn** 1035 kcal | **75 chicken** 1123 kcal
- 76 **tofu** 1167 kcal

- firecracker**
bold + fiery, mangetout, red + green peppers, onion, hot red chillies, white rice, sesame seeds, shichimi, fresh lime
- 93 **prawn** 1067 kcal | **92 chicken** 1185 kcal
- 91 **tofu** 1208 kcal

- 1171 **vegatsu**
tofu + soya protein in crispy panko breadcrumbs, aromatic katsu curry sauce, sticky white rice, side salad, pickled red onion 1191 kcal

- katsu**
chicken or vegetables in crispy panko breadcrumbs, aromatic katsu curry sauce, sticky white rice, side salad, japanese pickles
- 71 **chicken** 998 kcal
- 72 **yasai | sweet potato, aubergine, butternut squash** 1074 kcal

make your katsu hot for zsp 90 kcal



84

donburi

(don.bur.ee)

our kitchens are open + so are our bowls. no dish shows this off better than the donburi. rice, tender protein, crunchy vegetables + a drizzle of sauce. snap your chopsticks, mix + devour

- 84 **no duck donburi**
shredded seitan + shiitake mushrooms in a cherry hoisin sauce, brown rice, edamame beans, kimchee, cucumber, spring onion, coconut + sriracha vegan 'egg' made in collaboration with gaz oakley, chilli, coriander, sesame seeds 503 kcal

- teriyaki**
teriyaki sauce, sticky white rice, shredded carrots, seasonal greens, spring onion, sesame seeds, side of kimchee
- 69 **beef brisket** 842 kcal
- 70 **chicken** 738 kcal

- 89 **grilled duck**
shredded duck in spicy teriyaki sauce, sticky white rice, carrot, mangetout, sweet potato, cucumber, red + spring onion, fried egg, side of kimchee 1282 kcal



42

teppanyaki

(teh.puh.nya.kee)

sizzling noodles straight from the grill, turned quickly, so the noodles are soft but the vegetables are crunchy, maintaining their raw power

- yaki soba**
soba noodles, egg, peppers, beansprouts, white + spring onion, fried onions, pickled ginger, sesame seeds
- 40 **chicken + prawn** 819 kcal
- 41 **yasai | mushroom (v)** 785 kcal

- 1141 **yasai | mushroom**
choose udon noodles 569 kcal or rice noodles 589 kcal + remove the egg to make this dish suitable for a vegan diet

- pad thai**
rice noodles, egg, beansprouts, leeks, chilli, red + spring onion, amai sauce, fried onions, mint, coriander, fresh lime
- 48 **chicken + prawn** 789 kcal
- 47 **yasai | tofu (v)** 836 kcal

- 1147 **yasai | tofu**
cooked without egg to become suitable for a vegan diet

- teriyaki soba**
soba noodles, mangetout, bok choy, red + spring onion, chilli, beansprouts, teriyaki sauce, curry oil, coriander, sesame seeds
- 45 **steak** 890 kcal | **46 salmon** 882 kcal

- 42 **yaki udon**
udon noodles, chicken, prawns, egg, beansprouts, leeks, mushrooms, peppers, curry oil, fried onions, pickled ginger, sesame seeds, bonito flakes 636 kcal

- 44 **ginger chicken udon**
udon noodles, marinated chicken, egg, mangetout, chilli, beansprouts, red + spring onion, pickled ginger, coriander 678 kcal



74

kokoro bowls

(koh-koh-roh)

kokoro means spirit, heart + mind. because these bowls are freshly balanced to leave you feeling light + rejuvenated

- katsu salad**
chicken or tempeh in crispy panko breadcrumbs, dressed mixed leaves, apple slices, cucumber, edamame beans, pickled asian slaw, pea shoots, japanese pickles, red chillies, a side of curried salad dressing
- 74 **chicken** 578 kcal
- 77 **tempeh** 624 kcal

- hiyashi bowls**
refreshing glass noodles, turmeric roasted cauliflower, tofu + edamame guac, pickled slaw, sliced radish, fresh coriander + chilli, sesame seeds, white dressing
- 63 **teriyaki chicken** 530 kcal
- 65 **miso mixed vegetable** 412 kcal
- 64 **teriyaki shredded duck** 703 kcal

- 231 **shu's 'shioik' jackfruit**
turmeric + ginger roasted jackfruit, served on a bed of coconut + lemongrass dressed rice, pickled slaw + radish, chilli, coriander, caramelised lime 517 kcal

- 230 **shu's 'shioik' chicken**
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

- 85 **spicy miso mackerel**
mackerel fillets in spicy kimchee sauce, sweet potato, tenderstem broccoli, bok choy, shitake mushrooms, kimchee, fried brown rice, red chilli, ginger, coriander cress 856 kcal

feed your soul...

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

- (v) **vegetarian**
- ★ **vegan**
- 🌱 **under 600 calories**
- new**
- refreshed**
- 🚫 **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
full nutritional information can be found at wagamama.com/our-menu at wagamama, we like to offer choice and variety. we have a dedicated non-gluten menu and a kid-friendly menu which is perfect for our little noodlers

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

