

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
- ★ 626 **asahi draught** japan 5.2% vol
half pint 2.95 pint 5.25
- ★ 601 **asahi** japan 5.2% vol
330ml 4.25 602 600ml 7.25
- ★ 613 **singha** thailand 5% vol
330ml 4.25 614 630ml 7.25
- ★ 603 **east by south east cider** 330ml 5.25
london 4.6% vol
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 | ★ 710 peach iced tea
reg 2.75 98 kcal
large 2.95 133 kcal |
| ★ 708 sprite zero 2.95 3 kcal | sparkling water |
| ★ 701 still water
reg 2.5 0 kcal | ★ 702 reg 2.5 0 kcal |
| ★ 703 large 4.25 0 kcal | ★ 704 large 4.25 0 kcal |

**includes sugar tax levy

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
- 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
- ★ 131 **white chocolate + ginger cheesecake (v)** 6.5
with toffee sauce 449 kcal
- ★ 143 **yuzu + lemon cheesecake** 6.5
with passion fruit sauce + fresh mint 332 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
- 145 **dough-chi™ (v)** 5.75
three cookie dough balls with an ice cream centre. mix + match to find your favourite 323 kcal contain gluten free oat flour
cherry, vanilla + yuzu / coconut / matcha + white chocolate



adults need around
2000 calories a day

TRIAL-DRAUGHT-MAR22-01

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

109 korean barbecue tempeh 262 kcal
100 chicken 223 kcal



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 4.5
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 5.5
crispy cauliflower, firecracker sauce, red + spring onion, fresh ginger, coriander 472 kcal

106 wok-fried greens 4.75
tenderstem broccoli, bok choy, garlic + soy sauce 177 kcal

119 vegan chilli 'squid' 6.95
lightly battered pulled king oyster mushrooms, shichimi, sticky dipping sauce with fresh chilli + coriander 575 kcal

120 sticky vegan 'ribs' 6.75
mushroom + soya protein 'ribs', sweet + spicy sticky sauce, sesame seeds, spring onion 306 kcal

95 sticky miso corn 5.25
corn on the cob roundels, sticky miso sauce, red chilli, sesame seeds 505 kcal

ssambap 5.75
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 7.5
crispy fried squid balls, okonomiyaki sauce, vegan mayonnaise, seaweed, bonito flakes 334 kcal

103 ebi katsu 7.25
prawns in crispy panko breadcrumbs, coriander, fresh lime, chilli + garlic dipping sauce 305 kcal

107 chilli squid 7.25
crispy fried squid, shichimi spice, chilli + coriander dipping sauce 586 kcal

96 prawn kushiya 6.95
skewered grilled prawns, lemongrass + chilli marinade, caramelised lime 151 kcal

108 chicken yakitori 6.95
marinated miso glazed chicken skewers, coriander cress, sesame seeds 282 kcal



38

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

new gyoza ramen

your choice of gyoza, vegetable broth, roasted bok choy, chilli sambal paste, coriander, spring onions, chilli oil, side of gyoza sauce

with udon noodles

21 yasai 11.5 582 kcal

38 korean barbecue tempeh 11.5 623 kcal

with ramen noodles + half a tea-stained egg

37 chicken 11.95 698 kcal

39 duck 11.95 902 kcal

28 teriyaki vegan 'chicken' 11.95
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

23 kare burosu 11.95
shichimi-coated silken tofu, udon noodles, curried vegetable broth, grilled mixed mushrooms, seasonal greens, carrot, chilli, coriander 594 kcal

20 grilled chicken 10.5

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

25 chilli chicken 12.25

grilled chicken, ramen noodles, spicy chicken broth, red + spring onion, beansprouts, coriander, fresh lime 606 kcal

30 tantanmen beef brisket 13.95

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 12.25

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 1 5 kcal

303 chillies 1 2 kcal

302 miso soup, japanese pickles 1.95 37 kcal

309 coconut + sriracha vegan 'egg' 1.5 50 kcal
made in collaboration with gaz oakley

306 kimchee 1
spicy fermented cabbage + radish with garlic 15 kcal

307 chilli sambal paste 1 64 kcal

305 tea-stained egg (v) 1 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 13.95 1035 kcal **75 chicken** 12.95 1123 kcal
76 tofu 11.95 1167 kcal

firecracker

bold + fiery, mangetout, red + green peppers, onion, hot red chillies, white rice, sesame seeds, shichimi, fresh lime

93 prawn 13.5 1067 kcal **92 chicken** 12.5 1185 kcal
91 tofu 11.5 1208 kcal

1171 vegatsu 11.5

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 11.5 998 kcal

72 yasai | sweet potato, aubergine,

butternut squash 10.5 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 12.25

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 12.95 842 kcal

70 chicken 11.25 738 kcal

89 grilled duck 14.75

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 10.5 819 kcal

41 yasai | mushroom (v) 9.5 785 kcal

1141 yasai | mushroom 9.5

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 11.5 789 kcal

47 yasai | tofu (v) 10.5 836 kcal

1147 yasai | tofu 10.5 773 kcal

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 15.25 890 kcal

46 salmon 14.25 882 kcal

42 refreshed yaki udon 11.5

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 11.5

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

new katsu salad 11.25

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 11.75 530 kcal

65 miso mixed vegetable 11.25 412 kcal

64 teriyaki shredded duck 12.75 703 kcal

231 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

230 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

85 spicy miso mackerel 14.75

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

please ask a member of the team for full nutritional information

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