

wagamama

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LAB

**allergen
information &
dietary guide**

nak-13-05-22

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

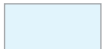
carbohydrate and sugar values for our food can be found within the nutritional information for each dish that is published on our website wagamama.com

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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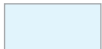
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noodlelab		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
test sides																	
122	vegan 'crab' cakes	●	● (wheat)							●				●	●	yes	yes
test mains																	
53	prawn chilli men	●	● (barley, wheat)	●						●				●	●	no	no
51	tempeh chilli men	●	● (barley, wheat)							●				●	●	yes	yes
52	vegan 'chicken' chilli men	●	● (barley, wheat)							●			●	●	●	yes	yes
81	prawn kare lomen		● (wheat)	●										●	●	no	no
80	vegan 'chicken' kare lomen		● (barley, wheat)										●	●	●	yes	yes
1150	tempura f-ish and bang bang yaki imo		● (barley, oats, wheat)							●			*	●	●	yes	yes
test dessert																	
143	yuzu and lemon cheesecake		● (barley, wheat)								● <small>(including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)</small>	●	●	●	●	yes	yes



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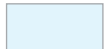
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sides		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
104	edamame with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



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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
118	spicy teriyaki vegan 'chicken'		● (barley, wheat)										●	●	●	yes	yes
114	mixed mushroom		● (wheat)										●	●	*	yes	yes
116	hoisin pulled duck		● (wheat)										●	●	●	no	no
113	korean barbecue beef		● (barley, wheat)	●		●		●	●	●			●	●	●	no	no
115	pork belly		● (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	fried gyoza, yasai vegetable		● (wheat)										●	●	●	yes	yes
99	fried gyoza, duck		● (barley, wheat)	*	*	*			*				●	●	●	no	no
100	steamed gyoza, chicken		● (barley, wheat)										●	●		no	no
105	steamed gyoza, pulled pork		● (barley, wheat)											●	●	no	no



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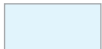
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kokoro bowls		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
74	katsu salad, chicken	●	● (wheat)	*	●	*			*	●			●	●	●	no	no
77	katsu salad, tempeh	●	● (wheat)							●			●	●	●	yes	yes
63	hiyashi bowl, teriyaki chicken		● (barley, wheat)							●			●	●	●	no	no
65	hiyashi bowl, miso mixed vegetable		● (wheat)							●			●	●	●	yes	yes
64	hiyashi bowl, teriyaki shredded duck		● (barley, wheat)							●			●	●	●	no	no
231	shu's 'shiok' jackfruit													●	●	yes	yes
230	shu's 'shiok' chicken													●	●	no	no
85	spicy miso mackerel	●	● (barley, 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
40	yaki soba, chicken and prawn		● (wheat)	●	●								●	●		no	no
41	yaki soba, yasai mushroom		● (barley, wheat)		●								●	●		yes	no
1141	yasai yaki soba, udon noodles		● (barley, wheat)										●	●		yes	yes
1141	yasai yaki soba, rice noodles		● (barley, wheat)										●	●		yes	yes
48	pad thai, chicken and prawn		● (barley, wheat)	●	●	●								●		no	no
47	pad thai, yasai tofu		● (barley, wheat)		●									●	●	yes	no
1147	yasai pad thai		● (barley, wheat)											●	●	yes	yes
45	teriyaki soba, steak		● (barley, wheat)		●								●	●	●	no	no
46	teriyaki soba, salmon		● (barley, wheat)		●	●							●	●	●	no	no
42	yaki udon		● (wheat)	●	●	●							●	●		no	no
44	ginger chicken 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
28	teriyaki vegan 'chicken'	●	● (barley, wheat)										●	●	●	yes	yes
22	spicy vegan short 'rib'	●	● (barley, wheat)							●			●	●	●	yes	yes
23	kare burosu	●	● (barley, wheat)							●			●	●	*	yes	yes
35	miso-glazed cod	●	● (wheat)	●	●	●		●	●	●				●		no	no
20	grilled chicken		● (wheat)		●	●								●		no	no
24	chilli ramen, steak		● (barley, wheat)		●									●	●	no	no
25	chilli ramen, chicken		● (barley, wheat)		●									●	●	no	no
30	tantanmen beef brisket	●	● (barley, wheat)	●	●	●		●	●	●			●	●	●	no	no
31	shirodashi pork belly		● (barley, wheat)	●	●	●		●	●					●	●	no	no
	light chicken broth															no	no
	light vegetable broth	●														yes	yes
	spicy chicken broth		● (barley, wheat)												●	no	no
	spicy vegetable broth	●	● (barley, wheat)												●	yes	yes
	rich chicken broth		● (wheat)			●								●		no	no

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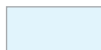
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donburi		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
84	no duck donburi		● (barley, wheat)							●			●	●	●	yes	yes
69	teriyaki donburi, beef brisket		● (barley, wheat)										●	●	●	no	no
70	teriyaki donburi, chicken		● (barley, wheat)										●	●	●	no	no
89	grilled duck		● (barley, wheat)		●								●	●	●	no	no

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



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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
309	coconut and sriracha vegan 'egg'		● (wheat)							●			●	●	●	yes	yes
306	kimchee															yes	yes
307	chilli sambal paste														●	yes	yes
305	tea-stained egg				●									●		yes	no
300	white rice															yes	yes
300	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
204	hot katsu sauce		● (barley, wheat)							●				●	●	yes	yes
204	katsu sauce		● (wheat)							●						yes	yes
204	raisukaree sauce													●		yes	yes
204	firecracker sauce		● (barley, wheat)											●	●	yes	yes
334	shichimi												●			yes	yes
339	amai sauce		● (barley, wheat)											●		yes	yes
333	chilli oil															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
08	tropical															yes	no
04	carrot cleanse															yes	yes
05	high five															yes	no
10	blueberry spice															yes	yes
11	positive															yes	yes
03	orange															yes	no
14	power															yes	yes
15	up-beet															yes	yes

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mindful drinks		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
689	ginger no-jito															yes	yes
683	cherry blossom lemonade															yes	yes
684	yuzu and lychee tonic															yes	no

soulful spirits and sake		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
504	roku tonic															yes	yes
514	sakura pink g+t															yes	yes
512	lychee collins															yes	no

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

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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
134	chocolate orange cake										● <small>(including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)</small>	●	●	●	●	yes	yes
142	banana katsu		● <small>(wheat)</small>										*	●	*	yes	yes
131	white chocolate and ginger cheesecake		● <small>(oat, wheat)</small>					●			● <small>(including almonds, hazelnuts, walnuts, pecans, pistachios and macadamia nuts)</small>	●		●		yes	no
129	smoked chocolate caramel cake		● <small>(wheat)</small>		●			●			● <small>(including almonds, hazelnuts, walnuts, pecans, pistachios and macadamia nuts)</small>	●		●		yes	no
ice cream																	
140	coconut reika ice cream															yes	yes
128	miso caramel ice cream													●		yes	yes
125	chocolate and cherry kefir ice cream				●			●			● <small>(including hazelnuts, pecans, and pistachios)</small>	●				yes	no

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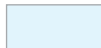
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kids menu		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
mains																	
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	no
11927	mini yasai ramen, udon noodles	●	● (wheat)											●	●	yes	yes
11927	mini yasai ramen, rice noodles	●												●	●	yes	yes



a red dot | means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example



a blue box | means that the dish can be modified to remove the specified allergenic ingredient or to make it suitable for vegetarians or vegans. please ask your server for more information



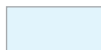
a purple asterisk | means that the dish is fried in oil that may also be used to fry other dishes that include the specified allergenic ingredient

please note | 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. these charts show which dishes do not contain certain allergenic ingredients as intentional ingredients, however we cannot guarantee that dishes are 100% free from these ingredients due to the preparation process

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 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
972	mini yasai katsu curry, no sauce		● (wheat)										*	*	*	yes	yes
972	mini yasai katsu curry, katsu curry sauce		● (wheat)							●			*	*	*	yes	yes
972	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
912	cococino							●								yes	no



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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
1097	ssambap, chicken									●				●	●	no	no
1098	ssambap, tempeh	●								●				●	●	yes	yes
mains																	
1065	miso mixed vegetable hiyashi bowl									●			●	●	●	yes	yes
1020	grilled chicken ramen													●		no	no
1048	chicken and prawn pad thai			●	●	●								●		no	no
10231	shu's 'shio' jackfruit													●	●	yes	yes
10230	shu's 'shio' chicken													●	●	no	no
1079	raisukaree, prawn			●									●	●		no	no
1075	raisukaree, chicken												●	●		no	no
1076	raisukaree, tofu												●	●	●	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
desserts																	
10134	chocolate orange cake										● <small>(including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)</small>	●	●	●	●	yes	yes
10140	coconut reika ice cream															yes	yes
10128	miso caramel ice cream													●		yes	yes
10125	chocolate and cherry kefir ice cream				●			●			● <small>(including hazelnuts, pecans, and pistachios)</small>	●				yes	no
10913	vanilla pod ice cream, passion fruit sauce				●			●								yes	no

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