

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 4.6 | large 5.6



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



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



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



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



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



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



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



14 **power**
spinach, apple, fresh ginger
170/235 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** 5
beans with salt or chilli-garlic salt. pop them out of their pod + enjoy
salt 246 / chilli-garlic salt 253 kcal

10106 **wok-fried greens** 5.1
tenderstem broccoli, bok choy, garlic + soy sauce 177 kcal

1096 **prawn kushiyaki** 7.7
skewered grilled prawns, lemongrass + chilli marinade, caramelised lime 151 kcal

new **ssambap** 6.2
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** 12.3
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** 11
grilled marinated chicken, rice noodles, light chicken broth, seasonal greens 448 kcal

1048 **chicken + prawn pad thai** 12.3
rice noodles, chicken, prawns, egg, beansprouts, leeks, chilli, red + spring onion, mint, coriander, fresh lime 677 kcal

10231 **shu's 'shio' jackfruit** 11.5
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** 12.4
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** 14.8 1035 kcal
1075 **chicken** 13.8 1123 kcal
1076 **tofu** 12.8 1167 kcal



1097



1065

feed your soul...

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

(v) **vegetarian**

new

source of protein
protein helps to maintain healthy bones and muscles

source of fibre
fibre helps to keep your digestive system healthy

vegan

may contain shell or small bones

under 600 calories

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

APT-NG-JUNE22-01

mindful drinks

- ★ 689 **ginger no-jito** 4.3
zingy cold pressed ginger, coriander seed syrup,
sparkling water, fresh mint, lime 63 kcal
- ★ 683 **cherry blossom lemonade** 3.3
cherry blossom + cloudy lemon syrup,
sparkling water, a sprinkle of dried
rose petals 83 kcal
- ★ 684 **yuzu + lychee tonic** 4.3
yuzu purée + lychee syrup, fever-tree tonic water,
garnished with a fresh orange slice
reg 170/light 144 kcal



soulful spirits + sake

- ★ 504 **roku tonic** 7.9
japanese craft roku gin, fever-tree tonic water,
garnished with fresh lime + ginger
- ★ 514 **sakura pink g+t** 8.2
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 4.3
japan's national drink, sake,
brewed from rice, mild but complex
- ★ 512 **lychee collins** 8.1
japanese craft haku vodka, lychee + cloudy lemon
syrup, sparkling water, a sprinkle of orange zest



wine

		750ml	250ml	175ml
red				
★ 429	merlot spain 13.5% vol.	20.7	7.9	6.2
★ 444	malbec argentina 14% vol.	23.3	8.9	6.9
white				
★ 409	pinot grigio italy 11.5% vol.	19.5	7.4	5.8
★ 408	sauvignon blanc south africa 12.5% vol.	25.5	9.7	7.2
rosé				
★ 449	pinot grigio blush italy 11.5% vol. all wine available in 125ml glass	20.5	7.9	6.2
sparkling				
★ 460	prosecco italy 11.5% vol.	26.3	5.3	
★ 405 404	champagne france 12% vol.	56.6	31	

desserts

- ★ 10134 **chocolate orange cake** 6.9
flourless chocolate orange cake, miso caramel ice cream,
chocolate sauce, fresh mint 567 kcal
- ★ 10140 **coconut reika ice cream** 5
with coconut flakes + passion fruit sauce
432 kcal
- ★ 10128 **miso caramel ice cream** 5
with toffee sauce + fresh mint 419 kcal
- ★ 10125 **chocolate + cherry kefir
ice cream (v)** 5
with fresh mint 429 kcal



cider

- ★ 603 **east by south
east cider** london 4.6% vol. 330ml 5.8
hawkes collaboration
crisp cider crafted from fuji, gala + bramley
surplus supermarket apples

soft drinks

- ★ 705 **coke** 3.6 139 kcal
- ★ 705 **diet coke** 3.3 1 kcal
coke zero 3.3 1 kcal
- ★ 708 **sprite zero** 3.3 3 kcal
- ★ 714 **cloudy lemonade**
reg 3 85 kcal large 3.3 127 kcal
- ★ 710 **peach iced tea**
reg 3 98 kcal large 3.3 133 kcal
- still water**
- ★ 701 reg 3 0 kcal
- ★ 703 large 4.8 0 kcal
- sparkling water**
- ★ 702 reg 3 0 kcal
- ★ 704 large 4.8 0 kcal

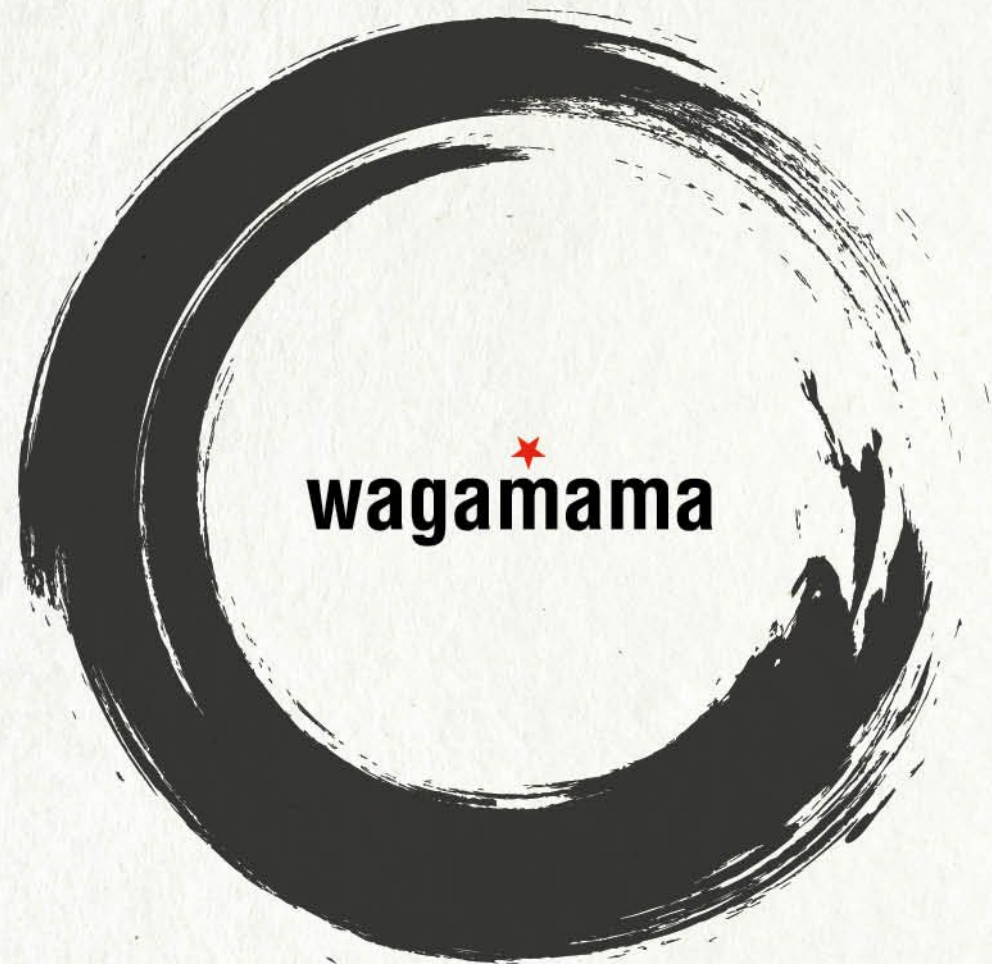
*includes sugar tax levy

hot drinks

- tea**
- ★ 774 **black assam tea** 3
strong, black breakfast tea 0 kcal
- ★ 782 **ginger + lemongrass tea** 3
zesty, warming + fragrant 0 kcal
- ★ 784 **fresh mint tea** 3
fresh mint leaves, pure + simple 4 kcal
- ★ 781 **jasmine flowering tea** 3.6
flowering lily + jasmine green tea 0 kcal
- ★ 771 **green tea** free 0 kcal
- coffee**
- ★ 731 **espresso** 2.6 4 kcal
- ★ 732 **double espresso** 3 8 kcal
- 733 **americano** 3.1 20 kcal
- 736 **latte** 3.6 80 kcal
- 738 **cappuccino** 3.6 88 kcal
- 739 **macchiato** 3.1 20 kcal
- 740 **iced coffee** 3.1 90 kcal
- 745 **hot chocolate** 3.3 107 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.
please ask if you'd prefer a menu without calories



true nourishment from bowl to soul