

## 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



\* 07 **clean n green**  
manchester airport exclusive  
apple, kiwi, avocado, punise  
140/215 kcal



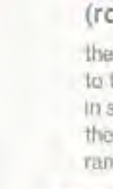
\* 11 **positive**  
pineapple, lime, spinach, cucumber, apple  
234/346 kcal



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



\* 15 **up-beet**  
beetroot, red pepper, cucumber, ginger, apple  
160/216 kcal



\* 14 **power**  
spinach, apple, fresh ginger  
170/235 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 7.1

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



### hirata steamed buns 7.1

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 302 kcal

\* 104 **edamame** 5

beans with salt or chili-garlic salt, pop them out of their pod + enjoy salt 246 kcal / chili-garlic salt 253 kcal

\* 110 **bang bang cauliflower** 5.8

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

\* 106 **wok-fried greens** 5.1

landisstem broccoli, bok choy, garlic + soy sauce 177 kcal

\* 119 **vegan chilli 'squid'** 7.7

lightly battered pulled king oyster mushrooms, shichimi, sticky dipping sauce with fresh chilli + coriander 575 kcal

\* 120 **sticky vegan 'ribs'** 7.2

mushroom + soya protein 'ribs', sweet + spicy sticky sauce, sesame seeds, spring onion 300 kcal

\* 96 **sticky miso corn** 5.8

corn on the cob rounds, sticky miso sauce, red chilli, sesame seeds 505 kcal

\* **ssambap** 6.2

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** 7.9

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

103 **ebi katsu** 7.9

prawns in crispy panko breadcrumbs, coriander, fresh lime, chili + garlic dipping sauce 305 kcal

107 **chilli squid** 7.9

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

96 **prawn kushiyaki** 7.7

skewered grilled prawns, lemongrass + chili marinade, caramelised lime 151 kcal

108 **chicken yakitori** 7.8

marinated miso glazed chicken skewers, coriander cress, sesame seeds 262 kcal



## ramen

(raa.muhn)

there are many ways to serve ramen, but only one way to truly 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'** 13

seasoned soya protein in a spicy teriyaki sauce, udon noodles, vegetable broth, sweetcorn, bok choy, chili sambal paste, spring onion, chilli, coriander, chilli oil 813 kcal

\* 22 **spicy vegan short 'rib'** 13.2

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** 12.3

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

35 **miso-glazed cod** 15.1

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

20 **grilled chicken** 11

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** 14.8 681 kcal | 25 **chicken** 13 606 kcal

30 **tantanmen beef brisket** 14.6

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** 13

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** 1.3 5 kcal

\* 303 **chillies** 1.3 2 kcal

\* 302 **miso soup, japanese pickles** 2.6 37 kcal

\* 309 **coconut + sriracha vegan 'egg'** 2 50 kcal

made in collaboration with gaz oakley

\* 306 **kimchee** 1.6

spicy fermented cabbage + radish with garlic 15 kcal

\* 307 **chilli sambal paste** 1.3 64 kcal

305 **tea-stained egg (v)** 1.6 95 kcal

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



## 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

### ralsukaree

mild + citrusy, coconut, mango, tamarind, peppers, red + spring onion, white rice, chilli, coriander, sesame seeds, fresh lime

79 **prawn** 14.8 1035 kcal | 75 **chicken** 13.8 1123 kcal

\* 78 **tofu** 12.8 1167 kcal

### firecracker

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

93 **prawn** 14.8 1067 kcal | 92 **chicken** 13.8 1185 kcal

\* 91 **tofu** 12.8 1208 kcal

\* 1171 **vegatsu** 12.5

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** 12.5 898 kcal

\* 72 **yasai** 11.5 1074 kcal

🔥 **make your katsu hot for ssp** 90 kcal



## 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** 13

shredded seitan + shitake 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 603 kcal

### teriyaki

teriyaki sauce, sticky white rice, shredded carrots, seasonal greens, spring onion, sesame seeds, side of kimchee

69 **beef brisket** 13.8 842 kcal

70 **chicken** 12.2 738 kcal

89 **grilled duck** 16.1

shredded duck in spicy teriyaki sauce, sticky white rice, carrot, mango, tamarind, sweet potato, cucumber, red + spring onion, fried egg, side of kimchee 1262 kcal



## 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** 11.3 819 kcal

41 **yasai | mushroom (v)** 10.2 785 kcal

\* 1141 **yasai | mushroom** 10.2

choose udon noodles 569 kcal or rice noodles 569 kcal + remove the egg to make this dish suitable for a vegan diet

### pad thai

rice noodles, egg, beansprouts, leeks, chilli, red + spring onion, sriracha, fried onions, mint, coriander, fresh lime

48 **chicken + prawn** 12.3 789 kcal

47 **yasai | tofu (v)** 11.3 836 kcal

\* 1147 **yasai | tofu** 11.3 773 kcal

cooked without egg to become suitable for a vegan diet

### teriyaki soba

soba noodles, mango, tamarind, bok choy, red + spring onion, chilli, beansprouts, teriyaki sauce, curry oil, coriander, sesame seeds

45 **steak** 15.9 890 kcal | 46 **salmon** 14.9 882 kcal

### yaki udon

udon noodles, chicken, prawns, egg, beansprouts, leeks, mushrooms, peppers, curry oil, fried onions, pickled ginger, sesame seeds, bonito flakes 836 kcal

44 **ginger chicken udon** 12.3

udon noodles, marinated chicken, egg, mango, tamarind, chilli, beansprouts, red + spring onion, pickled ginger, coriander 678 kcal



## 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** 12.3 678 kcal

\* 77 **tempeh** 12.2 624 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** 13 630 kcal

\* 65 **miso mixed vegetable** 12.3 412 kcal

64 **teriyaki shredded duck** 14 703 kcal

### \* 231 shu's 'shlok' 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 617 kcal

### 230 shu's 'shioik' 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

### 85 ➡ spicy miso mackerel 16.1

mackerel filets in spicy kimchee sauce, sweet potato, landisstem broccoli, bok choy, shitalak 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**

🚫 **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 main menu nutritional information can be found at [wagamama.com/our-menu](https://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



all our vegan dishes are registered with The Vegan Society

## breakfast

start your day fresh + wake up with wagamama. served until 11am

### the english breakfast

- ★ 163 **the full vegan** 11  
two rashers of maple seitan 'bacon', beetroot + seitan 'sausage', scrambled turmeric tofu, grilled tomato, wilted spinach, sautéed sweet potato, shitake mushrooms, white toast. 797 kcal | wholemeal toast. 790 kcal
- 162 **the full english** 11.5  
two rashers of back bacon, sausages, grilled tomato, wilted spinach, sautéed sweet potato, shitake mushrooms, two free-range eggs; fried, poached or scrambled, white or wholemeal toast. 1263 kcal based on fried eggs + white toast



### breakfast bowls

- ★ 160 **coconut porridge** 5.1  
porridge, oats, coconut milk, raspberry compote. 298 kcal
- ★ 167 **crunchy granola bowl** 5.8  
plant-based coconut yoghurt, raspberry compote, buckwheat berry + chia seed granola. 327 kcal
- avocado on toast** 1  
lightly dressed avocado + tomato, slice of toasted wholemeal bread, topped with
- ★ 177 **scrambled turmeric tofu** 8.4 337 kcal
- 176 **two free-range poached eggs (v)** 8.7 418 kcal
- 170 **apple + goji pancakes (v)** 7.1  
apple + goji berry fluffy pancakes, fresh fruit salad, icing sugar, agave syrup. 337 kcal

### breakfast wraps + eggs

- roti breakfast wraps**  
thai flatbread rolled up with spinach
- ★ 173 **mushroom, shichimi tofu + sriracha vegan mayonnaise** 5.8 418 kcal
- 171 **bacon, nori omelette + sriracha ketchup** 6.7 793 kcal
- 172 **sausage, nori omelette + sriracha ketchup** 6.7 535 kcal
- 195 **eggs benedict** 10.3  
two free-range poached eggs, rich hollandaise sauce, lightly toasted, asian steamed bun, smoked salmon, fresh samphire. 475 kcal
- 196 **eggs royale** 11  
two free-range poached eggs, rich hollandaise sauce, lightly toasted, asian steamed bun, smoked salmon, fresh samphire. 475 kcal
- 194 **eggs florentine (v)** 9.9  
two free-range poached eggs, rich hollandaise sauce, lightly toasted, asian steamed bun, wilted spinach, grilled mushrooms. 634 kcal
- japanese omelette**  
japanese-inspired omelette, shitake mushrooms, savoy cabbage, leek, topped with spring onion + chilli, vegan mayonnaise, traditional japanese sauces + garnishes
- 156 **chicken, prawn + bacon** 9.7 475 kcal
- 166 **yasai (v)** 8.7 327 kcal

### extras

- ★ 330 **two rashers of maple seitan 'bacon'** 1 57 kcal
- ★ 329 **beetroot 'sausage'** 1.5 93 kcal
- 750 **two rashers of bacon** 2.6 344 kcal
- 751 **two sausages** 2.6 191 kcal
- 756 **toast (v)** 2.8  
two slices of either white 255 kcal or wholemeal 242 kcal, with butter
- 754 **jam, honey, marmalade (v)** 1 76 kcal | 84 kcal | 75 kcal

## mindful drinks

- ★ 608 **hitachino nest japan** 330ml 5.3  
low alcohol beer, yuzu + ginger 0.3% vol. 30 kcal
- ★ 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-free tonic water, garnished with a fresh orange slice. 170/light 144 kcal



## soulful spirits + sake

- 509 **g + t2** 7.9  
**manchester airport exclusive**  
thomas dakin gin, fever-free tonic water, garnished with coriander + an orange wedge
- ★ 504 **roku tonic** 7.9  
japanese craft roku gin, fever-free tonic water, garnished with fresh lime + ginger
- ★ 514 **sakura pink g+t** 8.2  
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. 120ml 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



## 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 tily + 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

\*out milk available

## beer + cider

- ★ 604 **mama biru london** 4.7% vol. 330ml 5.8  
camden town brewery collaboration brewed with juicy peach purée + dry-hopped with amarillo + hull melon hops, a great palate cleanser
- ★ 626 **asahi draught japan** 5.2% vol. half pint 3.5
- ★ 627 **pils** 6.5
- ★ 801 **asahi japan** 5.2% vol. 330ml 4.8
- ★ 602 **asahi** 7.9
- 613 **singha thailand** 5% vol. 330ml 4.8
- 614 **asahi** 7.9
- ★ 603 **east by south east cider london** 4.9% vol. 330ml 5.8  
hawkes collaboration crisp cider crafted from fuji gala + bramley surplus supermarket apples



## wine

- |  | 750ml      | 250ml     | 175ml |
|--|------------|-----------|-------|
| <b>red</b>   |            |           |       |
| 429 <b>merlot</b> spain 13.5% vol.                 | 20.7       | 7.9       | 6.2   |
| ★ 444 <b>malbec</b> argentina 14% vol.             | 23.3       | 8.9       | 6.9   |
| <b>white</b>                                       |            |           |       |
| ★ 409 <b>pinot grigio</b> italy 11.5% vol.         | 19.5       | 7.4       | 5.8   |
| 408 <b>sauvignon blanc</b> south africa 12.5% vol. | 25.5       | 9.7       | 7.2   |
| <b>rosé</b>  |            |           |       |
| ★ 449 <b>pinot grigio blush</b> italy 11.5% vol.   | 20.5       | 7.9       | 6.2   |
| all wine available in 125ml glass                  |            |           |       |
| <b>sparkling</b>                                   |            |           |       |
| ★ 460 <b>prosecco</b> italy 11.5% vol.             | 750ml 26.3 | 250ml 5.3 |       |
| ★ 405 / 404 <b>champagne</b> france 12% vol.       | 750ml 56.6 | 375ml 31  |       |
| <b>soft drinks</b>                                 |            |           |       |
| ★ 708 <b>coke</b> 3.6 139 kcal                     |            |           |       |
| ★ 705 <b>diet coke</b> 3.3 1 kcal                  |            |           |       |
| ★ 708 <b>sprite zero</b> 3.3 3 kcal                |            |           |       |
| ★ 701 <b>reg</b> 3 0 kcal                          |            |           |       |
| ★ 703 <b>large</b> 4.8 0 kcal                      |            |           |       |
| ★ 714 <b>cloudy lemonade</b> reg 3 85 kcal         |            |           |       |
| ★ 710 <b>peach iced tea</b> reg 3 98 kcal          |            |           |       |
| ★ 702 <b>reg</b> 3 0 kcal                          |            |           |       |
| ★ 704 <b>large</b> 4.8 0 kcal                      |            |           |       |

\*\*sickleso sugar free levy

## desserts

something sweet, but not as you know it. unique with the fresh flavours of asia.

- ★ 134 **chocolate orange cake** 6.9  
flourless chocolate orange cake, miso caramel ice cream, chocolate sauce, fresh mint. 567 kcal
- ★ 142 **banana katsu** 6.9  
banana in crispy panko breadcrumbs, miso caramel ice cream, toffee sauce. 247 kcal
- 131 **white chocolate + ginger cheesecake (v)** 6.9  
with toffee sauce. 449 kcal



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- 129 **smoked chocolate caramel cake (v)** 6.9  
smoked chocolate mousses, salted caramel, crushed biscuits, chocolate fudge brownie, chocolate ganache, vanilla ice cream. 516 kcal
- ★ 140 **coconut reika ice cream** 5  
with coconut flakes + passion fruit sauce. 432 kcal
- ★ 128 **miso caramel ice cream** 5  
with toffee sauce + fresh mint. 419 kcal
- 125 **chocolate + cherry kefir ice cream (v)** 5  
with fresh mint. 429 kcal



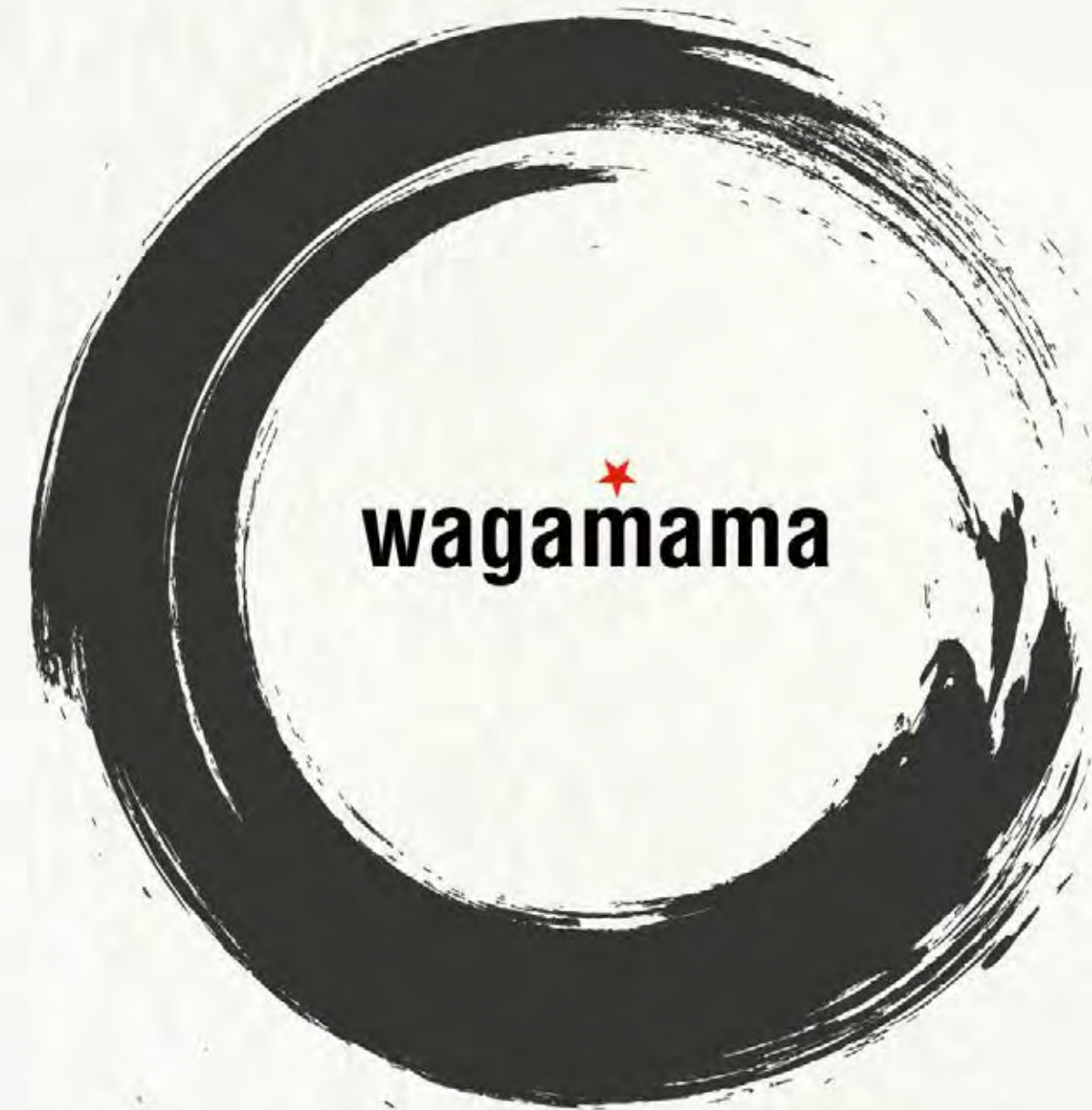
adults need around 2000 calories a day

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



true  
nourishment  
from bowl  
to soul



please ask if you'd prefer a menu without calories