

## 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 | large 5



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

## sides

- 10104 **edamame** 4.7  
beans with salt or chilli-garlic salt, pop them out of their pod + enjoy salt 246 kcal / chilli-garlic salt 253 kcal
- 10106 **wok-fried greens** 4.9  
tenderstem broccoli, bok choy, garlic + soy sauce 177 kcal
- 1096 **prawn kushiyaki** 7  
skewered grilled prawns, lemongrass + chilli marinade, caramelised lime 151 kcal
- ssambap** 5.9  
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** 11.5  
refreshing glass noodles, miso stir-fried mushrooms, broccoli + kale, turmeric roasted cauliflower, tofu + edamame gyoza, pickled slaw, sliced radish, fresh coriander + chilli, sesame seeds, white dressing 412 kcal
- 1020 **grilled chicken ramen** 10.7  
grilled marinated chicken, rice noodles, light chicken broth, seasonal greens 448 kcal
- 1048 **chicken + prawn pad thai** 11.7  
rice noodles, chicken, prawns, egg, bean sprouts, leeks, chilli, red + spring onion, mint, coriander, fresh lime 677 kcal
- 10231 **shu's 'shlok' jackfruit** 11  
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 'shlok' chicken** 11.8  
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 1035 kcal
- 1075 **chicken** 13 1123 kcal
- 1076 **tofu** 12 1167 kcal



1097



1065

# 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

## 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

**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](http://wagamama.com/our-menu)

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## mindful drinks

- ★ 689 **ginger no-jito** 4  
zingy cold pressed ginger, coriander seed syrup,  
sparkling water, fresh mint, lime 63 kcal
- ★ 683 **cherry blossom lemonade** 3.2  
cherry blossom + cloudy lemon syrup,  
sparkling water, a sprinkle of dried  
rose petals 83 kcal
- ★ 684 **yuzu + lychee tonic** 4  
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** 7.5  
japanese craft roku gin, fever-tree tonic water,  
garnished with fresh lime + ginger
- ★ 514 **sakura pink g+t** 7.8  
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  
japan's national drink, sake,  
brewed from rice, mild but complex
- ★ 512 **lychee collins** 7.8  
japanese craft haku vodka, lychee + cloudy lemon  
syrup, sparkling water, a sprinkle of orange zest



## wine

- |  | 750ml | 250ml | 175ml |
|--|-------|-------|-------|
| <b>red</b>   |       |       |       |
| ★ 429 <b>merlot</b> spain 13.5% vol                    | 20.5  | 7.7   | 6     |
| ★ 444 <b>malbec</b> argentina 14% vol                  | 22.5  | 8.5   | 6.5   |
| <b>white</b>   |       |       |       |
| ★ 409 <b>pinot grigio</b> italy 11.5% vol              | 19    | 7     | 5.7   |
| ★ 408 <b>sauvignon blanc</b><br>south africa 12.5% vol | 25    | 9.5   | 7     |
| <b>rosé</b>  |       |       |       |
| ★ 449 <b>pinot grigio blush</b> italy 11.5% vol        | 20    | 7.5   | 6     |
| all wine available in 125ml glass                      |       |       |       |
| <b>sparkling</b>                                       |       |       |       |
| ★ 460 <b>prosecco</b> italy 11.5% vol                  | 25.7  | 5     |       |

## desserts

- ★ 10134 **chocolate orange cake** 6.7  
flourless chocolate orange cake, miso caramel ice cream,  
chocolate sauce, fresh mint 567 kcal
- ★ 10140 **coconut reika ice cream** 4.9  
with coconut flakes + passion fruit sauce 432kcal
- ★ 10128 **miso caramel ice cream** 4.9  
with toffee sauce + fresh mint 419 kcal
- ★ 10125 **chocolate + cherry kefir  
ice cream (v)** 4.9  
with fresh mint 429 kcal



adults need around 2000 calories a day

10125

## cider

- ★ 603 **east by south  
east cider** london 4.6% vol 330ml 5.5  
hawkes collaboration  
crisp cider crafted from fuji, gala + bramley  
surplus supermarket apples

## soft drinks

- ★ 705 **coke** 3.2 139 kcal
- ★ 705 **diet coke** 3 1 kcal
- ★ 705 **coke zero** 3 1 kcal
- ★ 708 **sprite zero** 3 3 kcal
- ★ 714 **cloudy lemonade**  
reg 2.9 85 kcal  
large 3.1 127 kcal
- ★ 710 **peach iced tea**  
reg 2.9 98 kcal  
large 3.1 133 kcal
- ★ 701 **still water**  
reg 2.7 0 kcal
- ★ 703 **large** 4.5 0 kcal
- ★ 702 **sparkling water**  
reg 2.7 0 kcal
- ★ 704 **large** 4.5 0 kcal

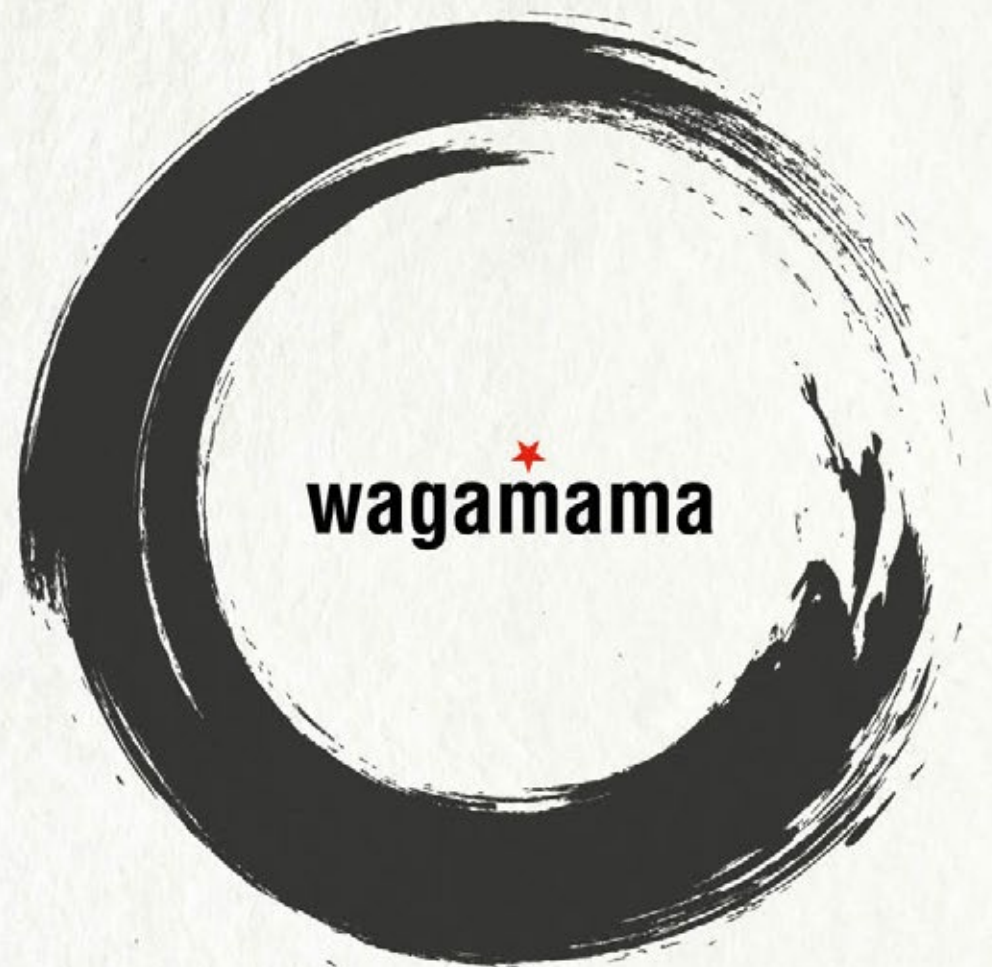
\*includes sugar tax levy

## hot drinks

- tea**
- ★ 782 **ginger + lemongrass tea** 2.9  
zesty, warming + fragrant 0 kcal
  - ★ 784 **fresh mint tea** 2.9  
fresh mint leaves, pure + simple 4 kcal
  - ★ 781 **jasmine flowering tea** 3.5  
flowering lily + jasmine green tea 0 kcal
  - ★ 771 **green tea** free 0 kcal
- coffee**
- ★ 731 **espresso** 2.5 4 kcal
  - ★ 732 **double espresso** 2.7 8 kcal
  - 733 **americano** 2.9 20 kcal
  - latte**
  - 735 **reg** 3 44 kcal    736 **large** 3.5 80 kcal
  - cappuccino**
  - 737 **reg** 3 52 kcal    738 **large** 3.5 88 kcal
  - 739 **macchiato** 2.9 20 kcal
  - 740 **iced coffee** 3 90 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