

wagamama

NOODLE  
LAB

**pride allergen  
information and  
dietary guide**

(old street, manchester  
st peters, portsmouth)

**nak-29-06-22**

## 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

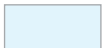
carbohydrate and sugar values for our food can be found within the nutritional information for each dish that is published on our website [wagamama.com](http://wagamama.com)

### 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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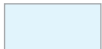
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**please note** | the contents of this allergy guide are for informational purposes only and are not a substitute for medical advice, diagnosis or treatment. whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present and so we cannot guarantee that dishes are 100% free of these ingredients due to the preparation process

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
<b>test sides</b>																	
210	tokyo fries   aubergine and caramelised onions	●	● (barley, wheat)							●			●	●	●	yes	yes
211	tokyo fries   barbecue beef brisket and onions	●	● (barley, wheat)	●		●		●	●	●			*	●	●	no	no
212	tokyo fries   barbecue yaki chicken	●	● (barley, wheat)	●		●		●	●	●			*	●	●	no	no
<b>test mains</b>																	
240	koyo bowls   aubergine and caramelised onions	●	● (barley, wheat)							●			●	●	●	yes	yes
241	koyo bowls   steak	●	● (barley, wheat)							●				●	●	no	no
242	koyo bowls   salmon	●	● (barley, wheat)			●				●				●	●	no	no
<b>test dessert</b>																	
130	soulful scoops															yes	yes
<b>test drinks</b>																	
16	proud juice															yes	yes
12	panchi   high five															yes	no
13	panchi   positive															yes	yes



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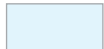
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sides		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
104	edamame with 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
<b>exclusive to deliveroo</b>																	
794	chilli tama squid		● (wheat)	●	*	●			●	●			●	●	●	no	no



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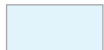
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hirata steamed buns		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
118	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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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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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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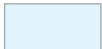


donburi		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
84	no duck donburi		● (barley, wheat)							●			●	●	●	yes	yes
69	teriyaki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

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
231	shu's 'shioik' jackfruit													●	●	yes	yes
230	shu's 'shioik' chicken													●	●	no	no
85	spicy miso mackerel	●	● (barley, wheat)			●				●			●	●	●	no	no



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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
11	positive															yes	yes
03	orange															yes	no
14	power															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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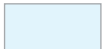
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desserts		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
134	chocolate 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
<b>ice cream</b>																	
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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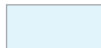
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kids menu		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
<b>mains</b>																	
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
<b>mains yasai</b>																	
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



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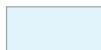
**a purple asterisk** | means that the dish is fried in oil that may also be used to fry other dishes that include the specified allergenic ingredient

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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
<b>mains yasai</b>																	
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
<b>something sweet</b>																	
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
<b>drinks</b>																	
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
<b>sides</b>																	
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
<b>mains</b>																	
1020	grilled chicken ramen													●		no	no
1048	chicken and prawn pad thai			●	●	●								●		no	no
10231	shu's 'shiok' jackfruit													●	●	yes	yes
10230	shu's 'shiok' chicken													●	●	no	no
1079	raisukaree, prawn			●									●	●		no	no
1075	raisukaree, chicken												●	●		no	no
1076	raisukaree, tofu												●	●	●	yes	yes

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<b>desserts</b>																	
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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