

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

mindful drinks

- ★ 608 **hitachino nest** japan 330ml 5
low alcohol beer. yuzu + ginger 0.3% vol. 30 kcal
- ★ 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-free tonic water. garnished with a fresh orange slice
reg 170/light 144 kcal



beer + 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
- ★ 626 **asahi draught** japan 5.2% vol
half pint 3.2 627 pint 5.7
- ★ 601 **asahi** japan 5.2% vol 330ml 4.5
602 660ml 7.3
- 613 **singha** thailand 5% vol 330ml 4.5
614 630ml 7.3



soulful spirits + sake

- ★ 504 **roku tonic** 7.5
japanese craft roku gin. fever-free tonic water. garnished with fresh lime + ginger
- ★ 514 **sakura pink g+t** 7.8
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 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

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

hot drinks

- | | |
|---|--|
| tea | coffee |
| ★ 782 ginger + lemongrass tea 2.9
zesty, warming + fragrant 0 kcal | ★ 731 espresso 2.5 4 kcal |
| ★ 784 fresh mint tea 2.9
fresh mint leaves. pure + simple 4 kcal | ★ 732 double espresso 2.7
8 kcal |
| ★ 781 jasmine flowering tea 3.5
flowering lily + jasmine green tea 0 kcal | 733 americano 2.9 20 kcal |
| ★ 771 green tea free 0 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 |

*oat milk available

soft drinks

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

**includes sugar tax levy

desserts

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

- ★ 134 **chocolate orange cake** 6.7
flourless chocolate orange cake. miso caramel ice cream. chocolate sauce. fresh mint 567 kcal
- ★ 142 **banana katsu** 6.7
banana in crispy panko breadcrumbs. miso caramel ice cream. toffee sauce 247 kcal
- 129 **smoked chocolate caramel cake (v)** 6.7
smoked chocolate mousse. salted caramel. crushed biscuits. chocolate fudge brownie. chocolate ganache. vanilla ice cream 518 kcal



- 131 **white chocolate + ginger cheesecake (v)** 6.7
with toffee sauce 449 kcal
- ★ 140 **coconut reika ice cream** 4.9
with coconut flakes + passion fruit sauce 432 kcal
- ★ 128 **miso caramel ice cream** 4.9
with toffee sauce + fresh mint 419 kcal
- 125 **chocolate + cherry kefir ice cream (v)** 4.9
with fresh mint 429 kcal



- 145 **dough-chi™ (v)** 5.9
three cookie dough balls with an ice cream centre. garnished with passion fruit sauce. mint + icing sugar. mix + match to find your favourite
323 kcal - contain gluten free oat flour
cherry, vanilla + yuzu / coconut / matcha + white chocolate

true nourishment from bowl to soul

wagamama

please ask if you'd prefer a menu without calories



adults need around
2000 calories a day

TRIAL-DRAUGHT-JULY22-02

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



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 6.7
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 6.7
two fluffy asian buns

★ 118 **spicy teriyaki vegan 'chicken'** 363 kcal
seasoned soya protein, asian slaw, fried onions, spicy teriyaki sauce

★ 114 **mixed mushrooms** 338 kcal
panko aubergine, vegan mayonnaise, coriander

116 **hoisin pulled duck** 416 kcal
cucumber, hoisin sauce, vegan mayonnaise

113 **korean barbecue beef** 264 kcal
red onion, asian slaw, sriracha vegan mayonnaise

115 **pork belly** 392 kcal
panko apple, sriracha, vegan mayonnaise, coriander

★ 104 **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

★ 110 **bang bang cauliflower** 5.7
crispy cauliflower, firecracker sauce, red + spring onion, fresh ginger, coriander 472 kcal

★ 126 **wok-fried greens** 4.9
tenderstem broccoli, fine beans, mangetout, garlic + soy sauce, korean pepper powder 155 kcal

★ 121 **crispy chilli mushrooms** 7
a great vegan alternative to our chilli squid, lightly battered chilli garlic oyster mushrooms, korean pepper powder, red chilli, chilli + coriander dipping sauce 741 kcal

★ 90 **chilli sambal squash** 4.7
wok-fried butternut squash, chilli sambal + soy sauce, coriander cress 248 kcal

★ 120 **sticky vegan 'ribs'** 6.9
mushroom + soya protein 'ribs', sweet + spicy sticky sauce, sesame seeds, spring onion 306 kcal

★ 95 **sticky miso corn** 5.5
corn on the cob roundels, sticky miso sauce, red chilli, sesame seeds 505 kcal

ssambap 5.9
baby gem lettuce wraps, pickled asian slaw, spicy kimchee sauce

97 **chicken** 274 kcal
with red chillies

★ 98 **tempeh** 266 kcal
with coriander cress

94 **tama squid** 7.5
crispy fried squid balls, okonomiyaki sauce, vegan mayonnaise, seaweed, bonito flakes 334 kcal

103 **ebi katsu** 7.5
prawns in crispy panko breadcrumbs, coriander, fresh lime, chilli + garlic dipping sauce 305 kcal

107 **chilli squid** 7.5
crispy fried squid, shichimi spice, chilli + coriander dipping sauce 586 kcal

96 **prawn kushiyaki** 7
skewered grilled prawns, lemongrass + chilli marinade, caramelised lime 151 kcal

108 **chicken yakitori** 7.2
marinated miso glazed chicken skewers, coriander cress, sesame seeds 282 kcal



22

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'** 12.2
seasoned soya protein in a spicy teriyaki sauce, udon noodles, vegetable broth, sweetcorn, bok choy, chilli sambal paste, spring onion, chilli, coriander, chilli oil 813 kcal

★ 22 **spicy vegan short 'rib'** 12.7
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
shichimi-coated silken tofu, udon noodles, curried vegetable broth, grilled mixed mushrooms, seasonal greens, carrot, chilli, coriander 594 kcal

35 **miso-glazed cod** 14.7
two miso-glazed cod filets, ramen noodles, light vegetable broth, bok choy, menma, spring onion, chilli oil 673 kcal

20 **grilled chicken** 10.7
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** 14 681 kcal
25 **chicken** 12.5 606 kcal

30 **tantanmen beef brisket** 14
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** 12.5
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 5 kcal
- ★ 303 **chillies** 1 2 kcal
- ★ 302 **miso soup, japanese pickles** 2 37 kcal
- ★ 309 **coconut + sriracha vegan 'egg'** 1.5 50 kcal
made in collaboration with gaz oakley
- ★ 306 **kimchee** 1
spicy fermented cabbage + radish with garlic 15 kcal
- ★ 307 **chilli sambal paste** 1 64 kcal
- 305 **tea-stained egg (v)** 1.2 95 kcal

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



76

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

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

★ 79 **prawn** 14 1035 kcal
★ 76 **tofu** 12 1167 kcal

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

93 **prawn** 14 1067 kcal
★ 91 **tofu** 12 1208 kcal

★ 1171 **vegatsu** 11.7
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** 11.7 998 kcal

★ 72 **yasai | sweet potato, aubergine,**

butternut squash 10.7 1074 kcal

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



68

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

new **korean spice bowls**
aubergine or chicken in a sticky korean sauce, caramelised onions, brown rice, pickled slaw, lotus root crisps, a drizzle of teriyaki sauce, korean pepper powder, sesame seeds, spring onion, coriander cress

★ 82 **aubergine** 11 658 kcal
68 **chicken** 11.6 767 kcal
with ginger

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

69 **beef brisket** 13 842 kcal

70 **chicken** 11.7 738 kcal

89 **grilled duck** 14.8
shredded duck in spicy teriyaki sauce, sticky white rice, carrot, mangetout, sweet potato, cucumber, red + spring onion, fried egg, side of kimchee 1282 kcal



44

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** 10.7 819 kcal

41 **yasai | mushroom (v)** 9.7 785 kcal

★ 1141 **yasai | mushroom** 9.7

choose udon noodles 569 kcal or rice noodles 589 kcal

+ remove the egg to make this dish suitable for a vegan diet

pad thai
rice noodles, egg, beansprouts, leeks, chilli, red + spring onion, amai sauce, fried onions, sunflower seed brittle, mint, coriander, fresh lime

48 **chicken + prawn** 11.7 818 kcal

47 **yasai | tofu (v)** 10.7 865 kcal

★ 1147 **yasai | tofu** 10.7 802 kcal

cooked without egg to become suitable for a vegan diet

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

45 **steak** 15.5 890 kcal
46 **salmon** 14.5 882 kcal

42 **yaki udon** 11.7
udon noodles, chicken, prawns, egg, beansprouts, leeks, mushrooms, peppers, curry oil, fried onions, pickled ginger, sesame seeds, bonito flakes 636 kcal

44 **ginger chicken udon** 11.7
udon noodles, marinated chicken, egg, mangetout, chilli, beansprouts, red + spring onion, pickled ginger, coriander 678 kcal



240

kokoro bowls

(koh-koh-roh)

kokoro means spirit, heart + mind. because these bowls are freshly balanced to leave you feeling light + rejuvenated

new **koyo bowls**
sticky korean sauce, mixed leaves, beetroot, carrot, cucumber, mooli, red radish, edamame beans, sunflower seed brittle, coriander cress, white dressing

★ 240 **aubergine + caramelised onions** 11.5 311 kcal

241 **steak** 14 426 kcal

242 **salmon** 13 443 kcal

244 **chicken** 12.5 435 kcal

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 carried salad dressing

★ 77 **tempeh** 11.3 624 kcal

74 **chicken** 11.5 578 kcal

85 **spicy miso mackerel** 14.8
mackerel filets in spicy kimchee sauce, sweet potato, tenderstem broccoli, bok choy, shiitake 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

please ask a member of the team for full nutritional information 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 main menu vegan dishes are registered with The Vegan Society