

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 (v)
mango, apple, orange juice
152/198 kcal



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



05 high five (v)
melon, pineapple, lemon, apple, orange juice
214/316 kcal



04 carrot cleanse
carrot, fresh ginger
140/211 kcal



11 positive
pineapple, lime, spinach, cucumber, apple
203/299 kcal



03 orange (v)
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
139/188 kcal

sides + sharing

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

five dumplings packed with flavour. served with dipping sauce

- 101** **refreshed** **yasai | vegetable** steamed 207 kcal **6.5**
- 102** **salmon** steamed 167 kcal **6.9**
- 100** **chicken** steamed 207 kcal **6.7**
- 105** **pulled pork** steamed 207 kcal **6.7**
- 99** **duck** fried 324 kcal **6.9**



101



107

hirata steamed buns

two fluffy asian buns

- 118** **spicy teriyaki vegan 'chicken'** 6.7
seasoned soya protein, asian slaw, fried onions, spicy teriyaki sauce 363 kcal
- 114** **mixed mushrooms** 6.5
panko aubergine, vegan mayonnaise, coriander 336 kcal
- 116** **hoisin pulled duck** 6.9
cucumber, hoisin sauce, vegan mayonnaise 350 kcal
- 113** **korean barbecue beef** 6.9
red onion, asian slaw, sriracha vegan mayonnaise 263 kcal
- 115** **pork belly** 6.7
panko apple, sriracha, vegan mayonnaise, coriander 392 kcal

- 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 471 kcal
- 106** **wok-fried greens** 4.9
tenderstem broccoli, bok choy, garlic + soy sauce 177 kcal
- 119** **vegan chilli 'squid'** 7
lightly battered pulled king oyster mushrooms, shichimi, sticky dipping sauce with fresh chilli + coriander 575 kcal
- 120** **sticky vegan 'ribs'** 7
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** 6
baby gem lettuce wraps, pickled asian slaw, spicy kimchee sauce
- 97** **chicken** with red chilli 274 kcal
- 98** **tempeh** with coriander cress 266 kcal
- 94** **tama squid** 7.7
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** 7.7
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** 7.5
marinated miso glazed chicken skewers, coriander cress, sesame seeds 283 kcal

ramen

a humble dish that comes from the very heart of asia. to us, ramen is more than just a soul-warming bowl, it's an experience to be had. wrap your hands around the bowl, immerse yourself in steam, heartily slurp the broth. discover our new gyoza ramen, topped with five tasty dumplings



37



new gyoza ramen

your choice of steamed gyoza, vegetable broth, roasted bok choy, chilli sambal paste, spring onion, coriander, chilli oil, side of gyoza sauce

- 37** **chicken** 13.5
with ramen noodles + half a tea-stained egg 717 kcal
- 21** **yasai | vegetable** 12.5
with udon noodles 573 kcal
- 28** **teriyaki vegan 'chicken'** 12.5
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
- 23** **kare burosu** 12.2
shichimi-coated silken tofu, udon noodles, curried vegetable broth, grilled mixed mushrooms, seasonal greens, shredded carrots, chilli, coriander 589 kcal
- 20** **grilled chicken** 11.8
marinated chicken, ramen noodles, rich chicken broth with dashi + miso, seasonal greens, menma, spring onion 498 kcal
- chilli**
ramen noodles, spicy chicken broth, red + spring onion, beansprouts, coriander, fresh lime
- 24** **steak** 681 kcal **14.5**
- 25** **chicken** 606 kcal **12.7**
- 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 690 kcal
- 31** **shirodashi pork belly** 13.5
slow-cooked pork belly, ramen noodles, rich chicken broth with dashi + miso, seasonal greens, menma, wakame, half a tea-stained egg, spring onion 878 kcal

customise my broth

light chicken or vegetable

spicy chicken or vegetable with chilli

rich reduced chicken broth with dashi + miso



91

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** 1035 kcal **14**
- 75** **chicken** 1123 kcal **13**
- 76** **tofu** 1168 kcal **12**

firecracker

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

- 93** **prawn** 1059 kcal **14**
- 92** **chicken** 1178 kcal **13**
- 91** **tofu** 1200 kcal **12**

1171 vegatsu

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** 998 kcal **12**
- 72** **yasai | sweet potato, aubergine, butternut squash** 1074 kcal **11**

make your katsu hot for sop 90 kcal



89

donburi

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** 12.5
shredded seitan + shiitake 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 503 kcal

teriyaki

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

- 69** **beef brisket** 842 kcal **13.5**
- 70** **chicken** 738 kcal **12.2**

89 grilled duck

shredded duck in spicy teriyaki sauce, sticky white rice, shredded carrots, mangetout, sweet potato, cucumber, red + spring onion, fried egg, side of kimchee 1068 kcal



41

teppanyaki

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** 819 kcal **11.3**
- 41** **yasai | mushroom (v)** 777 kcal **9.8**
- 1141** **yasai | mushroom** 777 kcal **9.8**

for a vegan diet, remove the egg, choose udon noodles 560 kcal or rice noodles 581 kcal

pad thai

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

- 48** **chicken + prawn** 789 kcal **12.2**
- 47** **yasai | tofu (v)** 836 kcal **10.9**
- 1147** **yasai | tofu** 773 kcal **10.9**

for a vegan diet, remove the egg

teriyaki soba

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

- 45** **steak** 890 kcal **15.8**
- 46** **salmon** 905 kcal **14.8**

42 yaki udon

udon noodles, chicken, prawns, egg, beansprouts, leeks, mushrooms, peppers, curry oil, fried onions, pickled ginger, sesame seeds, bonito flakes 628 kcal

44 ginger chicken udon

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

feed your soul...

(v) **vegetarian**

vegan

new

refreshed

may contain shell or small bones

under 600 calories

adults need around 2000 calories a day

full nutritional information can be found at 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

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



230

soulful bowls

fresh + uplifting bowls lovingly prepared by our chefs to leave you feeling rejuvenated. simple, balanced soul food. from bowl to soul

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 chilli, coriander cress, a side of curried salad dressing

- 74** **chicken** 578 kcal **11.8**
- 77** **tempeh** 624 kcal **11.2**

231 shu's 'shioik' jackfruit

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

230 shu's 'shioik' chicken

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

mackerel fillets in spicy kimchee sauce, sweet potato, tenderstem broccoli, bok choy, shiitake mushrooms, kimchee fried brown rice, red chilli, ginger, coriander cress 843 kcal

extras

- 304** **japanese pickles** 5 kcal **1**
- 303** **chillies** 2 kcal **1**
- 302** **miso soup, japanese pickles** 37 kcal **2**
- 309** **coconut + sriracha vegan 'egg' made in collaboration with gaz oakley** 50 kcal **1.5**
- 306** **kimchee** 15 kcal **1**
spicy fermented cabbage + radish with garlic
- 307** **chilli sambal paste** 64 kcal **1**
- 305** **tea-stained egg (v)** 69 kcal **1.2**

WARM
YOUR
SOUL

seijaku, a japanese phrase meaning 'tranquility in the midst of activity'. to us, this is the soul warming moment you wrap your hands around a green tea at the end of a busy day, wrapping your arms around a friend, wrapping up warm as the days get shorter

our menu has been created to bring seijaku to life, to make you feel tranquil + rejuvenated. steaming new ramens with broths seasoned to ignite your tastebuds, gyozas that are filled to the brim with flavour, and of course the classics to make you feel at home

from bowl to soul

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** 3.5
cherry blossom + cloudy lemon syrup, sparkling water, a sprinkle of dried rose petals 83 kcal
- 684 **yuzu + lychee tonic** 4
yuzu purée + lychee syrup, your choice of fever-tree tonic water, garnished with a fresh orange slice
light 144 / original 170 kcal



beer + cider

- ★ 606 **lucky buddha** 5
4.8% vol 330ml
lucky buddha collaboration
- ★ 601 **asahi** 5.2% vol 4.5
small bottle 330ml
- ★ 602 **asahi** 5.2% vol 7.3
large bottle 660ml
- ★ 616 **north brewing co. transmission ipa** 6.9% vol 440ml 6.5
- ★ 620 **north brewing co. atlantis pale ale** 4.1% vol 440ml 5.5
- ★ 609 **days** 4.7
alcohol-free lager 0.0% vol 330ml
- ★ 603 **east by southeast cider** 5.5
4.6% vol 330ml
hawkes collaboration
crisp cider crafted from fuji, gala + bramley surplus supermarket apples



soft drinks

- ★ 705 **coke** 139 kcal 3.3
- ★ 705 **diet coke** 1 kcal 3.2
- ★ 705 **coke zero** 1 kcal 3.2
- ★ 708 **sprite zero** 3 kcal 3.2
- ★ 714 **cloudy lemonade**
reg 85 kcal 3.2
large 127 kcal 3.4
- ★ 710 **peach iced tea**
reg 98 kcal 3.2
large 133 kcal 3.4
- still water**
- ★ 701 **reg** 0 kcal 2.7
- ★ 703 **large** 0 kcal 4.5
- sparkling water**
- ★ 702 **reg** 0 kcal 2.7
- ★ 704 **large** 0 kcal 4.5

**includes sugar tax levy



sake

- ★ 484 **sho chiku bai** 15% vol 125ml 4.5
japan's national drink, sake, brewed from rice, mild but complex

wine

- red**
- 429 **merlot** spain 13.5% vol 750ml 21 250ml 7.7 175ml 6
- ★ 444 **malbec** argentina 13% vol 23 8.5 6.5
- white**
- ★ 409 **pinot grigio** italy 11.5% vol 750ml 19 250ml 7 175ml 5.7
- 408 **sauvignon blanc** south africa 12.5% vol 25 9.5 7
- rosé**
- ★ 449 **pinot grigio blush** italy 11.5% vol 750ml 20 250ml 7.5 175ml 6
- sparkling**
- ★ 460 **prosecco** italy 11.5% vol 750ml 26 125ml 5.5

soulful spirits + cocktails



- 12 **high five panchi** (v) 8
coconut rum, melon, pineapple, lemon, apple, orange juice
- ★ 13 **positive panchi** 8
spiced rum, pineapple, lime, spinach, cucumber, apple
- ★ 504 **roku tonic** 7.5
japanese craft roku gin, your choice of light or original fever-tree tonic water, garnished with fresh lime + ginger
- ★ 514 **sakura pink g+t** 7.8
japanese craft roku gin, cherry blossom syrup, your choice of light or original fever-tree tonic water, fresh lime + a sprinkle of dried rose petals
- 512 **lychee collins** 7.8
japanese craft haku vodka, lychee + cloudy lemon syrup, sparkling water, a sprinkle of orange zest

FSC logo Carbon logo

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adults need around 2000 calories a day



from bowl to soul

