

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



soulful spirits + cocktails

- new** ★ **panchi** 8
fresh, fruity + mixed with rum to give a punch-like cocktail with a twist

- ★ 13 **positive**
spiced rum, pineapple, lime, spinach, cucumber, apple
- 12 **high five (v)**
coconut rum, melon, pineapple, lemon, apple, orange juice

- ★ 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

- ★ 484 **sho chiku bai** 15% vol 125ml 4.5
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

- 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** 750ml 20 250ml 7.5 175ml 6
italy 11.5% vol
all wine available in 125ml

sparkling

- ★ 460 **prosecco** 750ml 26 125ml 5.5
italy 11.5% vol



beer + cider

- ★ 620 **atlantis pale ale** 5.5
4.1% vol 440ml
north brewing co.

- ★ 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
- coke zero** 1 kcal 3.2

- ★ 708 **sprite zero** 3 kcal 3.2

- ★ 714 **cloudy lemonade** 3.4
reg 85 kcal 3.2 lrg 127 kcal 3.4

- ★ 710 **peach iced tea** 3.4
reg 98 kcal 3.2 lrg 133 kcal 3.4

still water

- ★ 701 **reg** 0 kcal 2.7

- ★ 703 **lrg** 0 kcal 4.5

sparkling water

- ★ 702 **reg** 0 kcal 2.7

- ★ 704 **lrg** 0 kcal 4.5

**includes sugar tax levy

hot drinks

tea

- ★ 782 **ginger + lemongrass tea** 3
zesty, warming + fragrant 0 kcal

- ★ 784 **fresh mint tea** 2.5
fresh mint leaves, pure + simple 4 kcal

- ★ 781 **jasmine flowering tea** 3.5
flowering lily + jasmine green tea 0 kcal

- ★ 771 **green tea** 0 kcal free

coffee

- ★ 731 **espresso** 4 kcal 2.5

- ★ 732 **double espresso** 8 kcal 2.7

- 733 **americano** 20 kcal 2.9

latte

- 735 **reg** 44 kcal 3 736 **lrg** 80 kcal 3.5

cappuccino

- 737 **reg** 52 kcal 3 738 **lrg** 88 kcal 3.5

- 739 **macchiato** 20 kcal 2.9

- 740 **iced coffee** 90 kcal 3

sweet treats

- ★ 10143 **new** **yuzu + lemon cheesecake** 5.9
coconut based filling, served with passion fruit sauce + fresh mint 368 kcal
contains gluten free oat flour

- ★ 10140 **coconut reika ice cream** 4.9
with coconut flakes + passion fruit sauce 432 kcal

- ★ 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



- 10145 **new** **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 337 kcal contains gluten free oat flour
/ **matcha + white chocolate**
/ **cherry, vanilla + yuzu**
/ **coconut**

adults need around 2000 calories a day

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



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

WARM YOUR SOUL

seijaku. a japanese phrase meaning 'tranquillity 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

sides + sharing

- ★ 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** 6
baby gem lettuce wraps, pickled asian slaw, spicy kimchee sauce
- 1097 **chicken**
with red chilli 274 kcal
- ★ 1098 **tempeh**
with coriander cress 266 kcal



10230

mains

- 1020 **grilled chicken ramen** 11.8
grilled marinated chicken, rice noodles, light chicken broth, seasonal greens 449 kcal
- 1048 **chicken + prawn pad thai** 12.2
rice noodles, chicken, prawns, egg, beansprouts, leeks, chilli, red + spring onion, fried onions, mint, coriander, fresh lime 725 kcal
- ★ 10231 **shu's 'shio' jackfruit** 11.2
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 'shio' 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** 1035 kcal 14
- 1075 **chicken** 1123 kcal 13
- ★ 1076 **tofu** 1168 kcal 12



1097



1076

feed your soul...

(v) vegetarian

new

may contain shell or small bones

★ vegan

under 600 calories

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](https://www.wagamama.com/our-menu)

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