

wagamama

allergen information  
and dietary guide  
ak-03-05-23

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## 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

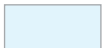
carbohydrate and sugar values for our food can be found within the nutritional information for each dish that is published on our website [wagamama.com](http://wagamama.com)

### 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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**a blue box** | means that the dish can be modified to remove the specified allergenic ingredient or to make it suitable for vegetarians or vegans. please ask your server for more information



**a purple asterisk** | means that the dish is fried in oil or cooked using shared equipment that may also be used to fry/cook other dishes that include the specified allergenic ingredient

**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

sides + sharing		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>our signature gyoza</b>																	
99	fried gyoza, duck		● (barley, wheat)	*	*	*			*				●	●	●	no	no
101	steamed gyoza, yasai i vegetable		● (wheat)										●	●	●	yes	yes
102	steamed gyoza, salmon		● (barley, wheat)			●							●	●		no	no
100	steamed gyoza, chicken		● (barley, wheat)			*							●	●		no	no
105	steamed gyoza, pulled pork		● (barley, wheat)											●	●	no	no
<b>hirata steamed buns</b>																	
113	korean barbecue beef		● (barley, wheat)	●		●		●	●	●				●	●	no	no
114	mixed mushroom		● (wheat)										●	●	*	yes	yes
115	pork belly		● (wheat)							●			*	●	●	no	no
116	hoisin pulled duck		● (wheat)										●	●	●	no	no

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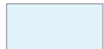
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plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
<b>the classics</b>																	
108	chicken yakitori		● (barley, wheat)							●			●	●	●	no	no
107	chilli squid		*	*	*	*			●				●	*	●	no	no
104	edamame, your way   simply salt		● (wheat)											●		yes	yes
104	edamame, your way   chilli + garlic salt		● (wheat)											●		yes	yes
104	edamame, your way   plain		● (wheat)											●		yes	yes
110	bang bang cauliflower		● (barley, wheat)										*	●	●	yes	yes
103	ebi katsu		● (barley, wheat)	●	*	*			*				*	*	●	no	no
126	wok-fried greens													●		yes	yes
96	prawn kushiyaki			●		●								●	●	no	no
<b>to discover</b>																	
94	tama squid		● (wheat)	●	*	●			●				*	●	*	no	no
120	sticky vegan 'ribs'		● (barley, wheat)							●			●	●	●	yes	yes
124	asian-style padron peppers													●		yes	yes
122	prawn nori rolls			●					●	●				●	●	no	no
121	crispy chilli mushrooms		*										*	*	●	yes	yes



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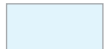
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ramen		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
<b>umami bowls</b>																	
30	tantanmen beef brisket		● (barley, wheat)	●	●	●		●	●					●	●	no	no
20	grilled chicken		● (wheat)		■	●								●		no	no
31	shirodashi pork belly		● (barley, wheat)	●	●	●		●	●					●	●	no	no
<b>with a twist</b>																	
37	gyoza ramen, chicken		● (barley, wheat)		●	●							●	●	●	no	no
21	gyoza ramen, yasai   vegetable		● (barley, wheat)										●	●	●	yes	yes
80	vegan 'chicken' kare lomen		● (barley, wheat)										●	●	●	yes	yes
<b>hot and spicy</b>																	
24	chilli ramen, steak		● (barley, wheat)		■									●	●	no	no
25	chilli ramen, chicken		● (barley, wheat)		■									●	●	no	no
23	kare burosu		● (barley, wheat)							●			●	●	*	yes	yes
<b>customise my broth</b>																	
	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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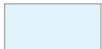
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curry		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
79	raisukaree, 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
72	katsu curry, yasai   sweet potato. aubergine. butternut squash		● (wheat)							●			*	●	*	yes	yes
73	grilled chicken katsu		● (wheat)							●				●		no	no
666	hot katsu curry, chicken		● (barley, wheat)	*	●	*			*	●			*	●	●	no	no
667	hot katsu curry, yasai   sweet potato. aubergine. butternut squash		● (barley, wheat)							●			*	●	●	yes	yes
<b>customise my rice</b>																	
300	white rice															yes	yes
300	brown rice															yes	yes
300	sticky white rice															yes	yes



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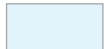
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teppanyaki		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
40	yaki soba, chicken + prawn		● (wheat)	●	●								●	●		no	no
41	yaki soba, yasai   mushroom		● (barley, wheat)		●								●	●		yes	no
1141	yaki soba, yasai   mushroom, udon noodles		● (barley, wheat)										●	●		yes	yes
1141	yaki soba, yasai   mushroom, rice noodles		● (barley, wheat)										●	●		yes	yes
48	pad thai, chicken + prawn		● (barley, wheat)	●	●	●								●		no	no
47	pad thai, yasai   tofu		● (barley, wheat)		●									●	●	yes	no
1147	pad thai, yasai   tofu, without egg		● (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
<b>customise my noodles</b>																	
301	soba noodles		● (wheat)		●											yes	no
301	udon noodles		● (wheat)													yes	yes
301	rice noodles															yes	yes
<b>exclusive to deliveroo</b>																	
796	prawn firecracker soba		● (barley, wheat)	●	●									●	●	no	no



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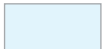
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donburi		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
89	grilled duck		● (barley, wheat)		●								●	●	●	no	no
69	teriyaki donburi, beef brisket		● (barley, wheat)										●	●	●	no	no
70	teriyaki donburi, chicken		● (barley, wheat)										●	●	●	no	no
87	cha han, chicken + prawn		● (barley, wheat)	●						●			●	●	●	no	no
88	cha han, shichimi tofu		● (barley, wheat)							●			●	●	●	yes	yes
<b>customise my rice</b>																	
300	white rice															yes	yes
300	brown rice															yes	yes
300	sticky white rice															yes	yes

soulful 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
230	shu's 'shio' chicken													●	●	no	no
85	spicy miso mackerel		● (barley, wheat)			●				●			●	●	●	no	no
244	koyo bowls   chicken + caramelised onion									●				●	●	no	no
242	koyo bowls   salmon					●				●				●	●	no	no
240	koyo bowls   aubergine + caramelised onion									●				●	●	yes	yes



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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
306	kimchee															yes	yes
307	chilli sambal paste														●	yes	yes
305	tea-stained egg				●									●		yes	no
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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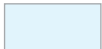
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and to finish		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
131	white chocolate + ginger cheesecake		● (oat, wheat)					●			● <small>(including almonds, hazelnuts, walnuts, pecans, pistachios and macadamia nuts)</small>	●		●		yes	no
142	banana katsu		● (wheat)										*	●	*	yes	yes
129	smoked chocolate caramel cake		● (wheat)		●			●			● <small>(including almonds, hazelnuts, walnuts, pecans, pistachios and macadamia nuts)</small>	●		●		yes	no
145	dough.chi   matcha + white chocolate				●			●			● <small>(including almonds)</small>			●		yes	no
145	dough.chi   coconut				●			●			● <small>(including almonds)</small>			●		yes	no
145	dough.chi   cherry, vanilla + yuzu				●			●			● <small>(including almonds)</small>			●		yes	no
145	dough.chi   one of each flavour				●			●			● <small>(including almonds)</small>			●		yes	no
<b>ice cream + sorbet</b>																	
150	wagamama juice sorbet															yes	yes
140	coconut reika ice cream															yes	yes
128	miso caramel ice cream													●		yes	yes
125	chocolate + cherry kefir ice cream				●			●			● <small>(including hazelnuts, pecans, and pistachios)</small>	●				yes	no



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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
14	power															yes	yes
05	high five															yes	no
04	carrot cleanse															yes	yes
11	positive															yes	yes
03	orange															yes	no
15	up-beet															yes	yes

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
684	yuzu + lychee tonic   light															yes	no
684	yuzu + lychee tonic   original															yes	no
683	cherry blossom lemonade															yes	yes

soft 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
714	cloudy lemonade   large															yes	yes
714	cloudy lemonade   regular															yes	yes
710	peach iced tea   large															yes	yes
710	peach iced tea   regular															yes	yes

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hot 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
<b>tea</b>																	
782	ginger + lemongrass tea															yes	yes
784	fresh mint tea															yes	yes
781	jasmine flowering tea															yes	yes
771	green tea															yes	yes
<b>coffee</b>																	
731	espresso															yes	yes
732	double espresso															yes	yes
733	americano															yes	yes
733	americano with milk							●								yes	no
733	americano with oat drink		● (oat)													yes	yes
736	latte   large							●								yes	no
735	latte   regular							●								yes	no
738	cappuccino   large							●								yes	no
737	cappuccino   regular							●								yes	no
739	macchiato							●								yes	no
740	iced coffee															yes	yes

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soulful spirits and cocktails		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
518	thai chilli margarita														●	yes	yes
522	pandan passion fruit colada															yes	yes
520	sake spritz															yes	yes
13	panchi, positive															yes	yes
12	panchi, high five															yes	no
514	sakura pink g+t   light															yes	yes
514	sakura pink g+t   original															yes	yes
504	roku tonic   light															yes	yes
504	roku tonic   original															yes	yes

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
480	mio sparkling sake															no	no
482	kaori sake															no	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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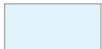
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kids menu		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
<b>noodles</b>																	
920	mini ramen		● (wheat)		●									●		no	no
10920	mini ramen, rice noodles													●		no	no
940	mini yaki soba, chicken		● (barley, wheat)		●									●		no	no
10940	mini yaki soba, chicken, rice noodles				●									●		no	no
981	mini chicken noodles		● (barley, wheat)		●									●		no	no
10981	mini chicken noodles, sticky rice													●		no	no
<b>rice dishes</b>																	
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
977	mini cha han, chicken		● (barley, wheat)		●									●		no	no
10977	mini cha han, chicken, no sauce				●									●		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



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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>noodles, 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
10927	mini yasai ramen, rice noodles													●	●	yes	yes
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
10941	mini yasai yaki soba, rice noodles, no sauce													●	●	yes	yes
<b>rice dishes, yasai</b>																	
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
10978	mini yasai cha han, no sauce													●	●	yes	yes

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<b>drinks</b>																	
910	mini juice, orange															yes	no
910	mini juice, apple															yes	yes
910	mini juice, orange + apple															yes	no
911	glass of milk							●								yes	no
912	cococino							●								yes	no
<b>something sweet</b>																	
915	little ko pop, mango + apple															yes	yes
915	little ko pop, blackcurrant + apple															yes	yes
913	vanilla pod ice cream, no sauce				●			●								yes	no
913	vanilla pod ice cream, passion fruit sauce				●			●								yes	no
913	vanilla pod ice cream, toffee sauce				●			●								yes	no

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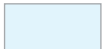
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non gluten menu		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
<b>sides</b>																	
1096	prawn kushiyaki			●		●								●	●	no	no
10104	edamame, your way   simply salt													●		yes	yes
10104	edamame, your way   chilli + garlic salt													●		yes	yes
10104	edamame, your way   plain													●		yes	yes
10126	wok-fried greens													●		yes	yes
10124	asian-style padron peppers													●		yes	yes
10122	prawn nori rolls			●					●	●				●	●	no	no
<b>mains</b>																	
10244	koyo bowls   chicken + caramelised onion									●				●	●	no	no
10242	koyo bowls   salmon					●				●				●	●	no	no
10240	koyo bowls   aubergine + caramelised onion									●				●	●	yes	yes
1020	grilled chicken ramen													●		no	no
1048	chicken + prawn pad thai			●	●	●								●		no	no
10230	shu's 'shio' chicken													●	●	no	no
1079	raisukaree, prawn			●									●	●		no	no
1075	raisukaree, chicken												●	●		no	no
1076	raisukaree, tofu												●	●	●	yes	yes



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<b>and to finish</b>																	
10150	wagamama juice sorbet															yes	yes
10140	coconut reika ice cream															yes	yes
10128	miso caramel ice cream													●		yes	yes
10125	chocolate + cherry kefir ice cream				●			●			● <small>(including hazelnuts, pecans, and pistachios)</small>	●				yes	no
10145	dough.chi   matcha + white chocolate				●			●			● <small>(including almonds)</small>			●		yes	no
10145	dough.chi   coconut				●			●			● <small>(including almonds)</small>			●		yes	no
10145	dough.chi   cherry, vanilla + yuzu				●			●			● <small>(including almonds)</small>			●		yes	no
10145	dough.chi   one of each flavour				●			●			● <small>(including almonds)</small>			●		yes	no
10913	vanilla pod ice cream, passion fruit sauce				●			●								yes	no

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