

Noodle Lab

non-gluten menu

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

sides

1095 king oyster mushroom skewers 7
three skewers of flavourful mushroom ribbons coated in a sticky red chilli + miso glaze. garnished with coriander cress

1096 prawn kushiyaki 7
three grilled prawn skewers, marinated in zesty lemongrass + chilli. served with a caramelised lime

10104 edamame, your way 4.9
pop them out of their pod + enjoy simply salt or chilli + garlic salt

10106 wok-fried greens 5
now including cauliflower stems, wokked together with crunchy tenderstem broccoli, fine beans + mangetout. cooked in a fragrant garlic + soy sauce



1095



1076

mains

raisukaree
mild + citrussy. a fragrant coconut sauce, mangetout, red + green peppers and red + spring onion. served with a dome of white rice, chilli, coriander, sesame seeds + a fresh zingy lime wedge

1079 prawn 15.5
1075 chicken 15
1076 tofu 13

1020 grilled chicken ramen 14
marinated chicken breast + rice noodles served in a light chicken broth. topped with pea shoots + a spring onion garnish

1048 chicken + prawn pad thai 14.3
rice noodles cooked with chicken, prawns, egg, beansprouts, leeks, chilli and red + spring onion. topped with crispy fried onions, mint, coriander + a fresh lime wedge

koyo bowls
a bright bowl combining your choice of protein or vegetables with a sticky red chilli + miso sauce. served on a bed of mixed leaves, beetroot, carrot, cucumber, mooli, red radish + edamame beans. topped with crunchy sunflower seed brittle, coriander cress and a creamy white miso + mustard dressing on the side

10244 chicken + caramelised onion 13.5
10242 salmon 14.5
10240 aubergine + caramelised onion 11.5

10140 coconut reika ice cream 6
three scoops served with coconut flakes + passion fruit sauce

10128 miso caramel ice cream 5.5
three scoops drizzled with toffee sauce + garnished with fresh mint

10145 dough-chi® (v) 6.5
three cookie dough balls with a smooth ice cream centre. served with passion fruit sauce and garnished with mint + icing sugar. mix + match to find your flavour
contains gluten free oat flour

/ **matcha + white chocolate**
/ **coconut**
/ **cherry, vanilla + yuzu**



10145



refreshing juices

raw energy is the rejuvenating power of fruits + vegetables. squeezed and freshly poured. each nourishing you with 1 of your 5-a-day

large 6 | regular 5

03 orange (v)
orange juice. pure + simple

14 power
spinach. apple. fresh ginger

15 up-beet
beetroot. red pepper. cucumber. ginger. apple

08 tropical (v)
mango. apple. orange juice

11 positive
pineapple. lime. spinach. cucumber. apple

05 high five (v)
melon. pineapple. lemon. apple. orange juice



soft cocktails

689 ginger no-jito 6
zingy, cold-pressed ginger + coriander seed syrup topped with sparkling water, fresh mint + a lime wedge

684 yuzu + lychee tonic 5.5
zesty yuzu purée + lychee syrup swirled with your choice of light or original fever-tree tonic water. garnished with a fresh orange slice

683 cherry blossom lemonade 4.5
refreshing cherry blossom + cloudy lemon syrup mixed with sparkling water. finished with a fragrant sprinkle of dried rose petals

cocktails

518 thai chilli margarita 8.7
a smooth tequila balanced with a chilli liqueur + sweet coconut syrup. elegantly finished with a chilli + lime salt rim, fresh lime + bird's eye chilli

522 pandan passion fruit colada 8.7
our asian twist on a piña colada. pandan vodka paired with pineapple juice, passion fruit + coconut purée. presented with pineapple leaves + a slice of fresh pineapple



520 sake spritz 8.7
sake elevated with grapefruit + lychee, sparkling water + fresh grapefruit

panchi 9
refreshing, fruity + mixed with rum to give a punch-like cocktail with a twist

13 positive
spiced rum blended with pineapple, lime, spinach, cucumber + apple

12 high five (v)
coconut rum mixed with melon, pineapple, lemon, apple+ orange juice

g + t

504 roku tonic 7.7
japanese craft roku gin combined with your choice of light or original fever-tree tonic water. garnished with fresh lime + ginger

514 sakura pink g+t 8.5
japanese craft roku gin infused with a sweet cherry blossom syrup and your choice of light or original fever-tree tonic water. delicately garnished with a sprinkle of dried rose petals + a fresh lime slice

wine

	 750ml	 250ml	 175ml	 125ml
red				
429 merlot spain 13.5% vol	23	8.5	7	5.5
444 malbec argentina 13% vol	26	9.5	8	6
white				
409 pinot grigio italy 11% vol	23	8.5	7	5.5
408 sauvignon blanc south africa 13% vol	26	9.5	8	6
rosé				
449 pinot grigio blush italy 11.5% vol	23	8.5	7	5.5
sparkling	750ml	125ml		
460 prosecco italy 11.5% vol	29	6.5		

beer + cider

604 dead and berried cider 6.2
4% vol 330ml
hawkes
a complex + fruity cider packed with natural blackberry, raspberry + strawberry flavourings

603 east by southeast cider 6.2
4.6% vol 330ml
hawkes
crisp cider crafted from fuji, gala + bramley surplus supermarket apples

620 atlantis pale ale 6
4.1% vol 440ml
north brewing co.
made with wheat + barley. gluten is removed during the brewing process

soft drinks

714 cloudy lemonade
large 4
regular 3.5

710 peach iced tea
large 4
regular 3.5

still water
703 large 5
701 regular 3

sparkling water
704 large 5
702 regular 3

705 coke* 3.6

705 coke zero 3.5

705 diet coke 3.5

708 sprite zero 3.5

*includes sugar tax levy

non-calorie

ready to pay?
scan here +
feedback



table no.

hot drinks

tea

778 fresh lemon + ginger 3
fragrant warming tea with fresh ginger + a zesty ginger syrup

780 pink peppercorn + strawberry rooibos 3.4
mildly spiced + fruity flavoured tea. naturally caffeine free

776 japanese cherry 3.4
sweet cherry flavoured green tea infused with rose petals

774 assam
breakfast tea 2.5
strong + earthy black tea. served with semi-skimmed milk on the side


784 fresh mint 2.5
fresh mint leaves. pure + simple

771 green tea free
warm your soul with our free green tea

coffee

743 cafetière 3.4
black coffee served with semi-skimmed milk on the side

741 iced coffee 3.5
served with semi-skimmed milk.
option to sweeten with sugar cane syrup

 **vegan**
(v) **vegetarian**
🍖 **may contain shell or small bones**

allergies + intolerances if you have a food allergy or intolerance, or need help accessing our allergen information, please let your server know before you order, every time you visit. the manager on duty will personally take and serve 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, we cannot guarantee that your dish will be free from allergenic ingredients as our food and drinks are prepared in busy kitchens where cross-contamination may occur. our menu descriptions do not include all ingredients. our full allergen information is available online at [wagamama.com/allergen-information](https://www.wagamama.com/allergen-information) or please ask your server for help navigating the information

please ask a member of our team for allergen + 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