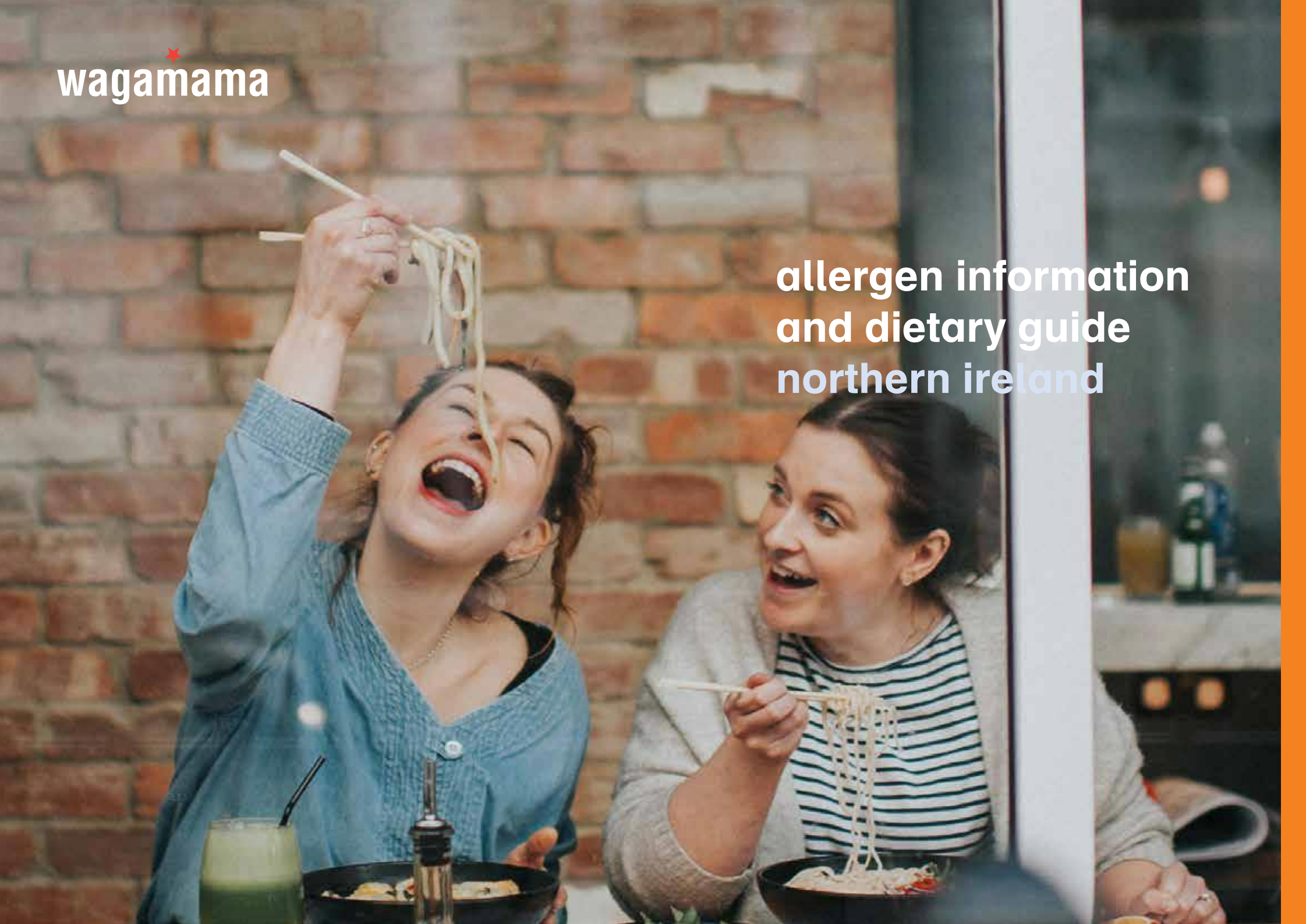


wagamama

**allergen information  
and dietary guide  
northern ireland**



## allergen information and dietary guide

### this guide

this guide lists what allergenic ingredients are contained in each dish at the wagamama restaurants in northern ireland that are operated by portalon belfast limited

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

### allergenic ingredients featured in this guide in accordance with the EU Food Information Regulation are

- **celery**
- **cereals containing gluten** (namely barley, oats, rye and wheat)
- **crustacean** - (such as prawn, crab, lobster)
- **egg**
- **fish**
- **lupin**
- **milk**
- **mollusc** - (such as mussels & oysters)
- **mustard**
- **nut** - (namely almond, brazil, cashew, chestnut, hazelnut, macadamia, pecan, pistachio, queensland, walnut)
- **peanut**
- **sesame seed**
- **soya**
- **sulphur dioxide / sulphites** (if they are at a concentration of more than 10 parts per million)

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\* **a purple asterisk** | means that the dish is fried in oil that may also be used to fry 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		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
11104	edamame with salt													●		yes	yes	yes
11104	edamame with chilli garlic salt													●		yes	yes	yes
11104	edamame plain													●		yes	yes	yes
11111	wok fried greens		●											●		no	yes	yes
112	suribachi chicken wings		●	*	*				*				●	●	*	no	no	no
11107	katsu sweet potato bites									●			●	*	*	no	yes	yes
103	bang bang prawn		●	●	●				*	●			*	●	●	no	no	no
113	duck wraps, asian pancakes and cherry hoisin		●											●	●	no	no	no
114	duck wraps, lettuce wrap and tamari sauce													●		yes	no	no
117	bao buns, bbq beef and red onion		●		●					●				●	●	no	no	no
118	bao buns mixed mushroom and panko aubergine		●		●					●			●	●	●	no	yes	no

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gyoza		this dish contains															suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan	
11101	steamed yasai gyoza		●										●	●	●	no	yes	yes	
100	steamed chicken gyoza		●										●	●	●	no	no	no	
105	steamed pork gyoza		●											●	●	no	no	no	
99	fried duck gyoza		●	*	*				*	●			●	●	●	no	no	no	

donburi+kokoro		this dish contains															suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nuts	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan	
58	teriyaki donburi, chicken		●										●	●	●	no	no	no	
57	teriyaki donburi, beef		●										●	●	●	no	no	no	
87	grilled duck donburi		●		●								●	●	●	no	no	no	
78	naked katsu	●	●							●			●	●	●	no	no	no	
1182	schichimi kokoro bowl		●										●	●	●	no	yes	yes	

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ramen		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
	spicy broth, chicken stock		●													no	no	no
	spicy broth, vegetable stock	●	●													no	yes	yes
	light broth, chicken stock															yes	no	no
	light broth, vegetable stock	●														yes	yes	yes
	rich broth, chicken stock		●			●								●		no	no	no
20	chicken ramen		●		●	●							●	●	●	no	no	no
25	chilli ramen, chicken		●		●								●	●	●	no	no	no
24	chilli ramen, sirloin steak		●		●									●	●	no	no	no
1184	kare buruso ramen	●	●							●			●	●	●	no	yes	yes

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teppanyaki		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
46	pad thai, chicken and prawn	•	•	•	•	•							•	•	•	no	no	no
47	pad thai, yasai	•	•		•									•	•	no	yes	no
40	yaki soba		•	•	•									•	•	yes	no	no
41	yasai yaki soba		•		•								•	•	•	no	yes	no
44	ginger chicken udon		•	•	•	•								•	•	no	no	no
68	teriyaki soba, chicken	•	•	•	•	•				•			•	•	•	no	no	no
66	teriyaki soba, sirloin steak	•	•	•	•	•				•			•	•	•	no	no	no

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curry		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
62	firecracker, chicken		●										●	●	●	no	no	no
63	firecracker, prawn		●	●									●	●	●	no	no	no
37	itame, chicken															yes	no	no
34	itame, prawn			●											●	yes	no	no
1138	itame, yasai													●		yes	yes	yes
71	katsu curry, chicken	●	●	*	●				*				●	●	*	no	no	no
1172	katsu curry, yasai	●	●										●	●	*	no	yes	yes
70	katsu curry, grilled chicken	●	●										●	●	●	no	no	no
666	hot katsu, chicken	●	●	*	●				*				●	●	●	no	no	no
667	hot katsu, yasai	●	●										●	●	●	no	yes	no
1188	vegatsu	●	●										●	●	*	no	yes	yes
74	chu chee curry, chicken		●	●										●		no	no	no
73	chu chee curry, beef		●	●										●		no	no	no
49	nikko curry, chicken	●								●			●			yes	no	no
50	nikko curry, prawn	●		●						●			●		*	yes	no	no
1151	nikko curry, yasai	●								●			●	●		yes	yes	yes
79	raisukaree, prawn			●									●	●		yes	no	no
75	raisukaree, chicken												●	●	●	yes	no	no
76	raisukaree, tofu												●	●	●	yes	yes	yes
91	firecracker, tofu		●										●	●	●	yes	yes	yes
668	vegatsu, hot		●							●			●	●	●	no	yes	yes

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extras		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
303	chillies															yes	yes	yes
301	soba noodles		●		●											no	yes	no
301	udon noodles		●										yes			no	yes	yes
301	rice noodles															yes	yes	yes
300	rice															yes	yes	yes
306	curry sauce (katsu)	●	●											●		no	yes	yes
309	pickled ginger															yes	yes	yes

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

**drinks** (bottled, can & prepackaged) for allergen and dietary information about bottled, can & prepackaged drinks please ask to check the label

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desserts		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
126	vanilla ice cream							●								yes	yes	no
272	chocolate truffle torte		●		●			●								no	no	no
271	salted caramel cheesecake		●					●								no	yes	no
125	vegan chocolate ice cream													●		yes	yes	yes
128	salted caramel ice cream							●								yes	yes	no
11122	passion fruit sorbet															yes	yes	yes
271	honeycomb cheesecake		●					●			*	*		●	*	no	yes	no
272	chocolate fudge cake		●		●			●						●		no	yes	no
271	vegan caramalised cheesecake		●								*	*	*	●	*	no	yes	yes
273	salted caramel brownie				●			●			*	*	*		●	yes	yes	no
271	white chocolate and raspberry cheesecake		●					●						●	*	no	yes	no

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kids menu		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
920	mini ramen, chicken		●		●								●	●	●	no	no	no
927	mini ramen, yasai	●	●		●									●		no	yes	no
981	mini grilled chicken noodles	●	●		●								●	●	●	no	no	no
971	mini katsu, chicken (no sauce)		●	*	●				*				*	*	*	no	no	no
971	mini katsu, chicken (amai sauce)	●	●	*	●				*				*	●	*	no	no	no
971	mini katsu, chicken (curry sauce)	●	●	*	●				*				*	*	*	no	no	no
970	mini grilled katsu (no sauce)		●										●	●	●	no	no	no
970	mini grilled katsu (amai sauce)	●	●		●								●	●	●	no	no	no
970	mini grilled katsu (curry sauce)	●	●										●	●	●	no	no	no
972	mini yasai katsu (no sauce)		●										*	*	*	no	yes	yes
972	mini yasai katsu (amai sauce)	●	●										*	●	*	no	yes	yes
972	mini yasai katsu (curry sauce)	●	●										*	*	*	no	yes	yes

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vegan		this dish contains														suitable for?		
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seeds	soya	sulphur dioxide	coeliac	vegetarian	vegan
11104	edamame no salt													●		yes	yes	yes
11104	edamame with chilli and garlic salt													●		yes	yes	yes
11104	edamame with salt													●		yes	yes	yes
11101	steamed yasai gyoza		●										●	●	●	no	yes	yes
11118	mixed mushroom with panko & aubergine bao bun		●							●			●	●	●	no	yes	yes
11111	miso aubergine												●	●		yes	yes	yes
11107	katsu sweet potato bites	●	●							●			●		●	no	yes	yes
11138	yasai itame													●		yes	yes	yes
1172	yasai katsu curry	●	●											●		no	yes	yes
1147	vegan pad thai	●	●										*	●		no	yes	yes
1144	vegan yaki soba		●										●	●		no	yes	yes
1188	vegatsu	●	●										*	●	*	no	yes	yes
1184	kare buruso ramen	●	●							●			●	●	●	no	yes	yes

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