



wagamama



**allergen information
and dietary guide**
ire-01-23

index

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allergen information and dietary guide

this guide

this guide lists what allergenic ingredients are contained in each dish at the wagamama restaurants in ireland that are operated by portalon ltd
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
gluten is found in cereals such as wheat, barley and rye

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)

•

a red dot | means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

★

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 | 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. these charts show which dishes do not contain certain allergenic ingredients as intentional ingredients, however we cannot guarantee that dishes are 100% free from these ingredients due to the preparation process

sides		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
104	edamame with salt													●		yes	yes
104	edamame with chilli garlic salt													●		yes	yes
104	edamame plain													●		yes	yes
112	suribachi chicken wings		● (barley, wheat)	*	*	*			*				●	●	●	no	no
107	tori kare age		● (barley, wheat)	*	●	*			●				●	●	●	no	no
110	chilli squid		● (barley, wheat)	*	*	*			●				●	*		no	no
103	ebi katsu		● (barley, wheat)	●	*	*			*				*	*	●	no	no
114	bang bang cauliflower		● (wheat)										*	●	●	yes	yes
115	bao bun, pork belly and panko apple		● (wheat)							●			*	*		no	no
113	bao bun, korean barbecue beef and red onion		● (barley, wheat)							●					●	no	no
116	bao bun, mixed mushroom and panko aubergine		● (barley, wheat)							●			●	●		yes	yes
105	sweet potato bites		● (wheat)							●			●	*		yes	yes
102	spicy vegan ribs	●	● (barley, wheat)							●			●	●	●	yes	yes
109	sticky miso corn	●	● (barley, wheat)										●	●	●	yes	yes

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gyoza		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
101	steamed gyoza, yasai		● (barley, wheat)										●	●	●	yes	yes
100	steamed gyoza, chicken		● (barley, wheat)										●	●		no	no
106	steamed gyoza, pulled pork		● (barley, wheat)										●	●	●	no	no
99	fried gyoza, duck		● (barley, wheat)	*	*	*			*				●	●		no	no

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
58	teriyaki donburi, chicken		● (wheat)			●			●	●			●	●	●	no	no
57	teriyaki donburi, beef brisket		● (wheat)			●			●				●	●	●	no	no
54	grilled duck donburi		● (wheat)		●	●			●				●	●	●	no	no
77	chicken yakimeshi	●	● (wheat)		●									●	●	no	no
78	yasai yakimeshi	●	● (wheat)		●									●	●	yes	no

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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
	spicy broth, chicken stock		● (barley, wheat)												●	no	no
	spicy broth, vegetable stock	●	● (wheat)												●	yes	yes
	light broth, chicken stock															no	no
	light broth, vegetable stock	●														yes	yes
	rich broth, chicken stock		● (wheat)			●								●		no	no
20	chicken ramen		● (wheat)		●	●				●			●	●		no	no
24	chilli beef ramen		● (barley, wheat)		●									●	●	no	no
25	chilli chicken ramen		● (barley, wheat)		●					●			●	●	●	no	no
31	shirodashi ramen		● (barley, wheat)		●	●							●	●	●	no	no
33	tantanmen beef brisket ramen		● (barley, wheat)		●	●		●	●				●	●	●	no	no
27	kare burosu	●	● (barley, wheat)										●	●	●	yes	yes
21	yasai gyoza ramen	●	● (barley, wheat)										●	●		yes	yes
22	chicken gyoza ramen	●	● (barley, wheat)		●	●							●	●		no	no
26	spicy vegan short rib ramen	●	● (barley, wheat)							●			●	●	●	yes	yes
30	chicken tantanmen ramen		● (barley, wheat)		●	●		●	●				●	●	●	no	no

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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 and prawn		• (wheat)	•	•					•			•	•	•	no	no
41	yasai yaki soba		• (barley, wheat)		•								•	•	•	yes	no
42	yaki udon		• (barley, wheat)	•	•	•				•			•	•	•	no	no
46	chicken & prawn pad thai	•	• (barley, wheat)	•	•	•				•			•	•		no	no
47	yasai pad thai	•	• (barley, wheat)		•									•		yes	no
66	beef teriyaki soba		• (wheat)		•	•							•	•	•	no	no
67	salmon teriyaki soba		• (wheat)	•	•	•			•				•	•	•	no	no
68	chicken teriyaki soba		• (barley, wheat)		•	•				•			•	•	•	no	no
240	non-gluten yaki soba			•	•								•	•	•	no	no
241	non-gluten yasai yaki soba				•								•	•	•	yes	no
11241	vegan non-gluten yasay yaki soba												•	•	•	yes	yes

kokoro		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
69	teriyaki salmon kokoro		• (wheat)	•		•			•					•	•	no	no
59	shichimi tofu kokoro		• (wheat)										•	•	•	yes	yes

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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
34	prawn itame			●										●	●	no	no
37	chicken itame													●	●	no	no
38	yasai itame													●	●	yes	no
62	chicken firecracker		● (wheat)										●	●	●	no	no
63	prawn firecracker		● (wheat)	●									●	●	●	no	no
60	chicken raisukaree		● (wheat)										●	●	●	no	no
79	prawn raisukaree		● (wheat)	●									●	●		no	no
71	chicken katsu curry	●	● (wheat)	*	*	*			*				*	●		no	no
72	yasai katsu curry	●	● (wheat)											●		yes	yes
70	grilled chicken katsu curry	●	● (wheat)							●			●	●		no	no
51	nikko yellow chicken curry												●		●	no	no
52	nikko yellow prawn curry			●									●			no	no
1191	firecracker tofu		● (wheat)										●	●	●	yes	yes
1192	raisukaree tofu		● (wheat)										●	●		yes	yes
53	nikko yellow tofu curry												●	●		yes	yes

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salads		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
56	warm chilli salad, chicken	•	• (barley, wheat)								• (cashew)			•	•	no	no
55	warm chilli salad, yasai	•	• (barley, wheat)								• (cashew)			•	•	yes	yes

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
109	miso soup & japanese pickle		• (wheat)										•	•	•	yes	yes
300	japanese rice															yes	yes
301	soba noodles		• (wheat)		•									•		yes	no
301	udon noodles		• (wheat)													yes	yes
302	kimchee					•			•							no	no
303	chillies															yes	yes
304	japanese pickles		• (wheat)										•	•	•	yes	yes
307	tea stained egg				•									•		yes	no
306	curry sauce		• (wheat)													yes	yes

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fresh 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
2	fruit															yes	no
3	orange															yes	no
8	blueberry spice															yes	yes
17	positive															yes	no
18	power															yes	yes
808	ice peach tea															yes	yes
812	homemade lemonade															yes	yes
1	high five															yes	no

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desserts		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
270	coconut reika							●							●	yes	no
269	chocolate cake		● (wheat)		●			●						●		no	no
276	salted caramel ice cream							●								yes	no
277	vanilla pod ice cream							●								yes	no
279	banana katsu		● (wheat)					●					*	*		yes	no
280	raspberry sorbet															yes	yes
281	selection of ice creams							●								yes	no
269	lemon cheesecake		● (wheat)		●			●								no	no
124	mochi chocolate		● (wheat)													yes	yes
124	mochi mango		● (wheat)													yes	yes
124	mochi coconut		● (wheat)													yes	yes
125	bao nut + ice cream		● (wheat)					●								yes	no

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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
88	mini yaki soba	●	● (barley, wheat)		●					●			●	●		no	no
89	mini yasai yaki soba	●	● (barley, wheat)		●									●		yes	no
80	mini chicken ramen		● (barley, wheat)		●					●			●	●		no	no
81	mini vegetable ramen	●	● (wheat)		●									●		yes	no
82	mini chicken katsu, amai sauce	●	● (barley, wheat)	*	*	*			*				*	●		no	no
82	mini chicken katsu, curry sauce		● (barley, wheat)	*	*	*			*				*	*		no	no
83	mini yasai katsu, amai sauce	●	● (barley, wheat)											●		yes	yes
83	mini yasai katsu, curry sauce		● (wheat)											●		yes	yes
85	mini chicken katsu grilled, amai sauce	●	● (barley, wheat)							●			●	●		no	no
85	mini chicken katsu grilled, curry sauce	●	● (wheat)							●			●	●		no	no
86	mini cha han	●	● (barley, wheat)		●					●			●	●		no	no
87	mini yasai cha han	●	● (barley, wheat)		●									●		yes	no
75	mini grilled chicken noodle, amai sauce	●	● (barley, wheat)		●					●			●	●		no	no
76	mini grilled fish noodle	●	● (barley, wheat)	●	●	●			●					●		no	no
11	vanilla pod ice cream							●								yes	no

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vegan		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
sides																yes	yes
11104	edamame with salt													●		yes	yes
11104	edamame with chilli garlic salt													●		yes	yes
11104	edamame plain													●		yes	yes
11101	yasai gyoza		● (barley, wheat)										●	●	●	yes	yes
11115	bao bun, mixed mushroom and panko aubergine		● (barley, wheat)							●			●	●		yes	yes
105	sweet potato bites		● (wheat)							●			●	*		yes	yes
102	spicy vegan ribs	●	● (barley, wheat)							●			●	●	●	yes	yes
109	sticky miso corn	●	● (barley, wheat)										●	●	●	yes	yes

		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
extras																	
109	miso soup and japanese pickles		● (wheat)										●	●	●	yes	yes
303	chillies															yes	yes
304	japanese pickles		● (wheat)										●	●	●	yes	yes

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vegan		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
mains																	
1138	yasai itame													•	•	yes	yes
1123	kare burosu ramen	•	• (barley, wheat)										•	•	•	yes	yes
1147	yasai pad thai	•	• (barley, wheat)											•		yes	yes
1141	yasai yaki soba		• (barley, wheat)										•	•	•	yes	yes
1155	warm chilli yasai salad	•	• (barley, wheat)								• (cashew)			•	•	yes	yes
1172	yasai katsu curry	•	• (wheat)											•		yes	yes
11241	vegan non-gluten yasai yaki soba												•	•	•	yes	yes
1191	firecracker tofu		• (wheat)										•	•	•	yes	yes
1192	raisukaree tofu		• (wheat)										•	•		yes	yes
59	shichimi tofu kokoro		• (wheat)										•	•	•	yes	yes
1192	nikko yellow tofu curry												•	•		yes	yes
21	yasai gyosa ramen	•	• (barley, wheat)										•	•		yes	yes
26	spicy vegan short rib ramen	•	• (barley, wheat)							•			•	•	•	yes	yes

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alcoholic 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
410	vianto pinot grigio														●	yes	no
420	premiere cuvee blanc														●	yes	no
510	vianto red														●	yes	no
520	premiere cuvee rouge														●	yes	no
601	hakutsuru sake															yes	yes
602	plum wine														●	yes	yes
610	abadia mercier rose														●	yes	no
631	sachetto prosecco														●	yes	yes
633	casa gheller prosecco														●	yes	no
700/701	tiger beer draught		● (barley)													yes	yes
703	asahi beer bottle		● (barley)													yes	yes
705	singha beer		● (barley)													yes	yes
706/707	heineken beer draught		● (barley)													yes	yes
708	orchard thieves cider														●	yes	yes
702/709	asahi beer draught		● (barley)													yes	yes
715	kirin beer bottle		● (barley)													yes	yes
716	heineken beer bottle		● (barley)													yes	yes
704	guinness		● (barley)													yes	yes

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hot beverages		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
90	green tea															yes	yes
91	teapigs tea							● (optional)								yes	yes
92	americano							● (optional)								yes	yes
93/94	espresso/ double espresso															yes	yes
95	cappuccino							●								yes	no
96	latte							●								yes	no
98	hot chocolate							●								yes	no
809	glass of milk							●								yes	no

● **a red dot** | means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example

★ **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 | 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. these charts show which dishes do not contain certain allergenic ingredients as intentional ingredients, however we cannot guarantee that dishes are 100% free from these ingredients due to the preparation process