



Discover True Nourishment

when you eat positively, you live positively. our recipes + food philosophy have been created to make you feel rejuvenated + satisfied. a base of noodles or rice give you energy. quality proteins + good fats sustain you. an abundance of fresh crunchy vegetables nourish you. finally, spices + steaming broths ignite your tastebuds. our simple balanced soul food is made fresh every day in our open kitchens and has been since 1992

mindful drinks

- ★ 812 **homemade lemonade** 3.50
- ★ 808 **peach iced tea** 3.50
- ★ 814 **strawberry lemonade** 3.95
- ★ 815 **cherry blossom lemonade** 3.95



soft drinks

- ★ 803 **coke** 200ml 3.50
- ★ 804 **coke zero** 200ml 3.50
- ★ 805 **fanta orange** 200ml 3.50
- ★ 806 **sprite** 200ml 3.50
- 809 **milk** 1.80
- still water**
- ★ 801 330ml 2.50
- ★ 810 750ml 4.95
- sparkling water**
- ★ 802 330ml 2.50
- ★ 811 750ml 4.95

hot drinks

- 91 **teapigs tea selection** 3.00
choose from breakfast tea | camomile | lemongrass | earl grey | chai | lemon + ginger | fennel + liquorice
- 92 **americano** 3.40
- 94 **double espresso** 2.90
- 95 **cappuccino** 3.90
- 96 **latte** 3.90
- 97 **flat white** 3.70
- 98 **hot chocolate** 4.30
- 900 **fresh mint tea** 3.00

desserts

something sweet but different, a selection of desserts inspired by the flavours of asia

- 270 **coconut reika** 6.25
3 scoops of coconut ice cream topped with a tropical fruit coulis and coconut flakes
- 274 **bao-nut + ice cream** 4.95
fried + sugar coated bao bun filled with ice cream + toffee caramel sauce, fresh mint
- ★ 275 **mochi balls** 6.95
chocolate, mango, coconut, or a combination of all three flavours of our mochi balls, wrapped in a layer of sticky rice, served with chocolate sauce
- 279 **banana katsu** 6.95
banana in crispy panko breadcrumbs. salted caramel ice cream. toffee sauce

beer

crafted to complement the flavours of asia

- 701 **tiger draught** | singapore 568ml 7.50
- ★ 705 **singha** | thailand 330ml 6.20
- 708 **orchard thieves cider** | england 568ml 6.65
- 714 **heineken 0.0%** 330ml 5.50
- 715 **kirin** | japan 330ml 6.20
- 716 **heineken** | holland 330ml 6.20

wine

- | | |
|-----------------------------|--------------------|
| white | rosé |
| pinot grigio | 613 750ml 25.95 |
| 413 750ml 22.95 | 612 250ml 8.95 |
| 412 250ml 7.95 | 611 175ml 6.95 |
| 411 175ml 5.95 | |
| premiere cuvee blanc | other wines |
| 423 750ml 25.95 | prosecco |
| 422 250ml 8.95 | 633 750ml 24.95 |
| 421 175ml 6.95 | 631 200ml 8.25 |
| | sake |
| red | ★ 601 180ml 9.95 |
| malbec | plum wine |
| 513 750ml 22.95 | 602 125ml 5.95 |
| 512 250ml 7.95 | |
| 511 175ml 5.95 | |
| premiere cuvee rouge | |
| 523 750ml 25.95 | |
| 522 250ml 8.95 | |
| 521 175ml 6.95 | |



- ★ 280 **raspberry sorbet** 5.45
3 scoops of raspberry sorbet
- 281 **selection of ice creams** 5.45
3 scoops to choose from: coconut, vanilla, salted caramel, raspberry sorbet (vg)
- 268 **lemon + berries cheesecake** 7.45
rich and tangy lemon cream cheese on a delicious biscuit base + mixed berries + ice cream
- 269 **chocolate cake** 6.45
rich moist chocolate cake infused with belgian chocolate and finished with dark chocolate ganache and chocolate shavings. served with salted caramel or vanilla ice cream



true nourishment from bowl to soul

refreshing juices

raw energy is the rejuvenating power of uncooked fruits + vegetables. our juices are full of it. each glass is one of your 5-a-day to boost your immunity + contain no added sugar

regular 4.55 | **large** 5.55



01 high five
apple, pineapple, lemon, melon, orange



02 fruit
apple, orange, passion fruit



03 orange
fresh orange juice



★ **08 refreshed blueberry spice**
apple, fresh ginger, blueberries



17 positive
pineapple, lime, spinach, cucumber, apple



★ **18 power**
spinach, apple, fresh ginger

sides + sharing

small bowls, big flavour. from bright, crunchy edamame beans to freshly steamed gyoza

gyoza

five dumplings packed with taste

fried

served with dipping sauce

99 **duck ?** 8.95

steamed

served grilled with dipping sauce

★ **101 yasai l vegetable** 8.45

100 chicken 8.45

106 pulled pork 8.45



101



117

bao steamed buns

two fluffy asian buns

113 refreshed korean barbecue beef 8.45
red onion, asian slaw, sriracha, mayonnaise

115 pork belly 8.45
panko apple, sriracha, mayonnaise, coriander

★ **116 mixed mushrooms** 8.45
panko aubergine, vegan mayonnaise, coriander

213 new korean bbq beef bao bun sharing plate 16.75
build your own, six bao buns, korean barbecue beef, red onion, sriracha mayonnaise, coriander



213

soulful bowls

uplifting bowls lovingly prepared by our chefs to leave you feeling rejuvenated

new katsu salad

chicken or aubergine in crispy panko breadcrumbs, dressed mixed leaves, apple slices, cucumber, edamame beans, pickled asian slaw, pea shoots, japanese pickles, red chilli, coriander, a side of curried salad dressing

chicken 15.55

★ **74**
★ **77 yasai aubergine** 14.05

donburi

(don.bur.ee)

our kitchens are open + so are our bowls. no dish shows this off better than the donburi. sticky rice, tender protein, crunchy vegetables + a ladle of sauce. snap your chopsticks, mix + devour

54 grilled duck ? 19.55

shredded duck in spicy teriyaki sauce, sticky white rice, carrot, mangetout, sweet potato, cucumber, red + spring onion, fried egg, side of kimchee

teriyaki

teriyaki sauce, sticky white rice, shredded carrots, seasonal greens, spring onion, sesame seeds, side of kimchee

57 beef brisket 17.95

58 chicken 15.45

yakimeshi

white rice, mangetout, carrot, red + spring onion, sweet potato, butternut squash, cucumber, shallots, fried egg, spicy paste

77 chicken 15.00

78 yasai l tofu (v) 14.45



58



42

teppanyaki

(teh.puh.nya.kee)

sizzling noodles straight from the grill, turned quickly, so the noodles are soft but the vegetables are crunchy, maintaining their raw power

yaki soba

soba noodles, egg, peppers, beansprouts, white + spring onion, fried onions, pickled ginger, sesame seeds

40 chicken + prawn 16.45

★ **41 yasai l mushroom (v)** 15.45

★ **1141 yasai l mushroom** 15.45

choose udon noodles or rice noodles + remove the egg to make this dish suitable for a vegan diet

42 yaki udon 16.95

thick noodles, curry oil, chicken, prawns, egg, beansprouts, leeks, mushrooms, peppers, fried shallots, pickled ginger, sesame seeds

pad thai

rice noodles, egg, beansprouts, leeks, chilli, red + spring onion, amai sauce, fried onions, mint, coriander, fresh lime

46 chicken + prawn 16.45

47 yasai l tofu (v) 15.45

★ **1147 yasai l tofu** 15.45

cooked without egg to become suitable for a vegan diet

teriyaki soba

soba noodles, mangetout, bok choy, red + spring onion, chilli, beansprouts, teriyaki sauce, curry oil, coriander, sesame seeds

66 steak 21.95 **67 salmon ?** 18.95 **68 chicken** 16.95



26

extras

tasty additions to your meal

★ **109 miso soup + japanese pickles** 1.95

★ **300 rice** 2.95

301 extra noodles 2.95

302 kimchee 1.50
spicy fermented cabbage + radish with garlic

★ **303 chillies** 1.00

307 tea-stained egg (v) 1.00



23

ramen

(raa.muhn)

there are many ways to serve ramen, but only one way to truly eat it... with maximum gusto. immerse yourself in steam, trail the noodles up between your teeth + slurp the soup heartily, for the noodles are the heart of the ramen, but the soul of the bowl is the broth

20 grilled chicken 15.45

marinated chicken, ramen noodles, rich chicken broth with dashi + miso, seasonal greens, menma, spring onion

★ **26 spicy vegan short rib** 18.65

mushroom + soya protein 'ribs' in a sweet + spicy sticky sauce, udon noodles, vegetable broth, roasted bok choy, spring onion, chilli, coriander, sesame seeds, chilli oil

★ **23 kare burosu** 16.45

shichimi-coated silken tofu, udon noodles, curried vegetable broth, grilled mixed mushrooms, seasonal greens, carrot, chilli, coriander

chilli

ramen noodles, spicy chicken broth, red + spring onion, beansprouts, coriander, fresh lime

24 steak 19.95 **25 chicken** 16.50

31 shiroadashi pork belly 17.00

slow-cooked pork belly, ramen noodles, rich chicken broth with dashi + miso, seasonal greens, menma, wakame, half a tea-stained egg, spring onion

tantanmen

korean bbq beef or chicken, ramen noodles, extra rich chicken broth, menma, kimchee, half a tea-stained egg, spring onion, coriander, chilli oil

33 korean bbq beef 19.45 **30 chicken** 17.00

gyoza

noodles, vegetable broth, roasted bok choy, chilli sambal paste, coriander, spring onions, chilli oil, gyoza sauce

21 yasai gyoza 15.90

with udon noodles.

22 chicken gyoza 15.20

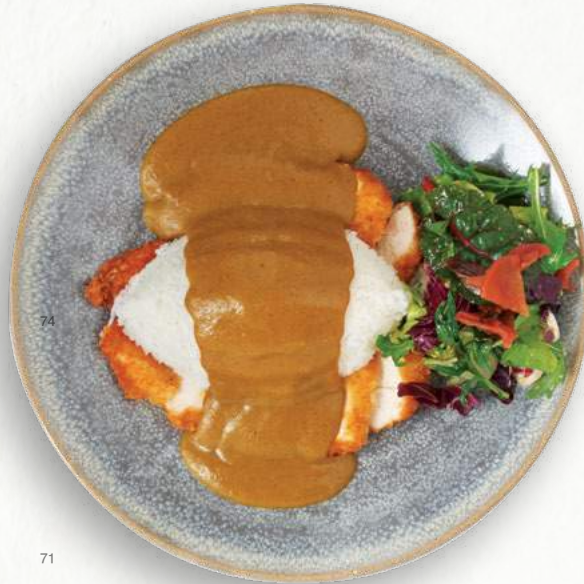
with ramen noodles + half a tea stained egg

customise my broth

light chicken or vegetable

spicy chicken or vegetable with chilli

rich reduced chicken broth with dashi + miso



71

curry

cooked patiently to let the flavours infuse but served fresh as soon as it's ready. we believe variety is the spice of life so our curries range from fragrant to seriously fiery

itame

spicy + green, coconut + lemongrass soup with beansprouts, red + spring onion, bok choy, peppers, mushrooms, chilli, fresh lime, rice noodles, coriander

34 prawn 18.50 **37 chicken** 16.95

★ **38 yasai l tofu** 16.45

nikko

fragrant coconut, lemongrass + turmeric soup, red peppers, spring onions, bok choy, red onions, garnished with chilli, coriander + chilli oil, served with a side of white rice, brown rice or rice noodles with sesame seeds

52 prawn 18.50 **51 chicken** 16.95

★ **53 yasai l tofu** 16.45

firecracker

bold + fiery, mangetout, red + green peppers, onion, hot red chillies, white rice, sesame seeds, shichimi, fresh lime

63 prawn 18.50 **62 chicken** 16.95

★ **61 yasai l tofu** 16.45

katsu

chicken or vegetables in crispy panko breadcrumbs, aromatic katsu curry sauce, sticky white rice, side salad, japanese pickles

71 chicken 16.95

★ **72 yasai l sweet potato, aubergine, butternut squash** 15.95

raisukaree (rice.oo.ka.ree)

mild + citrusy, coconut, mangetout, peppers, red + spring onion, white rice, chilli, coriander, sesame seeds, fresh lime

79 prawn 18.60 **60 chicken** 17.25

★ **64 yasai l tofu** 16.65

we have a kid-friendly menu available which is perfect for our little noodlers

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

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