

gluten free menu

this menu is for a gluten free 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 the original recipes or subtly modified to suit a gluten free diet



wagayama

sides



10126

1096 lollipop prawn kushiyaki
three grilled skewers in lemongrass + chilli

10104 edamame
salt 280 kcal or chilli + garlic salt

10126 wok-fried greens
cooked in a flavourful garlic + soy sauce

10212 new spicy smashed cucumber
smashed cucumber topped with crispy chilli oil, sesame seeds + oil

1095 new gochujang tamarind corn ribs
sticky gochujang tamarind sauce, crispy onions, coriander cress

the main event



1079

curries

vibrant + comforting

go big on your protein
add extra chicken / prawn / tofu

raisukaree
mild + warming, coconut curry sauce, mangetout, peppers, onion, chilli, sesame seeds, white rice

1079 prawn
1075 chicken
1076 tofu

new firecracker
bold + fiery, mangetout, peppers, onion, hot red chillies, sesame seeds, shichimi, white rice

1093 prawn
1092 chicken
1091 tofu



1020

ramen

rich ramen noodle soups

go big on your protein
add extra chicken

1020 grilled chicken ramen
marinated chicken, rice noodles, rich chicken broth, pea shoots, spring onion

1039 new signature seafood ramen :
charred butterfly king prawns + tender squid, marinated in gochujang + miso, clams, salmon fillets topped with crispy onions and chilli, yuzu broth, rice noodles, pea shoots + samphire

1035 new gochujang pork belly ramen
rice noodles, silky chicken broth, charred sweetcorn, pea shoots, spring onion, tea-stained egg



1078

donburi

protein topped rice bowls full of flavour. mix it up and tuck in

go big on your protein
add extra beef / duck / chicken + prawn

1089 new grilled duck donburi :
spicy teriyaki sauce, carrots, mangetout, sweet potato, cucumber, onion, fried egg, kimchee, sticky white rice

new teriyaki donburi
teriyaki sauce, carrots, pea shoots, edamame beans, spring onion, sesame seeds, kimchee, sticky white rice
1069 beef brisket
1070 chicken thigh

1077 new chicken + prawn turmeric rice bowl
chicken, prawn, turmeric rice, edamame, radish, spring onion, pineapple salsa, tea-stained egg, shichimi

1078 new gochujang salmon rice bowl :
spicy gochujang sauce, pickled red cabbage, teriyaki kale + spinach, asian slaw, spring onion, lime, sesame seeds, white rice

desserts

ice cream

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

10128 miso caramel ice cream
three scoops with toffee sauce

a little something sweet

10146 chocolate brownie (v)
made using gluten-free flour



10146



10128

please refer to the main menu for pricing

(v) vegetarian (vg) vegan
☛ contains/may contain shell or small bones

allergies + intolerances if you have a food allergy or intolerance, please let your server know before you order, on every visit, and we'll provide you with our allergy guide with the 14 legally defined allergens. we take every care to prevent cross-contamination but can't guarantee your dish will be free from allergenic ingredients as our food + drinks are prepared in busy kitchens where cross contamination may occur. gluten free: meals are prepared with controls in place to ensure they are gluten free. gluten free refers to foods containing less than 20 parts per million (ppm) of gluten. menu descriptions don't list all ingredients, and recipes are subject to change. for full allergen + nutritional information | wagamama.com/allergen-information. adults need around 2000 kcal a day

juices



11

nutrient powerhouses squeezed and freshly poured

large | regular

seasonal special

07 **new** matcha colada
matcha, pineapple, coconut milk, apple

11 **positive**

pineapple, lime, spinach, cucumber, apple

14 **power**

spinach, apple, fresh ginger

05 **high five** (v)

melon, pineapple, lemon, apple, orange juice

08 **tropical** (v)

mango, apple, orange juice

cocktails



635

518 **thai chilli margarita**

smooth tequila, chilli liqueur and coconut syrup. lime, bird's eye chilli, chilli + lime salt rim

448 **lychee blush sangria**

yuzu + lychee cordial paired with pink pinot blush, grapefruit, orange

635 **passion fruit paloma**

smooth tequila, passion fruit and tangy yuzu, grapefruit, strawberry + salt rim

504 **roku g+t** 50ml / 25ml

japanese craft roku gin with light or regular tonic water

wine



460

red

438 **pinot noir** (v) 13% vol.
light to medium-bodied, silky, chile

446 **merlot** 12% vol.
smooth, medium-bodied, chile

white

409 **pinot grigio** 11% vol.
light, easy-sipping, italy

410 **marlborough sauvignon blanc** 13% vol.
fresh, crisp, new zealand

rosé

449 **pinot grigio blush** 11% vol.
light, dry, italy

all wine available in 125ml

sparkling 750ml 125ml

460 **organic prosecco** 10.5% vol.
italy

beer + cider



608

608 **jubel peach lager** 4% vol, 330ml.
craft lager cut with fruit to refresh, served over ice made with barley, gluten is removed during the brewing process

605 **sxollie cider** 4.5% vol, 330ml.
sweet, crisp and made purely with green apples

soft drinks



687

690 **new** ginger kombucha 43 kcal

687 **strawberry spritz**
strawberry puree + botanical cordial, ice, soda water, lemon

683 **cherry blossom lemonade**
cherry blossom + cloudy lemon syrup with soda, dried rose petals

714 **cloudy lemonade** large reg

710 **peach iced tea** large reg

705 **coke / coke zero / diet coke**

708 **sprite zero**

712 **ginger beer** double dutch

703 701 **still water** large reg

704 702 **sparkling water** large reg

coffee + tea

coffee

all coffee is ethically sourced, served with whole milk
oat (vg), semi-skimmed milk, decaf available

834 **flat white** (v)

835 **latte** (v)

837 **cappuccino** (v)

833 **americano** (v)
served black or with whole milk

832 **double espresso**

840 **iced latte** (v)
sweeten with sugar cane syrup

tea

744 **iced matcha + strawberry latte**
ceremonial grade matcha served with oat over ice

771 **green tea**

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