



wagamama

**allergen information
and dietary guide**

index

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the page reference codes
should appear as follows

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allergen information and dietary guide

this guide

this guide lists what allergenic ingredients are contained in each of our dishes

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, but we are able to modify some recipes to remove these ingredients or replace them

gluten is found in cereals such as wheat, barley and rye, so for details of which dishes we are able to modify, please refer to the **cereals containing gluten** page in the modification guide

diabetes

carbohydrate and sugar values for our food can be found within the nutritional information for each dish that is published on our website wagamama.com

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

- **celery**
- **cereals containing gluten** (namely barley, oats, rye, wheat)
- **crustacean**
- **egg**
- **fish**
- **lupin**
- **milk**
- **mollusc**
- **mustard**
- **nut** (namely almond, brazil, cashew, chestnut, hazelnut, macadamia, pecan, pistachio, queensland, walnut)
- **peanut**
- **sesame seed**
- **soya**
- **sulphur dioxide / sulphites**

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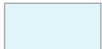
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please note | the contents of this allergy guide are for informational purposes only and are not a substitute for medical advice, diagnosis or treatment. whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas 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 seed	soya	sulphur dioxide / sulphites	vegetarian	vegan
104	edamame with salt													●		yes	yes
104	edamame with chilli garlic salt													●	●	yes	yes
104	edamame plain													●		yes	yes
106	wok-fried greens		● (wheat)											●	●	yes	yes
109	raw salad		● (wheat)											●	●	yes	yes
97	pork ribs		● (barley, wheat)										●	●	●	no	no
96	lollipop prawn kushiyaki			●										●	●	no	no
108	tori kara age		● (barley, wheat)	*	●	*			*				●	●	*	no	no
107	chilli squid		*	*	*	*			●				●	*	●	no	no
103	ebi katsu		● (barley, wheat)	●	*	*			*				*	*	*	no	no
116	duck wraps, asian pancakes and cherry hoisin		● (wheat)	●									●	●	●	no	no
117	duck wraps, lettuce wrap and tamari sauce													●		no	no
110	bang bang cauliflower		● (barley, wheat)		*								*	●	●	yes	no
95	beef tataki		● (barley, wheat)		●					●			●	●	●	no	no
115	hirata bun, pork belly and panko apple		● (wheat)		●			●		●			*	●	*	no	no
113	hirata bun, korean barbecue beef and red onion	●	● (barley, wheat)		●			●		●			●	●	●	no	no
114	hirata bun, mixed mushroom and panko aubergine		● (barley, wheat)		●			●		●			●	●	*	yes	no
112	hirata bun, tori kara age and fresh tomato		● (wheat)	*	●	*		●	*	●			*	●	*	no	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 seed	soya	sulphur dioxide / sulphites	vegetarian	vegan
101	steamed gyoza, yasai		● (barley, wheat)										●	●	●	yes	yes
100	steamed gyoza, chicken		● (barley, wheat)										●	●		no	no
105	steamed gyoza, pulled pork		● (barley, wheat)											●	●	no	no
99	fried gyoza, duck		● (wheat)	●	*	*			*				●	●	●	no	no
102	fried gyoza, prawn		● (wheat)	●	*	●			*				●	●	●	no	no

donburi		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seed	soya	sulphur dioxide / sulphites	vegetarian	vegan
70	teriyaki donburi, chicken		● (barley, wheat)	●		●							●	●	●	no	no
69	teriyaki donburi, beef brisket	●	● (barley, wheat)	●		●				●			●	●	●	no	no
76	shiitake donburi		● (barley, wheat)		●								●	●		yes	no
89	grilled duck donburi		● (barley, wheat)	●	●	●							●	●	●	no	no

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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 seed	soya	sulphur dioxide / sulphites	vegetarian	vegan
	spicy broth, chicken stock		● (barley)		●											no	no
	spicy broth, vegetable stock	●	● (barley)													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
22	grilled duck ramen	●	● (wheat)		●	●							●	●	●	no	no
21	wagamama ramen		● (wheat)	●	●	●			●	●			●	●		no	no
26	seafood ramen	●	● (wheat)	●	●	●			*				*	*	●	no	no
31	shirodashi ramen		● (barley, wheat)		●	●							●	●	●	no	no
28	yasai ramen	●	● (barley, wheat)		●								●	●	*	yes	no
87	short rib ramen		● (barley, wheat)		●	●								●		no	no
25	chilli ramen, chicken		● (barley, wheat)		●					●				●		no	no
24	chilli ramen, sirloin steak		● (barley, wheat)		●									●		no	no



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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 seed	soya	sulphur dioxide / sulphites	vegetarian	vegan
42	yaki udon		● (wheat)	●	●	●				●			●	●		no	no
48	pad thai, chicken and prawn		● (barley, wheat)	●	●	●				●	● (almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut)	●		●	●	no	no
47	pad thai, yasai		● (barley, wheat)		●						● (almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut)	●		●	●	yes	no
46	teriyaki soba, salmon		● (barley, wheat)		●	●							●	●	●	no	no
45	teriyaki soba, sirloin steak		● (barley, wheat)		●	●							●	●	●	no	no
44	ginger chicken udon		● (wheat)		●	●								●	●	no	no
40	yaki soba, chicken and prawn		● (wheat)	●	●					●			●	●		no	no
41	yaki soba, yasai		● (barley, wheat)		●								●	●	●	yes	no

dishes 47 and 48 contain peanuts which have traces of almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio and walnut

omakase		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seed	soya	sulphur dioxide / sulphites	vegetarian	vegan
88	steak bulgogi		● (barley, wheat)	●	●	●							●	●	●	no	no
67	seared nuoc cham tuna		*		*	●							*	●	●	no	no
83	sticky pork belly		● (barley, wheat)										●	●	●	no	no
82	grilled bream donburi		● (barley, wheat)	●		●								●	●	no	no
86	teriyaki lamb		● (barley, wheat)		●	●				●			●	●	●	no	no

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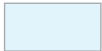
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curry		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seed	soya	sulphur dioxide / sulphites	vegetarian	vegan
56	samla curry, chicken		● (wheat)							●					●	no	no
57	samla curry, yasai		● (wheat)							●				●	●	yes	yes
92	firecracker, chicken		● (barley, wheat)										●	●	●	no	no
93	firecracker, prawn		● (barley, wheat)	●									●	●	●	no	no
75	raisukaree, chicken		● (wheat)			●		●					●	●	●	no	no
79	raisukaree, prawn		● (wheat)	●		●		●					●	●	●	no	no
37	itame, chicken														●	no	no
39	itame, prawn			●											●	no	no
38	itame, yasai													●	●	yes	yes
71	katsu curry, chicken		● (wheat)	*	●	*			*	●			*	●	*	no	no
72	katsu curry, yasai		● (wheat)		●					●			*	●	*	yes	no



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salads		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seed	soya	sulphur dioxide / sulphites	vegetarian	vegan
66	warm chilli salad, chicken		● (barley, wheat)								● (almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut)	●		●		no	no
63	warm chilli salad, yasai		● (barley, wheat)		*						● (almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut)	●	*	●	●	yes	no
65	pad thai salad		● (wheat)	●		●					● (almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut)	●	●	●	●	no	no
60	sirloin and shiitake salad		● (barley, wheat)			●				●				●	●	no	no

dishes 66 and 63 contain cashew nuts which have traces of almond, brazil, hazelnut, macadamia, pecan, pistachio, walnut and peanut

extras		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seed	soya	sulphur dioxide / sulphites	vegetarian	vegan
303	chillies															yes	yes
302	miso soup and japanese pickles		● (wheat)											●	●	yes	yes
304	japanese pickles		● (wheat)											●	●	yes	yes
305	a tea stained egg				●									●		yes	no
306	kimchee			●		●								●		no	no

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fresh juices		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seed	soya	sulphur dioxide / sulphites	vegetarian	vegan
1	raw															yes	no
2	fruit															yes	no
3	orange															yes	no
4	carrot															yes	yes
6	super green	●														yes	yes
7	clean green														●	yes	no
8	tropical															yes	no
10	blueberry spice															yes	yes
11	positive															yes	yes
13	repair															yes	yes
14	power															yes	yes

bottled drinks (beers, wine and soft drinks) for allergen and dietary information about bottled 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 seed	soya	sulphur dioxide / sulphites	vegetarian	vegan
131	white chocolate and ginger cheesecake		● (oat, wheat)					●			● (almond, pecan, walnut)	●		●		yes	no
142	banana katsu		● (wheat)		●			●					*	*	*	yes	no
143	fig and coconut cheesecake		● (wheat)		●			●			● (almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut)	●	●	●		yes	no
144	chocolate layer cake		● (barley, wheat)		●			●			● (almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut)			●		yes	no
145	spiced mango and coconut parfait				●			●		●					●	yes	no
146	yuzu and lemon tart		● (wheat)		●			●			● (almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut)	●	●	●	●	yes	no
140	coconut reika ice cream							●								yes	no
125	chocolate and shichimi ice cream				●			●		●	● (almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut)	●	●	●		yes	no
126	yuzu ice cream							●								yes	no
127	vietnamese coffee ice cream				●			●		●	● (almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut)	●	●	●		yes	no
128	salted caramel ice cream				●			●			● (almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut)	●	●	●		yes	no
122	pink guava and passion fruit sorbet															yes	yes
123	lemongrass and lime sorbet															yes	yes

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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 seed	soya	sulphur dioxide / sulphites	vegetarian	vegan
920	mini ramen		● (wheat)		●					●				●		no	no
927	mini yasai ramen	●	● (wheat)		●									●	●	yes	no
940	mini yaki soba, chicken		● (barley, wheat)		●					●				●		no	no
941	mini yaki soba, yasai		● (barley, wheat)		●									●	●	yes	no
981	mini grilled noodles, chicken		● (barley, wheat)		●					●				●		no	no
982	mini grilled noodles, fish		● (barley, wheat)		●	●								●		no	no
977	mini cha han, chicken		● (wheat)		●					●				●		no	no
978	mini cha han, yasai		● (wheat)		●									●	●	yes	no
971	mini chicken katsu, no sauce		● (wheat)	*	●	*			*				*	*	*	no	no
971	mini chicken katsu, curry sauce		● (wheat)	*	●	*			*	●			*	*	*	no	no
971	mini chicken katsu, amai sauce		● (barley, wheat)	*	●	*			*				*	●	*	no	no
973	mini grilled chicken katsu, no sauce									●				●		no	no
973	mini grilled chicken katsu, curry sauce		● (wheat)							●				●		no	no
973	mini grilled chicken katsu, amai sauce		● (barley, wheat)							●				●		no	no



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972	mini yasai katsu, no sauce		● (wheat)		●								*	*	*	yes	no
972	mini yasai katsu, curry sauce		● (barley, wheat)		●					●			*	●	*	yes	no
972	mini yasai katsu, amai sauce		● (wheat)		●								*	●	*	yes	no
983	cod cubes, no sauce		● (wheat)	*	*	●			*				*	*	●	no	no
983	cod cubes, curry sauce		● (wheat)	*	*	●			*	●			*	*	●	no	no
983	cod cubes, amai sauce		● (barley, wheat)	*	*	●			*				*	●	●	no	no
910	mini apple juice															yes	yes
910	mini orange juice															yes	no
910	mini apple and orange juice															yes	no
911	glass of milk							●								yes	no
912	cococino							●								yes	no
913	vanilla pod ice cream, no sauce				●			●								yes	no
913	vanilla pod ice cream, passion fruit sauce				●			●								yes	no
913	vanilla pod ice cream, chocolate sauce				●			●		●						yes	no
914	fruit and berry ice pop															yes	yes

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non gluten menu		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seed	soya	sulphur dioxide / sulphites	vegetarian	vegan
sides																	
10104	edamame with salt													●		yes	yes
10104	edamame with chilli garlic salt													●	●	yes	yes
10104	edamame plain													●		yes	yes
1096	lollipop prawn kushiyaki			●										●	●	no	no
10117	duck wraps, lettuce wrap and tamari sauce													●		no	no
mains																	
1037	itame, chicken														●	no	no
1039	itame, prawn			●											●	no	no
1038	itame, yasai													●	●	yes	yes
1020	chicken ramen				●					●				●		no	no
1028	yasai ramen	●			●									●	●	yes	no
1026	seafood ramen	●		●		●									●	no	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 blue box | means that the dish can be modified to remove the specified allergenic ingredient or to make it suitable for vegetarians or vegans. please ask your server for more information



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

non gluten menu		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seed	soya	sulphur dioxide / sulphites	vegetarian	vegan
dessert																	
10145	spiced mango and coconut parfait				●			●		●					●	yes	no
10913	vanilla pod ice cream				●			●								yes	no
10913	vanilla pod ice cream with chocolate sauce				●			●		●						yes	no
10913	vanilla pod ice cream with passion fruit sauce				●			●								yes	no
10140	coconut reika							●								yes	no
10125	chocolate and shichimi ice cream				●			●		●	● <small>(almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut)</small>	●	●	●		yes	no
10126	yuzu ice cream							●								yes	no
10127	vietnamese coffee ice cream				●			●		●	● <small>(almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut)</small>	●	●	●		yes	no
10128	salted caramel ice cream				●			●			● <small>(almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut)</small>	●	●	●		yes	no
10122	pink guava and passion fruit sorbet															yes	yes
10123	lemongrass and lime sorbet															yes	yes



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