



**allergen information
and dietary guide**

mgag-13-01-20



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

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** - 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

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

breakfast	this dish contains														suitable for?	
	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
coconut porridge																
chocolate caramel and banana multi-grain coconut porridge		● (barley, oats, rye, wheat)					●			● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans)			●	●	yes	no
multi-grain coconut porridge		● (barley, oats, rye, wheat)								● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans)				●	yes	yes
multi-grain coconut porridge with syrup		● (barley, oats, rye, wheat)								● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans)				●	yes	yes
raspberry chia jam and pear multi-grain coconut porridge		● (barley, oats, rye, wheat)								● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans)		●		●	yes	yes
coconut rice pots																
yuzu marmalade and mandarin coconut rice pot															yes	yes
chocolate caramel and pistachio coconut rice pot		● (barley, oats, rye, wheat)					●			● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	●	●	●	●	yes	no
raspberry chia jam and blueberry coconut rice pot															yes	yes
breakfast wraps																
bacon and egg wrap		● (wheat)		●									●	●	no	no
egg, avocado and kimchi wrap	●	● (wheat)		●					●				●	●	yes	no
scrambled tofu, teriyaki mushroom and kimchi wrap	●	● (barley, wheat)				●			●			●	●		yes	yes
okonomiyaki omelettes																
avocado okonomiyaki		● (wheat)		●			●								yes	no
bacon okonomiyaki		● (wheat)		●			●								no	no
scrambled turmeric tofu and avocado		● (barley, wheat)				●			●			●	●		yes	yes
shake to wake fruit pots																
super green												●			yes	yes
go gold												●		●	yes	yes
ruby red												●		●	yes	yes

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

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

lunch and dinner	this dish contains														suitable for?	
	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
laksas																
chicken golden laksa	●	● (wheat)							●			●		●	no	no
prawn golden laksa	●	● (wheat)	●						●			●		●	no	no
tofu golden laksa	●	● (wheat)							●			●	●	●	yes	yes
rice bowls																
chicken katsu rice bowl		● (wheat)							●				●		no	no
cauliflower katsu rice bowl	●	● (wheat)							●				●		yes	yes
beef brisket kimchi firecracker rice bowl	●	● (barley, wheat)		●					●			●	●	●	no	no
wraps																
chicken katsu wrap		● (wheat)							●					●	no	no
lemongrass chicken wrap		● (wheat)			●								●	●	no	no
cherry hoisin duck wrap		● (wheat)										●	●	●	no	no
sticky jackfruit wrap		● (rye, wheat)							●			●	●	●	yes	yes
mama noodles																
chicken mama noodles		● (wheat)										●	●	●	no	no
prawn mama noodles		● (wheat)	●									●	●	●	no	no
teriyaki mushroom mama noodles		● (barley, wheat)										●	●	●	yes	yes

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

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

lunch and dinner	this dish contains														suitable for?	
	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
ramens																
chicken happy ramen	●	● (wheat)		●									●		no	no
chilli chicken happy ramen	●	● (barley, wheat)											●	●	no	no
teriyaki mushroom and tofu happy ramen	●	● (barley, wheat)										●	●		yes	yes
sides																
katsu sweet potato bites		● (wheat)							●			●			yes	yes
chicken katsu bites		● (wheat)							●						no	no
edamame												●			yes	yes
turmeric egg and edamame pot				●								●	●		yes	no
pineapple and kimchi slaw pot	●	● (wheat)							●			●	●	●	yes	yes
miso soup													●		yes	yes
desserts																
chocolate caramel and pistachio go pot		● (barley, oats, rye, wheat)					●			● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	●	●	●	●	yes	no
chocolate go pot		● (oats)					●						●		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

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

snacks	this dish contains														suitable for?	
	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
trail nut mix		● (wheat)								● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	●	●			yes	yes
white chocolate ginger raisins							●			● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	●	●	●		yes	no
nuts about millionaire bar										● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	●	●	●	●	yes	yes
nutty chocolate orange brownie				●			●			● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	●	●	●	●	yes	no
matcha coconut bar										● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	●	●	●	●	yes	yes

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

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

drinks	this dish contains														suitable for?	
	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
fresh juices																
remedy juice															yes	yes
revitalise juice															yes	yes
positive juice															yes	yes
fruit juice															yes	yes
glow go shot															yes	yes
berry hot shot															yes	yes
smoothies																
get up and go smoothie		● (oats)													yes	no
choco calm smoothie		● (barley, oats, rye, wheat)					●			● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	●	●	●	●	yes	no
rejuvenate smoothie															yes	yes
go balance smoothie										● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)			●	yes	yes	
cold drinks																
still water															yes	yes
sparkling water															yes	yes
diet coke															yes	yes
coca cola															yes	yes
ginger and turmeric kombucha															yes	yes

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

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

drinks	this dish contains														suitable for?	
	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
cold drinks																
lemony lemonade															yes	yes
summer orangeade															yes	yes
gingerella ginger ale															yes	yes
mango and ginger, nix and kix															yes	yes
cucumber and mint, nix and kix															yes	yes
asahi		● (barley)													yes	yes
pale rosé wine														●	yes	yes
sauvignon blanc wine														●	yes	yes
teas and coffees																
americano with oat m*lk		● (oats)													yes	yes
americano with semi skimmed milk							●								yes	no
black americano															yes	yes
black english breakfast tea															yes	yes
black filter coffee															yes	yes
cappuccino with oat m*lk		● (oats)					●								yes	no
cappuccino with semi skimmed milk							●								yes	no
double espresso															yes	yes
english breakfast tea with oat m*lk		● (oats)													yes	yes
english breakfast tea with semi skimmed 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

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

drinks	this dish contains														suitable for?	
	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
teas and coffees																
filter coffee with oat m*lk		● (oats)													yes	yes
filter coffee with semi skimmed milk							●								yes	no
flat white with oat m*lk		● (oats)													yes	yes
flat white with semi skimmed milk							●								yes	no
green tea															yes	yes
latte with oat m*lk		● (oats)													yes	yes
latte with semi skimmed milk							●								yes	no
peppermint tea															yes	yes
single espresso															yes	yes

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

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