breakfast at wagamama

welcome to wagamama. a place of positive eating + positive living.
food that satisfies the senses, inspired by the east and west, all made the wagamama way.
start the day fresh and wake up with wagamama

served until 12 noon

162

the english breakfast

162 · the full english 10.95
two rashers of back bacon. sausages. grilled tomato.
wilted spinach. sautéed sweet potato. shiitake mushrooms.
two free-range eggs; fried, poached or scrambled

163 · the full vegan (vg) 10.25
two rashers of maple seitan bacon. beetroot + seitan
sausage. scrambled turmeric tofu. grilled tomato.
wilted spinach. sautéed sweet potato. shiitake mushrooms

breakfast bowls

begin the day with a nourishing start. from bowl to soul

170 · apple + goji pancakes (v) 6.5
fluffy apple + goji berry pancakes. fresh fruit salad.
icing sugar. rice syrup

160 · coconut porridge (vg) 4.95
porridge oats. coconut milk. raspberry compote

167 · crunchy granola bowl (vg) 5.25
coconut yoghurt. raspberry compote. pomegranate.
cranberry, raisin + mixed nut granola

avocado on toast
lightly dressed avocado + tomato. slice of toasted
multigrain bread. topped with
176 · two free-range poached eggs (v) 7.95
177 · scrambled turmeric tofu (vg) 7.75

176

195 · eggs benedict 9.75
two free-range poached eggs. rich hollandaise sauce.
lightly toasted, asian steamed bun. wiltshire ham. shichimi

196 · eggs royale 10.25
two free-range poached eggs. rich hollandaise sauce.
lightly toasted, asian steamed bun. smoked salmon.
fresh samphire

194 · eggs florentine (v) 9.25
two free-range poached eggs. rich hollandaise sauce.
lightly toasted, asian steamed bun. wilted spinach.
grilled mushrooms

okonomiyaki
japanese-inspired omelette. shiitake mushrooms. red cabbage.
leek. traditional japanese sauces and garnishes
156 · chicken, prawn + bacon 8.95 **166 · yasai** (v) 7.95

roti breakfast wraps
thai flatbread rolled up with spinach
171 · bacon, nori omelette + sriracha ketchup 5.95
172 · sausage, nori omelette + sriracha ketchup 5.95
173 · mushroom, shichimi tofu + sriracha mayonnaise (vg) 5.25

157 · sausage katsu stack 7.25
crispy panko-coated pork sausage + bacon patty.
sriracha ketchup. mayonnaise. spinach. two free-range
poached eggs

155 · kedgeree 8.95
flaked smoked haddock. free-range, soft poached egg. leek.
spring onion. sticky white rice. katsu curry sauce

195

extras

750 · bacon 2
756 · toast (v) 2
two slices of either white or
multigrain, with butter
751 · sausages 2
754 · jam. honey. marmalade 1

smoothies

regular 3.95 **large** 4.95

180 · banana
banana. apple. passion fruit. plain frozen yoghurt
182 · mango + chilli
mango. plain frozen yoghurt. touch of chilli
183 · pineapple + coconut
pineapple. coconut reika

fresh juices

squeezed, pulped, poured fresh

regular 3.95 **large** 4.95

01 · raw carrot. cucumber. tomato. orange. apple
02 · fruit apple. orange. passion fruit
03 · orange
04 · carrot (vg) with fresh ginger
08 · tropical mango. apple. orange
10 · blueberry spice (vg) with apple. carrot. fresh ginger
11 · positive (vg) pineapple. lime. spinach. cucumber. apple
14 · power (vg) spinach. apple. fresh ginger

refresh + revive (vg)

693 · la brewery kombucha 3.95
la brewery collaboration
ginger + turmeric naturally sparkling living tea.
refreshing citrus notes

nix + kix 2.75
lightly sparkling. all natural. low in calories.
no added sugar. hint of cayenne
696 · mango + ginger **696 · cucumber + mint**

soft drinks (vg)

705 · coke 2.95*
705 · diet coke | **coke zero** 2.85
708 · sprite 2.85
715 · ginger beer 2.85
717 · appletiser 2.85
714 · cloudy lemonade reg 2.6 | large 2.95
710 · peach iced tea reg 2.6 | large 2.95
701 | **703 · still water** reg 2.1 | large 3.95
702 | **704 · sparkling water** reg 2.1 | large 3.95

* includes sugar tax levy

hot drinks

781

tea (vg)

loose leaf, flowering and fresh.
served in an individual tea infuser

774 · black assam 2.45 strong black breakfast tea
779 · lychee 2.45 lychee-scented sweet black tea
777 · jasmine pearls 2.45 jasmine-scented green tea pearls
782 · ginger + lemongrass 2.45 zesty, warming and fragrant
784 · fresh mint 2.45 fresh mint leaves. pure and simple
781 · jasmine flowering tea 2.95 flowering lily and jasmine green tea
771 · green tea free

coffee + others

731 · espresso (vg) 1.75
732 · double espresso (vg) 1.95
733 · americano 2.45
736 · latte 2.95
738 · cappuccino 2.95
739 · macchiato 2.45
740 · iced coffee 2.65
745 · hot chocolate 2.65

alternative milk + decaf coffee available

asian cocktails + spirits (vg)

classic cocktails with a wagamama twist

534 · yuzu collins 7.25
heathrow exclusive
vodka. yuzu. crème de pêche. lemon.
lime. brown rice syrup. soda. mint

535 · plum highball 7.25
heathrow exclusive
whiskey. plum. strawberry. cherry.
lemon. soda. mint

517 · jasmine bellini 7.25
jasmine vodka. honeydew melon.
fresh lemon. cold-brewed
jasmine green tea. prosecco

504 · roku tonic 6.95
japanese craft gin made using cherry
blossom, yuzu peel + sencha tea.
garnish of fresh lime + ginger. served
with franklin + sons natural tonic water

517

beers

crafted to complement the flavours of asia.
big bottles are good for sharing

craft beer meantime brewery collaboration

★ **618 · natsu** passion fruit pale ale (vg) 330ml 4.95
★ **616 · kansho** lime + ginger pale ale (vg) 330ml 4.95

601 | **602 · asahi** japan (vg) 330ml 3.95 | 660ml 6.95
613 | **614 · singha** thailand 330ml 3.95 | 630ml 6.95
605 · kirin japan (vg) 500ml 5.95
606 · lucky buddha china (vg) 330ml 3.95
626 | **627 · asahi draught** japan (vg) half pint 2.75 | pint 4.95

616

sake

japan's national drink, brewed from rice

484 · sho chiku bai (vg) 125ml 3.5
traditional. mild but complex

485 · mio (vg) 125ml 7.25
sparkling. sweet. crisp

486 · kyoto yuzu 125ml 8.25
yuzu. honey. subtly sweet

wine

red

430 · merlot lanya (vg)
750ml 19.75 | 250ml 7.25 | 175ml 5.5

440 · tempranillo cabernet fernando castro
750ml 14.95 | 250ml 5.75 | 175ml 4.5

white

410 · pinot grigio sartori
750ml 18.5 | 250ml 6.75 | 175ml 5.25

415 · airen chardonnay viura
750ml 14.95 | 250ml 5.75 | 175ml 4.5

420 · chenin blanc cherry tree hill
750ml 16.95 | 250ml 6.25 | 175ml 4.75

425 · sauvignon blanc lanya (vg)
750ml 22.5 | 250ml 8.55 | 175ml 6.25

426 · marlborough sauvignon blanc land made
750ml 24.5 | 250ml 9.25 | 175ml 6.75

rosé

450 · pinot grigio blush sartori
750ml 19.45 | 250ml 6.95 | 175ml 5.5

sparkling

404 | **405 · champagne** veuve clicquot (vg)
750ml 55 | 375ml 30

460 · prosecco villa domiziano spumante brut (vg)
750ml 24.95 | 125ml 4.95

all wine available in 125ml glass

wagamama

sides

small plates with big taste. most people share three between two, alongside their main dish

our main menu is available all day from 8am

gyoza
five dumplings packed with taste

steamed
served grilled with dipping sauce
101 · **yasai | vegetable** (vg) **5.75**
100 · **chicken 5.95**
105 · **pulled pork 5.95**

fried
served with dipping sauce
99 · **duck 5.95**
102 · **prawn 5.95**

101

hirata steamed buns 5.95
two fluffy asian buns with coriander + mayonnaise
115 · **pork belly** panko apple. sriracha
114 · **mixed mushrooms** (v) panko aubergine
113 · **korean barbecue beef** red onion

115

104 · **edamame** (vg) **4.5**
beans with salt or chilli-garlic salt

110 · **bang bang cauliflower** (vg) **4.95**
crispy cauliflower. firecracker sauce. red + spring onion. fresh ginger. coriander

106 · **wok-fried greens** (vg) **4.5**
tenderstem broccoli. bok choi. garlic + soy sauce

109 · **raw salad** (vg) **3.75**
mixed leaves. edamame beans. baby plum tomatoes. seaweed. pickled mooli, carrot + red onion. fried shallots. wagamama dressing

111 · **vegetable tempura** (vg) **5.25** · new ·
crispy fried tenderstem broccoli, red pepper, sweet potato + asparagus. wakame. sweet + sour dipping sauce

108 · **tori kara age 5.75**
crispy chicken pieces. fresh lime. spiced sesame + soy dipping sauce

duck wraps 5.95
shredded crispy duck. cucumber. spring onion
116 · **asian pancakes. cherry hoisin**
117 · **lettuce wraps. tamari sauce**

27 · **chicken yakitori 6.95** · new ·
marinated chicken skewers. spicy teriyaki sauce. shichimi. spring onion

27

96 · **prawn kushiyaki 6.5**
skewered grilled prawns. lemongrass + chilli marinade. caramelised lime

94 · **tama squid 6.95**
crispy fried creamy squid balls. okonomiyaki sauce. mayonnaise. seaweed. bonito flakes

103 · **ebi katsu 6.95**
prawns in crispy panko breadcrumbs. coriander. fresh lime. chilli + garlic dipping sauce

107 · **chilli squid 6.95**
crispy fried squid. shichimi spice. chilli + coriander dipping sauce

extras tasty additions to your meal

304 · **japanese pickles** (vg) **1**
303 · **chillies** (vg) **1**
302 · **miso soup. japanese pickles** (vg) **1.95**
305 · **tea-stained egg** (v) **1**
306 · **kimchee 1**
spicy fermented cabbage + radish with garlic. contains fish + seafood

may contain shell or small bones (v) **vegetarian** (vg) **vegan** **guest favourite**

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

please note whilst we take care to remove any small bones or shells from our dishes, there is a small chance that some may remain

our staff receive 100% of tips

menus available at wagamama, we like to offer choice and variety. we have a dedicated vegan menu, a non-gluten menu and a kid-friendly menu which is perfect for our little noodlers

all of our vegan dishes have been registered with The Vegan Society

LHR-NOV19-01

35

ramen

fresh noodles in steaming broth, topped with meats or vegetables

chef's recommendation
30 · **tantanmen beef brisket 13.75**
korean barbecue beef. half a tea-stained egg. menma. kimchee. spring onion. coriander. chilli oil. extra rich chicken broth

35 · **miso-glazed cod 13.95**
with bok choi. menma. spring onion. chilli oil. light vegetable broth

34 · **chilli prawn + kimchee 11.95**
marinated tail-on prawns. beansprouts. spring onion. kimchee. fresh lime. coriander. spicy vegetable broth

chilli
red + spring onion. beansprouts. coriander. fresh lime. spicy chicken broth
24 · **sirloin steak 13.75** 25 · **chicken 11.75**

23 · **kare burosu** (vg) **11.75**
shichimi-coated silken tofu. grilled mixed mushrooms. pea shoots. carrot. chilli. coriander. udon noodles. curried vegetable broth

31 · **shirodashi pork belly 10.95**
slow-cooked with pea shoots. menma. spring onion. wakame. half a tea-stained egg. rich chicken broth with dashi + miso

20 · **grilled chicken 10.25**
marinated chicken. pea shoots. menma. spring onion. rich chicken broth with dashi + miso

21 · **wagamama's own 12.95**
grilled marinated chicken. seasoned pork. tail-on prawns. shell-on mussels. chikuwa. half a tea-stained egg. menma. wakame. spring onion. pea shoots. rich chicken broth with dashi + miso

customise my broth
light chicken or vegetable
spicy chicken or vegetable with chilli
rich reduced chicken broth with dashi + miso

75

curry

with a fresh twist. cooked patiently to infuse flavour. ranging from mild + fragrant to seriously kicking

raisukaree
mild + citrusy. coconut. mangetout. peppers. red + spring onion. sesame seeds. chilli. coriander. fresh lime. white rice
79 · **prawn 13.75** 75 · **chicken 12.75**

nikko · new ·
fragrant + citrusy. coconut, lemongrass + turmeric soup. roasted butternut squash. tenderstem broccoli. mangetout. bok choi. beansprouts. chilli. coriander. ginger. fresh lime. chilli oil. side of white rice with sesame seeds. *make it your own + try glass noodles or brown rice instead of white*
49 · **chicken + turmeric cauliflower 11.95**
50 · **sea bream 13.25**
51 · **yasai | tofu + turmeric cauliflower** (vg) **10.95**

firecracker
bold + fiery. mangetout. red + green peppers. onion. hot red chillies. sesame seeds. shichimi. fresh lime. white rice
93 · **prawn 13.25** 92 · **chicken 12.25**

katsu
aromatic katsu curry sauce. chicken or vegetables in crispy panko breadcrumbs. sticky white rice. side salad. japanese pickles
71 · **chicken 10.95** 72 · **yasai | sweet potato. aubergine. butternut squash** (vg) **9.95**

chef's recommendation
1171 · **vegatsu** (vg) **10.95**
seitan in crispy panko breadcrumbs. aromatic katsu curry sauce. sticky white rice. side salad. pickled red onion

customise my rice
white steamed **brown** slightly nutty **sticky white**

89

donburi

a big bowl of sticky white rice, topped with tender meat and crunchy vegetables. traditional + hearty

89 · **grilled duck 14.75**
shredded in spicy teriyaki sauce. carrot. mangetout. sweet potato. red + spring onion. fried egg. cucumber. side of kimchee

teriyaki
teriyaki sauce. shredded carrots. pea shoots. spring onion. sesame seeds. side of kimchee
69 · **beef brisket 11.75** 70 · **chicken 10.75**

customise my rice
sticky white **brown** slightly nutty **white** steamed

45

teppanyaki

noodles sizzling from the grill. turned quickly so that the noodles are soft but the vegetables crunchy

chef's recommendation
88 · **steak bulgogi 14.95**
marinated sirloin. miso-fried aubergine. thin noodles. sesame + bulgogi sauce. spring onion. kimchee. half a tea-stained egg. coriander

teriyaki soba
thin noodles. curry oil. mangetout. bok choi. red + spring onion. chilli. beansprouts. teriyaki sauce. coriander. sesame seeds
45 · **sirloin steak 14.95** 46 · **salmon 13.95**

44 · **ginger chicken udon 10.95**
thick noodles. mangetout. egg. chilli. beansprouts. red + spring onion. pickled ginger. coriander

yaki soba
thin noodles. egg. peppers. beansprouts. white + spring onion. fried shallots. pickled ginger. sesame seeds
40 · **chicken + prawn 9.95** 41 · **yasai | mushroom** (v) **8.95**

chef's recommendation
86 · **teriyaki lamb 14.95**
grilled with thin noodles. mushrooms. asparagus. kale. mangetout. chilli. pea + herb dressing. coriander

59 · **cod mokutan soba 14.75**
thin charcoal noodles. two fillets of miso-glazed cod. soy sauce. bok choi. mangetout. red peppers. spring onion. sweet miso dressing. fresh ginger. coriander

42 · **yaki udon 10.5**
thick noodles. curry oil. chicken. prawns. chikuwa. egg. beansprouts. leeks. mushrooms. peppers. fried shallots. pickled ginger. sesame seeds

pad thai · refreshed ·
rice noodles. amai sauce. egg. beansprouts. leeks. chilli. red + spring onion. fried shallots. mint. coriander. fresh lime
48 · **chicken + prawn 11.25** 47 · **yasai | tofu** (v) **10.25**

customise my noodles
soba thin, wheat egg
udon thick, white without egg
rice noodle thin, flat without egg or wheat

78

kokoro bowls

'kokoro' means 'spirit, heart + mind'. the bowl to feed your soul. all under 650 calories

90 · **avant gard'n** (vg) **10.95** gaz oakley collaboration
barbecue-glazed seitan. coconut + sriracha vegan 'egg'. grilled shiitake mushrooms. asparagus. brown rice. edamame beans. carrots. spring onion. sweet amai sauce. sesame seeds. fresh lime

67 · **nuoc cham tuna 13.75**
seared tuna steak. quinoa. stir-fried kale. sweet potato. edamame beans. carrots. red onion. peppers. coriander. fresh lime

78 · **naked katsu 10.95**
grilled curried chicken. brown rice. edamame beans. shredded carrots. dressed mixed leaves. japanese pickles. side of katsu curry sauce

salads

the wagamama way. light, vibrant, nourishing

60 · **sirloin + shiitake 11.95**
marinated sirloin. shiitake mushrooms. carrots. mangetout. red onion. baby plum tomatoes. mixed leaves. pea + herb dressing

harusame glass noodles
mixed with kale. edamame. adzuki beans. mangetout. blackened carrots. pea shoots. fresh mint. fried shallots. spicy vinegar
61 · **ginger + lemongrass chicken 10.25**
62 · **yasai | tofu** (vg) **9.5**

65 · **pad thai salad 10.5** · refreshed ·
ginger chicken. prawns. mixed leaves. mangetout. baby plum tomatoes. shredded pickled beetroot, carrot + red onion. fried shallots. nuoc cham + ginger miso dressing

61