

wagamama

**allergen information
and dietary guide**
ak-11-03-20



allergens note - delivery order

please note if you have an allergy: sorry but we're unable to cater for allergies on orders placed through delivery

however, we can cater for allergy / dietary requirements at our restaurants so please come and eat in with us instead

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

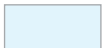
carbohydrate and sugar values for our food can be found within the nutritional information for each dish that is published on our website wagamama.com

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

- **celery**
- **cereals containing gluten** - 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)



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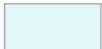
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please note | the contents of this allergy guide are for informational purposes only and are not a substitute for medical advice, diagnosis or treatment. whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas 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	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
104	edamame with salt													●		yes	yes
104	edamame with chilli garlic salt													●		yes	yes
104	edamame plain													●		yes	yes
110	bang bang cauliflower		● (barley, wheat)										*	●	●	yes	yes
106	wok-fried greens													●		yes	yes
109	raw salad		● (wheat)											●	●	yes	yes
111	vegetable tempura		● (barley, wheat)										*	●	●	yes	yes
108	tori kara age		● (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
27	chicken yakitori		● (barley, wheat)										●	●		no	no
96	prawn kushiyaki			●		●									●	no	no
94	tama squid		● (wheat)	●	●	●		●	●	●			*	●	*	no	no
103	ebi katsu		● (barley, wheat)	●	*	*		*	*				*	*	●	no	no
107	chilli squid		*	*	*	*		*	●				●	*	●	no	no



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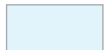
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gyoza		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
101	steamed gyoza, yasai i vegetable		● (wheat)										●	●	●	yes	yes
100	steamed gyoza, chicken		● (barley, wheat)										●	●		no	no
105	steamed gyoza, pulled pork		● (barley, wheat)											●	●	no	no
99	fried gyoza, duck		● (barley, wheat)	*	*	*		*	*				●	●	●	no	no
102	fried gyoza, prawn		● (wheat)	●	*	●		*	*				●	●	●	no	no

hirata steamed buns		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
115	hirata buns, pork belly, panko apple and sriracha		● (wheat)		●					●			*	*	●	no	no
114	hirata buns, mixed mushroom and panko aubergine		● (wheat)		●					●			●	●	*	yes	no
113	hirata buns, korean barbecue beef and red onion		● (barley, wheat)	●	●	●		●	●	●				●	●	no	no



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extras		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
304	japanese pickles		● (wheat)											●		yes	yes
303	chillies															yes	yes
302	miso soup and japanese pickles		● (wheat)											●		yes	yes
305	a tea stained egg				●									●		yes	no
306	kimchee			●		●										no	no
300	white rice															yes	yes
307	brown rice															yes	yes
300	sticky white rice															yes	yes
301	soba noodles		● (wheat)		●					●						yes	no
301	udon noodles		● (wheat)													yes	yes
301	rice noodles															yes	yes
309	vegan egg									●	● <small>(including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)</small>			●		yes	yes

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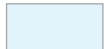
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ramen		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
30	tantanmen beef brisket ramen	●	● (barley, wheat)	●	●	●		●	●	●			●	●	●	no	no
35	miso-glazed cod ramen	●	● (wheat)	●	●	●		●	●	●				●		no	no
34	chilli prawn and kimchi ramen	●	● (wheat)	●	●	●									●	no	no
24	chilli ramen, sirloin steak		● (barley, wheat)		●									●	●	no	no
25	chilli ramen, chicken		● (barley, wheat)		●									●	●	no	no
23	kare burosu ramen	●	● (barley, wheat)							●			●	●	*	yes	yes
31	shirodashi pork belly ramen		● (barley, wheat)	●	●	●		●	●					●	●	no	no
20	grilled chicken ramen		● (wheat)		●	●								●		no	no
21	wagamama's own ramen		● (wheat)	●	●	●			●					●		no	no
	light broth, chicken stock															no	no
	light broth, vegetable stock	●														yes	yes
	spicy broth, chicken stock		● (barley, wheat)													no	no
	spicy broth, vegetable stock	●	● (barley, wheat)												●	yes	yes
	rich broth, chicken stock		● (wheat)			●								●		no	no



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curry		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
79	raisukaree, prawn		● (wheat)	●		●							●	●		no	no
75	raisukaree, chicken		● (wheat)			●							●	●		no	no
49	nikko curry, chicken and turmeric cauliflower, white rice	●								●			●		●	no	no
49	nikko curry, chicken and turmeric cauliflower, glass noodle	●								●			●	●	●	no	no
49	nikko curry, chicken and turmeric cauliflower, brown rice	●								●			●		●	no	no
50	nikko curry, sea bream, white rice	●				●				●			●		●	no	no
50	nikko curry, sea bream, glass noodle	●				●				●			●	●	●	no	no
50	nikko curry, sea bream, brown rice	●				●				●			●		●	no	no
51	nikko curry, yasi i tofu and turmeric cauliflower, white rice	●								●			●	●	●	yes	yes
51	nikko curry, yasi i tofu and turmeric cauliflower, glass noodle	●								●			●	●	●	yes	yes
51	nikko curry, yasi i tofu and turmeric cauliflower, brown rice	●								●			●	●	●	yes	yes
93	firecracker, prawn		● (barley, wheat)	●									●	●	●	no	no
92	firecracker, chicken		● (barley, wheat)										●	●	●	no	no
71	katsu curry, chicken		● (wheat)	*	●	*		*	*	●			*	●	*	no	no
72	katsu curry, yasai i sweet potato, aubergine and butternut squash		● (wheat)							●			*	●	*	yes	yes
1171	vegatsu		● (barley, wheat)							●			*	●	●	yes	yes
667	hot yasai katsu curry		● (barley, wheat)							●			*	●	●	yes	yes
666	hot chicken katsu curry		● (barley, wheat)	*	●	*		*	*	●			*	●	●	no	no
668	hot vegatsu		● (barley, wheat)							●			*	●	●	yes	yes
73	grilled chicken katsu		● (wheat)							●				●		no	no

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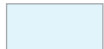
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donburi		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
89	grilled duck donburi		● (barley, wheat)	●	●	●							●	●	●	no	no
69	teriyaki donburi, beef brisket		● (barley, wheat)	●		●							●	●	●	no	no
70	teriyaki donburi, chicken		● (barley, wheat)	●		●							●	●	●	no	no

teppanyaki		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
88	steak bulgogi		● (barley, wheat)	●	●	●		●	●				●	●	●	no	no
45	teriyaki soba, sirloin steak		● (barley, wheat)		●	●							●	●	●	no	no
46	teriyaki soba, salmon		● (barley, wheat)		●	●							●	●	●	no	no
44	ginger chicken udon		● (wheat)		●	●								●		no	no
40	yaki soba, chicken and prawn		● (wheat)	●	●								●	●		no	no
41	yaki soba, yasai mushroom		● (barley, wheat)		●								●	●		yes	no
86	teriyaki lamb		● (barley, wheat)		●	●				●			●	●	●	no	no
59	cod mokutan soba	●	● (wheat)	●	●	●		●	●	●				●	●	no	no
42	yaki udon		● (wheat)	●	●	●							●	●		no	no
48	pad thai, chicken and prawn		● (barley, wheat)	●	●	●								●		no	no
47	pad thai, yasai tofu		● (barley, wheat)		●									●	●	yes	no



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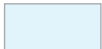
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kokoro bowls		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
90	avant gard'n		● (barley, wheat)							●	● <small>(including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)</small>		●	●	●	yes	yes
67	nuoc cham tuna		*			●							*	●	●	no	no
78	naked katsu		● (wheat)							●				●		no	no

salads		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
60	sirloin and shiitake salad		● (barley, wheat)			●				●				●	●	no	no
61	harusame glass noodle salad, ginger and lemongrass chicken		● (wheat)										●	●	●	no	no
62	harusame glass noodle salad, yasai i tofu		● (barley, wheat)										●	●	●	yes	yes
65	pad thai salad		● (wheat)	●		●								●	●	no	no



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fresh juices		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
01	raw															yes	no
02	fruit															yes	no
03	orange															yes	no
04	carrot															yes	yes
08	tropical															yes	no
10	blueberry spice															yes	yes
11	positive															yes	yes
14	power															yes	yes

drinks (bottled, can & prepackaged) for allergen and dietary information about bottled, can & prepackaged drinks please ask to check the label

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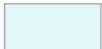
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desserts		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
131	white chocolate and ginger cheesecake		● (oat, wheat)					●			● (including almonds, walnuts and pecans)	●		●		yes	no
142	banana katsu		● (wheat)		●			●					*	*	*	yes	no
138	mango and matcha layer cake		● (wheat)								● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)		●	●		yes	yes
130	salted caramel cheesecake		● (wheat)		●			●		●				●		yes	no
135	white chocolate and matcha cheesecake				●			●		●	● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)		●	●	●	yes	no
129	smoked chocolate caramel cake		● (wheat)		●			●			● (including almonds, hazelnuts, walnuts, pecans, pistachios and macadamia nuts)	●		●		yes	no
146	yuzu and lemon tart		● (wheat)		●			●			● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	●	●	●	●	yes	no
ice cream and sorbet																	
140	coconut reika ice cream							●								yes	no
153	chocolate and orange blossom ice cream															yes	yes
151	strawberry and yuzu ice cream															yes	yes
127	vietnamese coffee ice cream				●			●		●	● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	●	●	●		yes	no
128	salted caramel ice cream				●			●			● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	●	●	●		yes	no
122	pink guava and passion fruit sorbet															yes	yes



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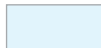
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kids menu		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
mains																	
920	mini ramen		● (wheat)		●									●		no	no
940	mini yaki soba, chicken		● (barley, wheat)		●									●		no	no
981	mini grilled noodles, chicken		● (barley, wheat)		●									●		no	no
982	mini grilled noodles, fish		● (barley, wheat)		●	●								●		no	no
977	mini cha han, chicken		● (barley, wheat)		●									●		no	no
983	crispy fish bites, no sauce		● (wheat)	*	*	●		*	*				*	*	*	no	no
983	crispy fish bites, katsu curry sauce		● (wheat)	*	*	●		*	*	●			*	*	*	no	no
983	crispy fish bites, amai sauce		● (barley, wheat)	*	*	●		*	*				*	●	*	no	no
971	mini chicken katsu, no sauce		● (wheat)	*	●	*		*	*				*	*	*	no	no
971	mini chicken katsu, 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, katsu curry sauce		● (wheat)							●				●		no	no
973	mini grilled chicken katsu, amai sauce		● (barley, wheat)											●		no	no
mains yasai																	
203	tofu sample	●												●	●	yes	yes
927	mini yasai ramen	●	● (wheat)		●									●	●	yes	no
11927	mini yasai ramen, udon noodles	●	● (wheat)											●	●	yes	yes
11927	mini yasai ramen, rice noodles	●												●	●	yes	yes



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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



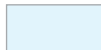
a purple asterisk | means that the dish is fried in oil that may also be used to fry other dishes that include the specified allergenic ingredient

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

kids menu		this dish contains													suitable for?		
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
mains yasai																	
11972	mini yasai katsu curry, no sauce		● (wheat)										*	*	*	yes	yes
11972	mini yasai katsu curry, katsu curry sauce		● (wheat)						●				*	*	*	yes	yes
11972	mini yasai katsu curry, amai sauce		● (barley, wheat)										*	●	*	yes	yes
978	mini yasai cha han		● (barley, wheat)		●									●	●	yes	no
11978	mini yasai cha han		● (barley, wheat)											●	●	yes	yes
941	mini yasai yaki soba		● (barley, wheat)		●									●	●	yes	no
11941	mini yasai yaki soba, udon noodles		● (barley, wheat)											●	●	yes	yes
11941	mini yasai yaki soba, rice noodles		● (barley, wheat)											●	●	yes	yes
something sweet																	
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
915	little ko pop, mango and apple															yes	yes
915	little ko pop, blackcurrant and apple															yes	yes
drinks																	
910	mini fresh juice, orange															yes	no
910	mini fresh juice, apple															yes	yes
910	mini fresh juice, orange and apple															yes	no
911	glass of milk							●								yes	no
912	cococino							●								yes	no



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non gluten menu		this dish contains													suitable for?		
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
sides																	
10104	edamame with salt													●		yes	yes
10104	edamame with chilli garlic salt													●		yes	yes
10104	edamame plain													●		yes	yes
10117	duck wraps													●		no	no
1096	prawn kushiyaki			●		●									●	no	no
mains																	
1049	nikko curry, chicken and turmeric cauliflower, white rice	●								●			●		●	no	no
1049	nikko curry, chicken and turmeric cauliflower, glass noodle	●								●			●	●	●	no	no
1049	nikko curry, chicken and turmeric cauliflower, brown rice	●								●			●		●	no	no
1050	nikko curry, sea bream, white rice	●				●				●			●		●	no	no
1050	nikko curry, sea bream, glass noodle	●				●				●			●	●	●	no	no
1050	nikko curry, sea bream, brown rice	●				●				●			●		●	no	no
1051	nikko curry, yasi i tofu and turmeric cauliflower, white rice	●								●			●	●	●	yes	yes
1051	nikko curry, yasi i tofu and turmeric cauliflower, glass noodle	●								●			●	●	●	yes	yes
1051	nikko curry, yasi i tofu and turmeric cauliflower, brown rice	●								●			●	●	●	yes	yes
1048	chicken and prawn pad thai			●	●	●								●		no	no
1065	pad thai salad			●		●								●	●	no	no
1020	grilled chicken ramen													●		no	no

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non gluten menu		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
desserts																	
10122	pink guava and passion fruit sorbet															yes	yes
10913	vanilla pod ice cream with passion fruit sauce				●			●								yes	no
10127	vietnamese coffee ice cream				●			●		●	●	●	●	●		yes	no
10128	salted caramel ice cream				●			●			●	●	●	●		yes	no
10140	coconut reika ice cream							●								yes	no
10153	chocolate and orange blossom ice cream															yes	yes
10151	strawberry and yuzu ice cream															yes	yes
10135	white chocolate and matcha cheesecake				●			●		●	●		●	●	●	yes	no

dishes 10127 and 10128 contain peanuts which have traces of almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts

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- * **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

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vegan		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
sides																	
11104	edamame with salt													●		yes	yes
11104	edamame with chilli garlic salt													●		yes	yes
11104	edamame plain													●		yes	yes
11106	wok-fried greens													●		yes	yes
11111	vegetable tempura		● (barley, wheat)										*	●	●	yes	yes
11110	bang bang cauliflower		● (barley, wheat)										*	●	●	yes	yes
11109	raw salad		● (wheat)											●	●	yes	yes
11101	yasai gyoza		● (wheat)										●	●	●	yes	yes
11114	mixed mushroom and panko aubergine hirata steamed buns		● (wheat)							●			●	●	*	yes	yes

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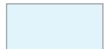
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vegan		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
mains																	
1151	nikko curry, yasi tofu and turmeric cauliflower, white rice	●								●			●	●	●	yes	yes
1151	nikko curry, yasi tofu and turmeric cauliflower, glass noodle	●								●			●	●	●	yes	yes
1151	nikko curry, yasi tofu and turmeric cauliflower, brown rice	●								●			●	●	●	yes	yes
1190	avant gard'n		● (barley, wheat)							●	● <small>(including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)</small>		●	●	●	yes	yes
1123	kare burosu ramen	●	● (barley, wheat)							●			●	●	*	yes	yes
1162	harusame glass noodle salad		● (barley, wheat)										●	●	●	yes	yes
1141	yasai yaki soba, udon noodles		● (barley, wheat)										●	●		yes	yes
1141	yasai yaki soba, rice noodles		● (barley, wheat)										●	●		yes	yes
1147	yasai pad thai		● (barley, wheat)											●	●	yes	yes
1172	yasai katsu curry		● (wheat)							●			*	●	*	yes	yes
1171	vegatsu		● (barley, wheat)							●			*	●	●	yes	yes
desserts																	
11153	chocolate and orange blossom ice cream															yes	yes
11151	strawberry and yuzu ice cream															yes	yes
11122	pink guava and passion fruit sorbet															yes	yes
11138	mango and matcha layer cake		● (wheat)								● <small>(including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)</small>		●	●		yes	yes



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available at heathrow airport restaurant only (afternoon tea menu)		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
119	pumpkin onigiri with amai sauce		● (barley, wheat)										*	●	*	yes	yes
available via delivery order only (check with our delivery partners)		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
104	edamame, salt ** edamame beans are cooked in the same boiler as noodles at delivery kitchen		**		**									●		yes	no
104	edamame, chilli garlic salt ** edamame beans are cooked in the same boiler as noodles at delivery kitchen		**		**									●		yes	no
104	edamame, plain ** edamame beans are cooked in the same boiler as noodles at delivery kitchen		**		**									●		yes	no
178	nikko curry, chicken, white rice	●								●			●	●	●	no	no
74	cha han		● (wheat)	●	●									●		no	no
77	chicken yaki donburi		● (barley, wheat)	●		●							●	●	●	no	no
78	cha han, yasai		● (wheat)		●									●	●	yes	no
119	pumpkin onigiri with amai sauce		● (barley, wheat)										*	●	*	yes	yes
available at participating restaurants only		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
11179	kakushin udon		● (barley, wheat)										●	●	●	yes	yes
230	shu's 'shioik' chicken and rice	●								●			●	●	●	no	no

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