



wagamama

**allergen information  
and dietary guide**

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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](http://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

	<b>a red dot</b>   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
	<b>a blue box</b>   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
	<b>a purple asterisk</b>   means that the dish is fried in oil that may also be used to fry other dishes that include the specified allergenic ingredient

<b>please note</b>   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
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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
96	lollipop prawn kushiyaki			●										●	●	no	no
108	tori kara age		● (barley, wheat)	*	●	*		*	*				●	●	*	no	no
94	tama squid	●	● (wheat)	*	●	●		●	●	●			*	●	*	no	no
103	ebi katsu		● (barley, wheat)	●	*	*		*	*				*	*	*	no	no
110	bang bang cauliflower		● (barley, wheat)										*	●	●	yes	no
107	chilli squid		*	*	*	*		*	●				●	*	●	no	no
116	duck wraps, asian pancakes and cherry hoisin		● (wheat)										●	●	●	no	no
117	duck wraps, lettuce wrap and tamari sauce													●		no	no
95	beef tataki		● (wheat)		●					●			●	●	●	no	no

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hirata steamed buns		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
115	hirata buns, pork belly, panko apple and sriracha		● (wheat)		●					●			*	*	*	no	no
114	hirata buns, mixed mushroom and panko aubergine		● (wheat)		●					●			●	●	*	yes	no
112	hirata buns, seasoned crispy chicken, fresh tomato and sriracha		● (wheat)	*	●	*		*	*	●			*	*	*	no	no
113	hirata buns, korean barbecue beef and red onion		● (wheat)	●	●	●		●		●				●	●	no	no

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   vegetable		● (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		● (barley, 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
89	grilled duck donburi		● (barley, wheat)	●	●	●							●	●	●	no	no
70	teriyaki donburi, chicken		● (barley, wheat)	●		●							●	●	●	no	no
69	teriyaki donburi, beef brisket		● (barley, wheat)	●		●							●	●	●	no	no
76	shiitake donburi		● (barley, wheat)		●								●	●		yes	no

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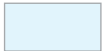
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ramen		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seed	soya	sulphur dioxide / sulphites	vegetarian	vegan
	spicy broth, chicken stock		● (barley)													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
34	chilli prawn and kimchi ramen	●	● (wheat)	●	●	●								●	●	no	no
30	tantanmen beef brisket ramen	●	● (wheat)	●	●	●		●	●	●			●	●	●	no	no
25	chilli ramen, chicken		● (barley, wheat)		●									●		no	no
24	chilli ramen, sirloin steak		● (barley, wheat)		●									●		no	no
22	grilled duck ramen	●	● (wheat)		●	●							●	●	●	no	no
31	shirodashi ramen		● (barley, wheat)	●	●	●		●					●	●	●	no	no
21	wagamama ramen		● (wheat)	●	●	●			●				●	●		no	no



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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
35	miso cod ramen	●	● (wheat)	●	●	●		●	●	●			●	●		no	no
88	steak bulgogi		● (barley, wheat)	●	●	●		●					●	●	●	no	no
67	seared nuoc cham tuna		● (wheat)			●							*	●	●	no	no
86	teriyaki lamb		● (barley, wheat)		●	●				●			●	●	●	no	no
74	tonkatsu	●	● (wheat)	*	●	*		*	*				*	●	●	no	no
23	kare burosu ramen	●	● (barley, wheat)							●			●	●	*	yes	yes
1171	vegatsu		● (wheat)							●			*	●	●	yes	yes

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
62	harusame glass noodle salad, yasai i tofu		● (barley, wheat)										●	●	●	yes	yes
61	harusame glass noodle salad, ginger and lemongrass chicken		● (wheat)										●	●	●	no	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

dish 65 contains peanuts which have traces of almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio and walnut

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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
46	teriyaki soba, salmon		● (barley, wheat)		●	●							●	●	●	no	no
45	teriyaki soba, sirloin steak		● (barley, wheat)		●	●							●	●	●	no	no
40	yaki soba, chicken and prawn		● (wheat)	●	●								●	●		no	no
41	yaki soba, yasai   mushroom and vegetable		● (barley, wheat)		●								●	●	●	yes	no
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   tofu		● (barley, wheat)		●						● (almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut)	●		●	●	yes	no
44	ginger chicken udon		● (wheat)		●	●								●	●	no	no

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

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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 i tofu		● (wheat)							●				●	●	yes	yes
92	firecracker, chicken		● (barley, wheat)										■	●	●	no	no
93	firecracker, prawn		● (barley, wheat)	●									■	●	●	no	no
37	itame, chicken														●	no	no
39	itame, prawn			●											●	no	no
38	itame, yasai i tofu													●	●	yes	yes
71	katsu curry, chicken		● (wheat)	*	●	*		*	*	●			*	●	*	no	no
72	katsu curry, yasai i sweet potato, aubergine and butternut squash		● (wheat)							●			*	●	*	yes	yes
75	raisukaree, chicken		● (wheat)			●							■	●	●	no	no
79	raisukaree, prawn		● (wheat)	●		●							■	●	●	no	no

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
302	miso soup and japanese pickles		● (wheat)											●	●	yes	yes
304	japanese pickles		● (wheat)											●	●	yes	yes
303	chillies															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
01	raw															yes	no
02	fruit															yes	no
03	orange															yes	no
04	carrot															yes	yes
06	super green	●														yes	yes
07	clean green														●	yes	no
08	tropical															yes	no
10	blueberry spice															yes	yes
11	positive															yes	yes
13	repair															yes	yes
14	power															yes	yes

gin + tonic		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
513	jinzu fever															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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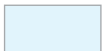
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desserts		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seed	soya	sulphur dioxide / sulphites	vegetarian	vegan
131	white chocolate and ginger cheesecake		● (oat, wheat)					●			● (almond, pecan, walnut)	●		●		yes	no
142	banana katsu		● (wheat)		●			●					*	*	*	yes	no
143	coconut and fig 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	yes
972	mini yasai katsu, curry sauce		● (wheat)							●			*	*	*	yes	yes
972	mini yasai katsu, amai sauce		● (barley, wheat)										*	●	*	yes	yes
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 fresh juice, orange															yes	no
910	mini fresh juice, apple															yes	yes
910	mini fresh juice, orange and apple															yes	no
909	cawston press juice carton	for allergen and dietary information, please ask to check the label on the carton															
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
<b>sides</b>																	
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													●		no	no
<b>mains</b>																	
1020	chicken ramen													●		no	no
1022	grilled duck ramen	●				●										no	no
1065	pad thai salad			●		●					●	●	●	●	●	no	no
1048	pad thai, chicken and prawn			●	●	●					●	●	●	●	●	no	no
1037	itame, chicken														●	no	no
1039	itame, prawn			●											●	no	no
1038	itame, yasai   tofu													●	●	yes	yes

dishes 1065 and 1048 contain peanuts which have traces of almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio and walnut

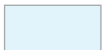
- **a red dot** | means that the dish contains the specified allergenic ingredient. sometimes the ingredient is not included in the menu description but may be part of a sauce for example
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non gluten menu		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustacean	egg	fish	lupin	milk	mollusc	mustard	nut	peanut	sesame seed	soya	sulphur dioxide / sulphites	vegetarian	vegan
<b>desserts</b>																	
10122	pink guava and passion fruit sorbet															yes	yes
10123	lemongrass and lime sorbet															yes	yes
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 ice cream							●								yes	no
10125	chocolate and shichimi ice cream				●			●		●	●	●	●	●		yes	no
10126	yuzu ice cream							●								yes	no
10127	vietnamese coffee ice cream				●			●		●	●	●	●	●		yes	no
10128	salted caramel ice cream				●			●			●	●	●	●		yes	no



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vegan		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
<b>sides</b>																	
11104	edamame with salt													●		yes	yes
11104	edamame with chilli garlic salt													●	●	yes	yes
11104	edamame plain													●		yes	yes
11106	wok-fried greens		● (wheat)											●	●	yes	yes
11101	yasai gyoza		● (barley, wheat)										●	●	●	yes	yes
11109	raw salad		● (wheat)											●	●	yes	yes
11114	mixed mushroom and panko aubergine hirata steamed buns		● (wheat)										●	●	*	yes	yes
<b>mains</b>																	
1171	vegatsu		● (wheat)							●			*	●	●	yes	yes
1157	yasai samla curry		● (wheat)							●				●	●	yes	yes
1141	yasai yaki soba, udon noodles		● (barley, wheat)										●	●	●	yes	yes
1141	yasai yaki soba, rice noodles		● (barley, wheat)										●	●	●	yes	yes
1138	yasai itame													●	●	yes	yes
1172	yasai katsu curry		● (wheat)							●			*	●	*	yes	yes
1162	harusame glass noodle salad		● (barley, wheat)										●	●	●	yes	yes
1147	yasai pad thai		● (barley, wheat)								● (almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut)	●		●	●	yes	yes
1123	kare burosu ramen	●	● (barley, wheat)							●			●	●	*	yes	yes
<b>desserts</b>																	
11123	lemongrass and lime sorbet															yes	yes
11122	pink guava and passion fruit sorbet															yes	yes

dish 1147 contains peanuts which have traces of almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio and walnut

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