

wagamama

allergen information
and dietary guide
ak-20-06-19



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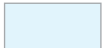
* **a purple asterisk** | means that the dish is fried in oil that may also be used to fry other dishes that include the specified allergenic ingredient

please note | 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
106	wok-fried greens													●		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	yes
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 tatakai		● (wheat)		●					●			●	●	●	no	no



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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		● (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

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
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

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
70	teriyaki donburi, chicken		● (barley, wheat)	●		●							●	●	●	no	no
69	teriyaki donburi, beef brisket		● (barley, wheat)	●		●							●	●	●	no	no

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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
78	naked katsu		● (wheat)							●				●		no	no
67	nuoc cham tuna		● (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
65	pad thai salad		● (wheat)	●		●					● <small>(including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)</small>	●	●	●	●	no	no
60	sirloin and shiitake salad		● (barley, wheat)			●				●				●	●	no	no
62	harusame glass noodle salad, yasai i tofu		● (barley, wheat)										●	●	●	yes	yes
61	harusame glass noodle salad, ginger and lemongrass chicken		● (wheat)										●	●	●	no	no

dish 65 contains peanuts which have traces of almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts

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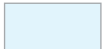
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teppanyaki		this dish contains													suitable for?		
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
86	teriyaki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

dishes 48 and 47 contain peanuts which have traces of almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts



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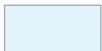
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ramen		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
	spicy broth, chicken 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
35	miso cod ramen	●	● (wheat)	●	●	●		●	●	●			●	●		no	no
23	kare burosu ramen	●	● (barley, wheat)							●			●	●	*	yes	yes
21	wagamama ramen		● (wheat)	●	●	●			●				●	●		no	no
30	tantanmen beef brisket ramen	●	● (wheat)	●	●	●		●	●	●			●	●	●	no	no
31	shirodashi ramen		● (barley, wheat)	●	●	●		●	●				●	●	●	no	no
20	chicken ramen		● (wheat)		●	●							●	●		no	no
25	chilli ramen, chicken		● (barley, wheat)		●									●	●	no	no
24	chilli ramen, sirloin steak		● (barley, wheat)		●									●	●	no	no
34	chilli prawn and kimchi ramen	●	● (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
1171	vegatsu		● (wheat)							●			*	●	●	yes	yes
92	firecracker, chicken		● (barley, wheat)										●	●	●	no	no
93	firecracker, prawn		● (barley, wheat)	●									●	●	●	no	no
56	samla curry, chicken		● (wheat)							●						no	no
57	samla curry, yasai i tofu		● (wheat)							●				●	●	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
37	itame, chicken															no	no
39	itame, prawn			●												no	no
38	itame, yasai i tofu													●	●	yes	yes

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
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	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
06	super green	●														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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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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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, 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, 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
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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mains yasai																	
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
11972	mini yasai katsu, no sauce		● (wheat)										*	*	*	yes	yes
11972	mini yasai katsu, curry sauce		● (wheat)							●			*	*	*	yes	yes
11972	mini yasai katsu, amai sauce		● (barley, wheat)										*	●	*	yes	yes
978	mini yasai cha han		● (barley, wheat)		●									●	●	yes	no
11978	mini yasai cha han		● (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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* **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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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	lollipop prawn kushiyaki			●										●	●	no	no
mains																	
1048	pad thai, chicken and prawn			●	●	●					● <small>(including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)</small>	●		●		no	no
1065	pad thai salad			●		●					● <small>(including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)</small>	●	●	●	●	no	no
1037	itame, chicken															no	no
1039	itame, prawn			●												no	no
1038	itame, yasai i tofu													●	●	yes	yes
1020	chicken ramen													●		no	no
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				●			●		●	● <small>(including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)</small>	●	●	●		yes	no
10128	salted caramel ice cream				●			●			● <small>(including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)</small>	●	●	●		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				●			●		●	● <small>(including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)</small>		●	●	●	yes	no

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dishes 10127, 10128, 1048 and 1065 contain peanuts which have traces of almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts

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
11110	bang bang cauliflower		● (barley, wheat)										*	●	●	yes	yes
11109	raw salad		● (wheat)											●	●	yes	yes
11101	yasai gyoza		● (barley, wheat)										●	●	●	yes	yes
11114	mixed mushroom and panko aubergine hirata steamed buns		● (wheat)										●	●	*	yes	yes
mains																	
1190	avant gard'n		● (barley, wheat)							●	● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)		●	●	●	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)								● (including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts)	●		●	●	yes	yes
1162	harusame glass noodle salad		● (barley, wheat)										●	●	●	yes	yes
1123	kare burosu ramen	●	● (barley, wheat)							●			●	●	*	yes	yes
1157	yasai samla curry		● (wheat)							●				●	●	yes	yes
1138	yasai itame													●	●	yes	yes
1172	yasai katsu curry		● (wheat)							●			*	●	*	yes	yes
1171	vegatsu		● (wheat)							●			*	●	●	yes	yes

dish 1147 contains peanuts which have traces of almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts

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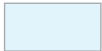
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vegan		this dish contains														suitable for?	
plu	dish	celery	cereals containing gluten	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soybeans	sulphur dioxide and sulphites	vegetarian	vegan
extras																	
302	miso soup and japanese pickles		● (wheat)											●	●	yes	yes
304	japanese pickles		● (wheat)											●	●	yes	yes
303	chillies															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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