

**allergen information  
and dietary guide  
(delivery battersea)**

## index

as of 27 july 2018  
the page reference codes  
should appear as follows

page number	page reference code
1	akdb-07-18
2	akdb-07-18
3	akdb-07-18
4	akdb-07-18
5	akdb-07-18
6	akdb-07-18
7	akdb-07-18

## 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**

• **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

\* **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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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
103	ebi katsu		● (barley, wheat)	●	*	*		*	*				*	*	*	no	no
110	bang bang cauliflower		● (barley, wheat)										*	●	●	yes	no
107	chilli squid		*	*	*	*		*	●				●	*	●	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 i vegetable		● (barley, wheat)										●	●	●	yes	yes
100	steamed gyoza, chicken		● (barley, wheat)										●	●		no	no
99	fried gyoza, duck		● (wheat)	*	*	*		*	*				●	●	●	no	no

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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
77	yaki chicken donburi		● (barley, wheat)	●		●							●	●	●	no	no

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
25	chilli ramen, chicken		● (barley, wheat)		●									●		no	no
20	chicken ramen		● (wheat)		●	●							●	●		no	no
31	shirodashi ramen		● (barley, wheat)		●	●							●	●	●	no	no

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
40	yaki soba, chicken and prawn		● (wheat)	●	●								●	●		no	no
41	yaki soba, yasai   mushroom and vegetable		● (barley, wheat)		●								●	●	●	yes	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

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
92	firecracker, chicken		● (barley, wheat)										●	●	●	no	no
93	firecracker, prawn		● (barley, wheat)	●									●	●	●	no	no
71	katsu curry, chicken		● (wheat)	*	●	*		*	*	●			*	●	*	no	no
72	katsu curry, yasai   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
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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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
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
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

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
1123	kare burosu ramen	●	● (barley, wheat)							●			●	●	*	yes	yes

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