

# wagamama

## non-gluten

---

### **allergies and intolerances**

if you have a food allergy, intolerance or sensitivity, please let your server know before you order. they will be able to suggest the best dishes for you

our dishes are prepared in areas where allergenic ingredients are present. we cannot guarantee our dishes are 100% free of these ingredients

there are occasions in which our recipes change. it is always best to check with your server before ordering

### **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

below is a selection of our dishes that contain no gluten in their ingredients. these dishes are full of flavour and remain true to the original recipes. we prepare the majority of these dishes from scratch, and to avoid the chance of cross-contamination, management will take and prepare your order using separate equipment

## non-gluten

### sides

- 10104 | **edamame (vg)** 4.50  
steamed edamame beans. served with salt or chilli garlic salt
- 1096 | **lollipop prawn kushiyaki** 6.50  
skewers of grilled prawns marinated in lemongrass, lime and chilli. served with fresh caramelised lime
- 10117 | **duck wraps** 5.95  
shredded crispy duck served with cucumber and spring onions. served in a lettuce wrap with tamari sauce



10117

### mains

- 1065 | **pad thai salad** 10.25  
ginger chicken and prawns on a bed of mixed leaves, mangetout, baby plum tomatoes, shredded pickled beetroot, carrot and red onion. served with a side of peanuts and a nuoc cham and ginger miso dressing
- 1020 | **chicken ramen** 9.95  
grilled chicken on top of rice noodles in a light chicken broth. topped with pea shoots and spring onions
- 1026 | **seafood ramen ?** 13.95  
sea bream, grilled shell-on prawns and tilapia on top of rice noodles in a light vegetable broth. garnished with pea shoots, wakame and samphire

#### itame

rice noodles in a spicy green coconut and lemongrass soup topped with stir-fried beansprouts, red and spring onions, bok choy, peppers, mushrooms and chilli. garnished with coriander and fresh lime

- 1037 | **chicken** 11.75
- 1039 | **prawn** 12.75
- 1038 | **yasai** | tofu and vegetable (vg) 10.75
- 1067 | **seared nuoc cham tuna ?** 13.75  
seared nuoc cham tuna steak on a bed of quinoa with stir-fried kale, edamame beans, red onion and peppers. garnished with coriander



1067

### desserts

- 10122 | **pink guava and passion fruit sorbet (vg)** 4.25
- 10123 | **lemongrass and lime sorbet (vg)** 4.25
- 10145 | **spiced mango and coconut parfait (v)** 5.95
- 10913 | **vanilla pod ice cream (v)** 4.25
- 10140 | **coconut reika ice cream (v)** 4.25
- 10125 | **chocolate and shichimi ice cream (v)** 4.25
- 10126 | **yuzu ice cream (v)** 4.25
- 10127 | **vietnamese coffee ice cream (v)** 4.25
- 10128 | **salted caramel ice cream (v)** 4.25



10128