

# wagamama

## non-gluten

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### allergies and intolerances

this menu has been designed for a non-gluten diet. however, if you have any additional food allergies, intolerances or sensitivities, 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



all of our vegan dishes have been registered with The Vegan Society

below is a selection of our dishes that do not contain gluten in their ingredients. these dishes are full of flavour and either remain true to their original recipes or have been subtly modified to suit a non-gluten diet. we prepare the majority of these dishes from scratch, and to avoid the chance of cross-contamination, management will take and prepare your order separately

## 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 lettuce wraps with tamari sauce



10117

### mains

#### 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 (vg)** 10.75
- 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
- 1022 | **grilled duck ramen ?** 13.50  
tender, shredded duck on top of rice noodles in a light vegetable broth. dressed with chilli, pea shoots, spring onions and coriander
- 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
- 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 + passion fruit sorbet (vg)** 4.25  
10123 | **lemongrass + lime sorbet (vg)** 4.25  
10145 | **spiced mango + coconut parfait (v)** 5.95  
10913 | **vanilla pod ice cream (v)** 4.25  
10140 | **coconut reika ice cream (v)** 4.25  
10125 | **chocolate + 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