

mindful drinks

- ★ 689

ginger no-jito

4.2

zingy cold pressed ginger. coriander seed syrup. sparkling water. fresh mint lime

63 kcal
- ★ 683

new

cherry blossom lemonade

3.2

cherry blossom + cloudy lemon syrup. sparkling water. a sprinkle of dried rose petals

83 kcal
- 684

new

yuzu + lychee tonic

4.2

yuzu purée + lychee syrup. fever-tree tonic water. garnished with a fresh orange slice

reg 170/light 144 kcal



soulful spirits + sake

- ★ 504

refreshed

roku tonic

7.7

japanese craft roku gin. fever-tree tonic water. garnished with fresh lime + ginger
- ★ 514

new

sakura pink g+t

8

japanese craft roku gin. cherry blossom syrup. fever-tree tonic water. fresh lime + a sprinkle of dried rose petals
- ★ 484

sho chiku bai

15% vol 125ml 4.2

japan's national drink, sake. brewed from rice. mild but complex
- 512

new

lychee collins

7.9

japanese craft haku vodka. lychee + cloudy lemon syrup. sparkling water. a sprinkle of orange zest



wine

red		750ml	250ml	175ml
★ 429	merlot spain 13.5% vol	20.2	7.7	6
★ 444	malbec argentina 14% vol	22.7	8.7	6.7
white		750ml	250ml	175ml
★ 409	pinot grigio italy 11.5% vol	19	7.2	5.7
408	sauvignon blanc south africa 12.5% vol	25	9.7	7.2
rosé		750ml	250ml	175ml
★ 449	pinot grigio blush italy 11.5% vol	20	7.7	6
all wine available in 125ml glass				
sparkling		750ml	125ml	
★ 460	<div><div>refreshed</div>prosecco</div> italy 11.5% vol	25.7	5.2	
★ 405   404	champagne france 12% vol	55.2	30.2	

desserts

- ★ 10134

chocolate orange cake

6.7

flourless chocolate orange cake. miso caramel ice cream. chocolate sauce. fresh mint

567 kcal
- ★ 10140

coconut reika ice cream

4.7

with coconut flakes + passion fruit sauce

432 kcal
- ★ 10128

miso caramel ice cream

4.7

with toffee sauce + fresh mint

419 kcal
- 10125

new

chocolate + cherry kefir ice cream (v)

4.7

with fresh mint

429 kcal



adults need around 2000 calories a day

cider

- ★ 603

east by south

east cider london 4.6% vol 330ml 5.7

hawkes collaboration

crisp cider crafted from fuji, gala + bramley surplus supermarket apples

soft drinks

- ★ 705

coke\*

3.5

139 kcal
- ★ 705

diet coke 3.2

1 kcal

coke zero 3.2

1 kcal
- ★ 708

sprite zero 3.2

3 kcal
- ★ 714

cloudy lemonade

reg 2.9 85 kcal large 3.2 127 kcal
- ★ 710

peach iced tea

reg 2.9 98 kcal large 3.2 133 kcal
- ★ 701

still water

reg 2.9 0 kcal
- ★ 703

large 4.7

0 kcal
- ★ 702

sparkling water

reg 2.9 0 kcal
- ★ 704

large 4.7

0 kcal
- \*includes sugar tax levy

hot drinks

- ★ 774

black assam tea

2.9

strong, black breakfast tea

0 kcal
- ★ 782

ginger + lemongrass tea

2.9

zesty, warming + fragrant

0 kcal
- ★ 784

fresh mint tea

2.9

fresh mint leaves, pure + simple

4 kcal
- ★ 781

jasmine flowering tea

3.5

flowering lily + jasmine green tea

0 kcal
- ★ 771

green tea

free

0 kcal

coffee

- ★ 731

espresso

2.5

4 kcal
- ★ 732

double espresso

2.9

8 kcal
- 733

americano

3

20 kcal
- 736

latte

3.5

80 kcal
- 738

cappuccino

3.5

88 kcal
- 739

macchiato

3

20 kcal
- 740

iced coffee

3

90 kcal
- 745

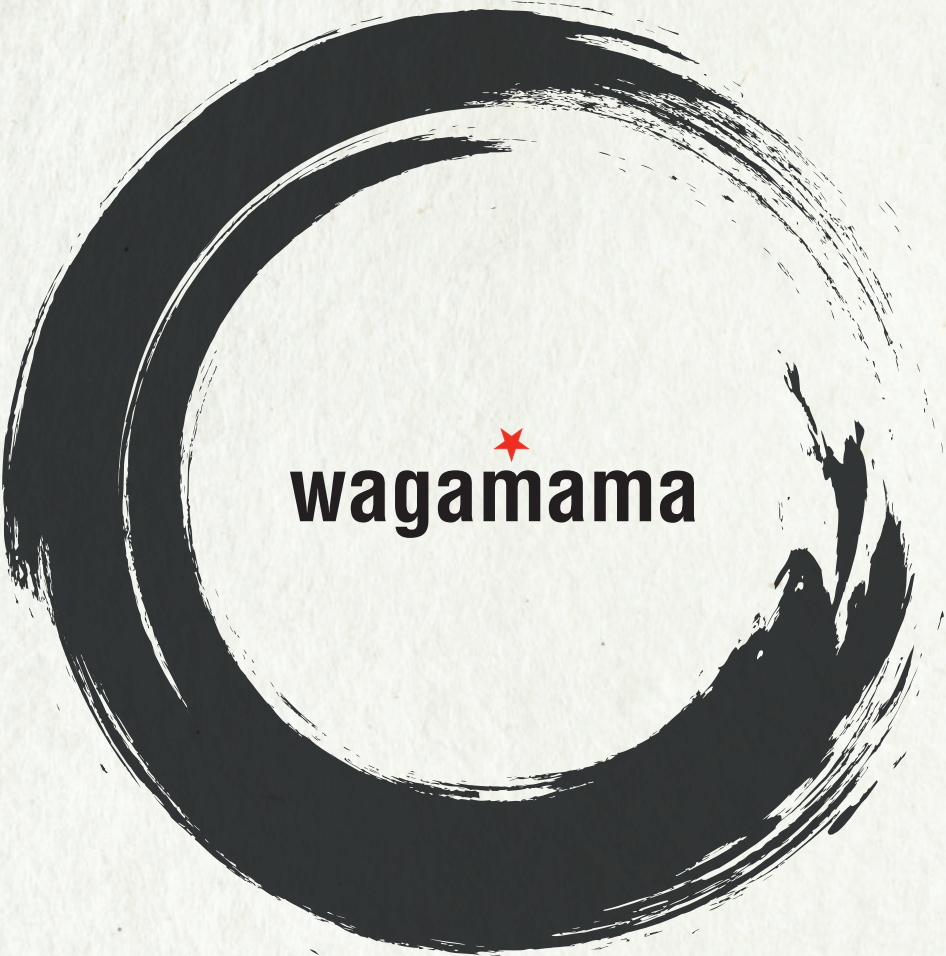
hot chocolate

3.2

107 kcal

non-gluten

this menu is for a non-gluten diet. a great selection of our dishes that do not contain gluten in their ingredients. these dishes are full of flavour, either remaining true to their original recipes or having been subtly modified to suit a non-gluten diet



true nourishment from bowl to soul



# refreshing juices

raw energy is the rejuvenating power of fruits + vegetables. our juices are full of it. each glass is one of your 5-a-day to give you a boost + they contain no added sugar

regular 4.5 | large 5.5



08 **tropical**  
mango, apple, orange  
152/198 kcal



04 **carrot cleanse**  
carrot, fresh ginger  
140/211 kcal



05 **high five**  
melon, pineapple, lemon, apple, orange  
211/311 kcal



10 **blueberry spice**  
blueberry, apple, ginger  
164/234 kcal



11 **positive**  
pineapple, lime, spinach, cucumber, apple  
234/346 kcal



03 **orange**  
orange juice, pure + simple  
110/165 kcal



14 **power**  
spinach, apple, fresh ginger  
170/235 kcal



15 **up-beet**  
beetroot, red pepper, cucumber, ginger, apple  
150/216 kcal

# sides

- ★ 10104

**edamame** ⚡ 🌱 4.9  
beans with salt or chilli-garlic salt, pop them out of their pod + enjoy  
salt 246 / chilli-garlic salt 253 kcal
- ★ 10106

**wok-fried greens** 5  
tenderstem broccoli, bok choy, garlic + soy sauce 177 kcal
- 1096

**prawn kushiyaki** ⚡ 7.5  
skewered grilled prawns, lemongrass + chilli marinade, caramelised lime 151 kcal
- new** 1097

**ssambap** 6  
baby gem lettuce wraps, pickled asian slaw, spicy kimchee sauce
- ★ 1098

**chicken** ⚡  
with red chillies 274 kcal
- ★ 1098

**tempeh** ⚡  
with coriander cress 266 kcal



10230

# mains

- ★ 1065

**miso mixed vegetable hiyashi bowl** 🌱 🍏 12  
refreshing glass noodles, miso stir-fried mushrooms, broccoli + kale, turmeric roasted cauliflower, tofu + edamame guac, pickled slaw, sliced radish, fresh coriander + chilli, sesame seeds, white dressing 412 kcal
- 1020

**grilled chicken ramen** ⚡ 🍏 10.7  
grilled marinated chicken, rice noodles, light chicken broth, seasonal greens 448 kcal
- 1048

**chicken + prawn pad thai** ⚡ 12  
rice noodles, chicken, prawns, egg, bean sprouts, leeks, chilli, red + spring onion, mint, coriander, fresh lime 677 kcal
- ★ 10231

**shu's 'shiok' jackfruit** 🌱 🍏 11.2  
**shu han lee collaboration**  
turmeric + ginger roasted jackfruit, served on a bed of coconut + lemongrass dressed rice, pickled slaw + radish, chilli, coriander, caramelised lime 517 kcal
- 10230

**shu's 'shiok' chicken** ⚡ 🍏 12.2  
**shu han lee collaboration**  
turmeric, garlic + ginger marinated chicken, roasted and served on a bed of coconut + lemongrass dressed rice, pickled slaw + radish, chilli, coriander, caramelised lime 570 kcal



1097



1065

# feed your soul...

from plant-based options to fibre + protein sources, wagamama your way

- (v) **vegetarian**

★ **vegan**

🍏 **under 600 calories**
- new** new

🍷 **may contain shell or small bones**
- ⚡ **source of protein**  
protein helps to maintain healthy bones and muscles

🌱 **source of fibre**  
fibre helps to keep your digestive system healthy

adults need around 2000 calories a day

**allergies + intolerances** if you have a food allergy, intolerance or sensitivity, please let your server know every time you visit, before you order. the manager on duty will personally take and deliver your order, whilst the kitchen manager will personally prepare your food as you require. this may mean that your meal may take a little longer than normal to prepare, whilst we take every care to prevent cross-contamination, please note, we cannot guarantee that your dish will be free from allergenic ingredients, as dishes are prepared in areas where these ingredients are present

full nutritional information can be found at [wagamama.com/our-menu](https://wagamama.com/our-menu)

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Discover  
True  
Nourishment

when you eat positively, you live positively. our recipes + food philosophy have been created to make you feel rejuvenated + satisfied. a base of noodles or rice give you energy. quality proteins + good fats sustain you. an abundance of fresh crunchy vegetables nourish you. finally, spices + steaming broths ignite your tastebuds. our simple balanced soul food is made fresh every day in our open kitchens and has been since 1992