

wagamama

allergen information
and dietary guide | ny

index

as of 09 september 2016
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

allergenic ingredients featured in this guide in accordance with the Food Allergen Labeling and Consumer Protection Act of 2004 are

- wheat
- crustacean shell fish
- egg
- fish
- milk
- tree nuts
- peanuts
- soybeans

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sides		this dish contains								suitable for?	
plu	dish	wheat	crustacean shell fish	egg	fish	milk	tree nuts	peanuts	soybeans	vegetarian	vegan
104	edamame plain								●	yes	yes
104	edamame with salt								●	yes	yes
104	edamame with chilli garlic salt								●	yes	yes
106	wok-fried greens	●							●	yes	yes
109	raw salad	●							●	yes	yes
96	lollipop prawn kushiyaki		● (prawn)		● #				●	no	no
108	tori kara age	●	*	●	*	*		●	●	no	no
107	chili squid	●	● (squid)	*	*	*			●	no	no
103	ebi katsu	●	●	●	● # (cod)	●			●	no	no
115	hirata bun, pork belly and panko apple	●		●		●			●	no	no
113	hirata bun, korean barbecue beef and red onion	●		●		●			●	no	no

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gyoza		this dish contains								suitable for?	
plu	dish	wheat	crustacean shell fish	eggs	fish	milk	tree nuts	peanuts	soybeans	vegetarian	vegan
101	steamed gyoza, yasai	●							●	yes	yes
100	steamed gyoza, chicken	●						●	●	no	no
105	steamed gyoza, pork and water chestnut	●							●	no	no
99	fried gyoza, duck	●	*	*	*	*		●	●	no	no
102	fried gyoza, prawn	●	● (prawn)	*	*	*		●	●	no	no

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ramen		this dish contains								suitable for?	
plu	dish	wheat	crustacean shell fish	eggs	fish	milk	tree nuts	peanuts	soybeans	vegetarian	vegan
25	chili chicken ramen	●	● (prawn)	●	● # (anchovy, bonito, sardine)				●	no	no
20	chicken ramen	●	● (prawn)	●	● (anchovy, bonito, sardine)				●	no	no
87	short rib beef ramen	●	● (prawn)	●	● (anchovy, bonito, sardine)			●	●	no	no
31	shirodashi pork ramen	●	● (prawn)	●	● # (anchovy, bonito, sardine)				●	no	no
22	grilled duck ramen	●		●	● (anchovy)			●	●	no	no
26	seafood ramen	●	● # (prawn)	●	● (anchovy, salmon, sole)	*			*	no	no
21	wagamama ramen	●	● (prawn)	●	● # (anchovy, bonito, cod, sardine)				●	no	no
28	yasai ramen	●		●			● (almond)	●	●	yes	no
	spicy broth, chicken stock	●	● (prawn)		● # (anchovy, bonito, sardine)				●	no	no
	spicy broth, vegetable stock	●	● (prawn)		● #				●	no	no
	light broth, chicken stock		● (prawn)		● (anchovy, bonito, sardine)				●	no	no
	light broth, vegetable stock									yes	yes
	rich broth, chicken stock	●	● (prawn)		● # (anchovy, bonito, sardine)				●	no	no

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curry		this dish contains								suitable for?	
plu	dish	wheat	crustacean shell fish	eggs	fish	milk	tree nuts	peanuts	soybeans	vegetarian	vegan
75	raisukaree, chicken	●			● (bonito, sardine)		● (coconut)		●	no	no
79	raisukaree, prawn	●	● (prawn)		● (bonito, sardine)		● (coconut)		●	no	no
71	katsu curry, chicken	●	*	●	*	*	● (coconut)		●	no	no
72	katsu curry, yasai	●		●		*	● (coconut)		●	yes	no
92	firecracker, chicken	●	● # (prawn)		● (anchovy)			●	●	no	no
93	firecracker, prawn	●	● # (prawn)		● (anchovy)			●	●	no	no
37	itame, chicken						● (coconut)	●	●	no	no
39	itame, prawn		● (prawn)				● (coconut)	●	●	no	no
38	itame, yasai						● (almond, coconut)	●	●	yes	yes

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teppanyaki		this dish contains								suitable for?	
plu	dish	wheat	crustacean shell fish	eggs	fish	milk	tree nuts	peanuts	soybeans	vegetarian	vegan
40	yaki soba, chicken and prawn	●	● (prawn)	●					●	no	no
41	yaki soba, yasai	●		●					●	yes	no
46	teriyaki soba, salmon	●		●	● (bonito, salmon)				●	no	no
45	teriyaki soba, sirloin steak	●		●	● (bonito)			●	●	no	no
88	steak bulgogi	●	● (prawn)	●	● (anchovy)			●	●	no	no
44	ginger chicken udon	●		●	● # (bonito)				●	no	no
48	pad thai, chicken and prawn	●	● # (prawn)	●	● # (anchovy)		●	●	●	no	no
47	pad thai, yasai	●		●			● (almond)	●	●	yes	no

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donburi		this dish contains								suitable for?	
plu	dish	wheat	crustacean shell fish	eggs	fish	milk	tree nuts	peanuts	soybeans	vegetarian	vegan
77	cha han donburi, chicken and prawn	●	● (prawn)	●					●	no	no
78	cha han donburi, yasai	●		●			● (almond)		●	yes	no
70	teriyaki donburi, chicken	●	● (prawn)		● # (anchovy)				●	no	no
69	teriyaki donburi, beef brisket and red onion	●	● (prawn)		● (anchovy)				●	no	no
89	grilled duck donburi	●	● (prawn)	●	● (anchovy)				●	no	no

salad		this dish contains								suitable for?	
plu	dish	wheat	crustacean shell fish	eggs	fish	milk	tree nuts	peanuts	soybeans	vegetarian	vegan
66	warm chili salad, chicken	●	●	●	● #	●	● (almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut)	●	●	no	no
63	warm chili salad, yasai	●	●	●	● #	●	● (almond, brazil, cashew, hazelnut, macadamia, pecan, pistachio, walnut)	●	●	yes	no
67	grilled tuna salad	●	● #	●	● (tuna)	*			●	no	no
60	sirloin and shiitake salad	●			● (bonito)			●	●	no	no

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fresh juices		this dish contains								suitable for?	
plu	dish	wheat	crustacean shell fish	eggs	fish	milk	tree nuts	peanuts	soybeans	vegetarian	vegan
1	raw, large/regular									yes	no
2	fruit, large/regular									yes	no
3	orange juice, large/regular									yes	no
4	carrot, large/regular									yes	yes
6	super green, large/regular									yes	yes
7	clean green, large/regular									yes	no
8	tropical, large/regular									yes	no
10	blueberry spice, large/regular									yes	yes
11	positive, large/regular									yes	yes
14	power, large/regular									yes	yes

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dessert		this dish contains								suitable for?	
plu	dish	wheat	crustacean shell fish	eggs	fish	milk	tree nuts	peanuts	soybeans	vegetarian	vegan
132	chocolate layer cake	●		●		●	● (almond, coconut, hazelnut, pistachio, walnut)		●	no	no
139	lemon and almond tart	●		●		●	● (almond, coconut, hazelnut, pistachio, walnut)		●	no	no
134	mango mousse cake	●		●		●	● (almond, coconut, hazelnut, pecan, pistachio, walnut)	●	●	no	no
133	vanilla cheesecake	●		●		●	● (almond, coconut, hazelnut, pecan, pistachio, walnut)	●	●	no	no
142	banana katsu	●		●		●			●	yes	no
140	coconut reika					●	● (coconut)	●		yes	no

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kids		this dish contains								suitable for?	
plu	dish	wheat	crustacean shell fish	eggs	fish	milk	tree nuts	peanuts	soybeans	vegetarian	vegan
920	mini yasai ramen	●		●			● (almond)		●	yes	no
927	mini ramen	●	● (prawn)	●	● (anchovy, bonito, sardine)				●	no	no
940	mini yaki soba, chicken	●		●					●	no	no
941	mini yaki soba, yasai	●		●			● (almond)		●	yes	no
981	mini grilled noodles, chicken	●		●					●	no	no
982	mini grilled noodles, fish	●		●	● (sole)				●	no	no
977	mini cha han, chicken	●		●					●	no	no
978	mini cha han, yasai	●		●			● (almond)		●	yes	no
971	mini chicken katsu, no sauce	●	*	●	*	*			*	no	no
971	mini chicken katsu, curry sauce	●	*	●	*	*	● (coconut)		*	no	no
971	mini chicken katsu, amai sauce	●	*	●	*	*			●	no	no
973	mini grilled chicken katsu, no sauce									no	no
973	mini grilled chicken katsu, curry sauce	●					● (coconut)			no	no
973	mini grilled chicken katsu, amai sauce	●							●	no	no
972	mini yasai katsu, no sauce	●		●		*			*	yes	no
972	mini yasai katsu, curry sauce	●		●		*	● (coconut)		*	yes	no
972	mini yasai katsu, amai sauce	●		●		*			●	yes	no

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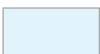
kids		this dish contains								suitable for?	
plu	dish	wheat	crustacean shell fish	eggs	fish	milk	tree nuts	peanuts	soybeans	vegetarian	vegan
910	mini orange juice									yes	no
910	mini apple juice									yes	yes
910	mini orange and apple juice									yes	no
911	glass of milk					●				yes	no
912	cococino					●				yes	no
913	vanilla bean ice cream, no sauce					●				yes	no
913	vanilla bean ice cream, chocolate sauce					●				yes	no
913	vanilla bean ice cream, passion fruit sauce					●				yes	no



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no gluten (wheat) menu		this dish contains								suitable for?	
plu	dish	wheat	crustacean shell fish	eggs	fish	milk	tree nuts	peanuts	soybeans	vegetarian	vegan
mains											
1037	itame, chicken						● (coconut)	●	●	no	no
1039	itame, prawn		● (prawn)				● (coconut)	●	●	no	no
1038	itame, yasai						● (almond,coconut)	●	●	yes	yes
1020	chicken ramen		● (prawn)		● (anchovy, bonito, sardine)				●	no	no
1028	yasai ramen			●			● (almond)		●	yes	no
1026	seafood ramen		● # (prawn)		● (anchovy, salmon, sole)					no	no
sides											
10104	edamame plain								●	yes	yes
10104	edamame with salt								●	yes	yes
10104	edamame with chili garlic salt								●	yes	yes
1096	lollipop prawn kushiyaki		● (prawn)		● #				●	no	no
10117	duck wraps								●	no	no
dessert											
10913	vanilla bean ice cream with passion fruit sauce					●				yes	no
10140	coconut reika with passion fruit sauce					●	● (coconut)	●		yes	no

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
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brunch		this dish contains								suitable for?	
plu	dish	wheat	crustacean shell fish	egg	fish	milk	tree nuts	peanuts	soybeans	vegetarian	vegan
173	breakfast ramen	●	●	●	● #				●	no	no
156	ekonomiyaki	●	●	●	● (mackerel)	●			●	no	no
166	yasai ekonomiyaki	●		●		●			●	yes	no
174	roti breakfast wrap, bacon	●		●					●	no	no
175	roti breakfast wrap, shiitake	●		●					●	yes	no
170	apple and goji pancakes	●		●		●				yes	no
150	yoghurt and granola	●				●			●	yes	no

173 breakfast ramen can be modified to remove egg from the recipe, modification - no tea stained egg, on rice noodles /udon noodles

174 roti breakfast wrap bacon can be modified to remove egg from the recipe, modification - no egg, no nori omelette

175 roti breakfast wrap shiitake can be modified to remove egg from the recipe, modification - no egg, no nori omelette

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juices		this dish contains								suitable for?	
plu	dish	wheat	crustacean shell fish	eggs	fish	milk	tree nuts	peanuts	soybeans	vegetarian	vegan
1	raw, regular/large									yes	no
2	fruit, regular/large									yes	no
3	orange juice, regular/large									yes	no
4	carrot, regular/large									yes	yes
6	super green, regular/large									yes	yes
7	clean green, regular/large									yes	no
8	tropical, regular/large									yes	no
10	blueberry spice, regular/large									yes	yes
11	positive, regular/large									yes	yes
14	power, regular/large									yes	yes

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- # **a black hashtag** | means that the dish contains fish/crustacean but some precise species cannot be declared for confidentiality reasons
- a blue box** | means that the dish can be modified to remove the specified allergenic ingredient or to make it suitable for vegetarians or vegans. please ask your server for more information
- * **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 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. these charts show which dishes do not contain certain allergenic ingredients as intentional ingredients, however we cannot guarantee that dishes are 100% free from these ingredients due to the preparation process

tea		this dish contains								suitable for?	
plu	dish	wheat	crustacean shell fish	eggs	fish	milk	tree nuts	peanuts	soybeans	vegetarian	vegan
761	english breakfast no milk									yes	yes
763	peppermint									yes	yes
762	darjeeling earl grey no milk									yes	yes
763	chamomile									yes	yes
770	jasmine flowering									yes	yes
770	lemon and ginger flowering									yes	yes
771	green tea									yes	yes
552	iced mint and lime									yes	yes
553	iced ginger									yes	yes

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coffee		this dish contains								suitable for?	
plu	dish	wheat	crustacean shell fish	eggs	fish	milk	tree nuts	peanuts	soybeans	vegetarian	vegan
733	americano no milk									yes	yes
733	americano with milk					●				yes	no
733	decaff americano no milk									yes	yes
733	decaff americano with milk					●				yes	no
735	latte					●				yes	no
735	decaff latte					●				yes	no
737	cappuccino					●				yes	no
737	decaff cappuccino					●				yes	no
731	espresso									yes	yes
731	decaff espresso									yes	yes
554	iced latte					●				yes	no
554	decaff iced latte					●				yes	no
555	iced americano no milk									yes	yes
555	iced americano with milk					●				yes	no
555	iced decaff americano no milk									yes	yes
555	iced decaff americano with milk					●				yes	no

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cocktails		this dish contains								suitable for?	
plu	dish	wheat	crustacean shell fish	eggs	fish	milk	tree nuts	peanuts	soybeans	vegetarian	vegan
545	bloody mary	●							●	yes	yes
461	prosecco zardetto private cuvee									yes	yes

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