

breakfast at wagamama

welcome to wagamama. a place of positive eating + positive living.
food that satisfies the senses, inspired by the east and west, all made the wagamama way.
start the day fresh and wake up with wagamama

served until 12 noon



the english breakfast

162 · **the full english** 10.95
two rashers of back bacon. sausages. grilled tomato.
wilted spinach. sautéed sweet potato. shiitake mushrooms.
two free-range eggs; fried, poached or scrambled

163 · **the full vegan (vg)** 10.25
two rashers of maple seitan bacon. beetroot + seitan
sausage. scrambled turmeric tofu. grilled tomato.
wilted spinach. sautéed sweet potato. shiitake mushrooms

breakfast bowls

begin the day with a nourishing start. from bowl to soul

170 · **apple + goji pancakes (v)** 6.5
fluffy apple + goji berry pancakes. fresh fruit salad.
icing sugar. rice syrup

160 · **coconut porridge (vg)** 4.95
porridge oats. coconut milk. raspberry compote

167 · **crunchy granola bowl (vg)** 5.25
coconut 'yoghurt'. raspberry compote. pomegranate.
cranberry, raisin + mixed nut granola

avocado on toast
lightly dressed avocado + tomato. slice of toasted
multigrain bread. topped with

176 · **two free-range poached eggs (v)** 7.95
177 · **scrambled turmeric tofu (vg)** 7.75



176

195 · **eggs benedict** 9.75
two free-range poached eggs. rich hollandaise sauce.
lightly toasted, asian steamed bun. wiltshire ham. shichimi

196 · **eggs royale** 10.25
two free-range poached eggs. rich hollandaise sauce.
lightly toasted, asian steamed bun. smoked salmon.
fresh samphire

194 · **eggs florentine (v)** 9.25
two free-range poached eggs. rich hollandaise sauce.
lightly toasted, asian steamed bun. wilted spinach.
grilled mushrooms

ekonomiyaki

japanese-inspired omelette. shiitake mushrooms. red cabbage.
leek. traditional japanese sauces and garnishes

156 · **chicken, prawn + bacon** 8.95 166 · **yasai (v)** 7.95

roti breakfast wraps

thai flatbread rolled up with spinach

171 · **bacon, nori omelette + sriracha ketchup** 5.95

172 · **sausage, nori omelette + sriracha ketchup** 5.95

173 · **mushroom, shichimi tofu + sriracha
mayonnaise (vg)** 5.25

157 · **sausage katsu stack** 7.25
crispy panko-coated pork sausage + bacon patty.
sriracha ketchup. mayonnaise. spinach. two free-range
poached eggs

155 · **kedgeree** 8.95
flaked smoked haddock. free-range, soft poached egg. leek.
spring onion. sticky white rice. katsu curry sauce



195

extras

750 · **bacon** 2

756 · **toast (v)** 2
two slices of either white or
multigrain, with butter

751 · **sausages** 2

754 · **jam, honey,
marmalade** 1

smoothies

regular 3.95 large 4.95

180 · **banana**
banana. apple. passion fruit. plain frozen yoghurt

182 · **mango + chilli**
mango. plain frozen yoghurt. touch of chilli

183 · **pineapple + coconut**
pineapple. coconut reika

fresh juices

squeezed, pulped, poured fresh

regular 3.95 large 4.95

01 · **raw** carrot. cucumber. tomato. orange. apple

02 · **fruit** apple. orange. passion fruit

03 · **orange**

04 · **carrot (vg)** with fresh ginger

08 · **tropical** mango. apple. orange

10 · **blueberry spice (vg)** with apple. carrot. fresh ginger

11 · **positive (vg)** pineapple. lime. spinach. cucumber. apple

14 · **power (vg)** spinach. apple. fresh ginger



refresh + revive (vg)

693 · **la brewery kombucha** 3.95

la brewery collaboration

ginger + turmeric naturally sparkling living tea.
refreshing citrus notes

nix + kix 2.95

lightly sparkling. all natural. low in calories.
no added sugar. hint of cayenne

696 · **mango + ginger** 696 · **cucumber + mint**

soft drinks (vg)

705 · **coke** 2.95*

705 · **diet coke** | **coke zero** 2.85

708 · **sprite** 2.85

715 · **ginger beer** 2.85

717 · **appletiser** 2.85

714 · **cloudy lemonade** reg 2.6 | large 2.95

710 · **peach iced tea** reg 2.6 | large 2.95

701 | 703 · **still water** reg 2.25 | large 4.25

702 | 704 · **sparkling water** reg 2.25 | large 4.25

* includes sugar tax levy

hot drinks

tea (vg)
loose leaf, flowering and fresh.
served in an individual tea infuser

774 · **black assam** 2.45 strong black breakfast tea

779 · **lychee** 2.45 lychee-scented sweet black tea

777 · **jasmine pearls** 2.45 jasmine-scented green tea pearls

782 · **ginger + lemongrass** 2.45 zesty, warming and fragrant

784 · **fresh mint** 2.45 fresh mint leaves. pure and simple

781 · **jasmine flowering tea** 2.95 flowering lily and
jasmine green tea

771 · **green tea** free

coffee + others

731 · **espresso (vg)** 1.95

732 · **double espresso (vg)** 2.25

733 · **americano** 2.65

736 · **latte** 2.95

738 · **cappuccino** 2.95

739 · **macchiato** 2.65

740 · **iced coffee** 2.75

745 · **hot chocolate** 2.75

alternative milk + decaf coffee available



781

asian cocktails + spirits (vg)

classic cocktails with a wagamama twist

534 · **yuzu collins** 7.45

heathrow exclusive

vodka. yuzu. crème de pêche. lemon.
lime. brown rice syrup. soda. mint

535 · **plum highball** 7.45

heathrow exclusive

whiskey. plum. strawberry. cherry.
lemon. soda. mint

517 · **jasmine bellini** 7.45

jasmine vodka. honeydew melon.

fresh lemon. cold-brewed
jasmine green tea. prosecco

504 · **roku tonic** 7.25

japanese craft gin made using cherry
blossom, yuzu peel + sencha tea.
garnish of fresh lime + ginger. served
with franklin + sons natural tonic water



517

beers

crafted to complement the flavours of asia.
big bottles are good for sharing

craft beer meantime brewery collaboration

★ 618 · **natsu** passion fruit pale ale (vg) 330ml 5.25

★ 616 · **kansho** lime + ginger pale ale (vg) 330ml 5.25

626 | 627 · **asahi draught** japan (vg) half pint 2.95 | pint 5.25

601 | 602 · **asahi** japan (vg) 330ml 4.25 | 600ml 7.25

613 | 614 · **singha** thailand 330ml 4.25 | 630ml 7.25

605 · **kirin** japan (vg) 500ml 6.25

606 · **lucky buddha** china (vg) 330ml 4.25

608 · **hitachino nest** china (vg) • new • 330ml 4.95
yuzu ginger non-ale 0.3%



606

sake

japan's national drink, brewed from rice

484 · **sho chiku bai (vg)** 125ml 3.75
traditional. mild but complex

485 · **mio (vg)** 125ml 7.25
sparkling. sweet. crisp

486 · **kyoto yuzu** 125ml 8.25
yuzu. honey. subtly sweet

wine

red

430 · **merlot** lanyá (vg)

750ml 19.95 | 250ml 7.35 | 175ml 5.75

440 · **tempranillo cabernet** fernando castro

750ml 15.25 | 250ml 5.95 | 175ml 4.75

white

410 · **pinot grigio** sartori

750ml 18.75 | 250ml 6.95 | 175ml 5.35

415 · **airen chardonnay** viura

750ml 15.25 | 250ml 5.95 | 175ml 4.75

420 · **chenin blanc** cherry tree hill

750ml 17.25 | 250ml 6.35 | 175ml 4.95

425 · **sauvignon blanc** lanyá (vg)

750ml 22.75 | 250ml 8.75 | 175ml 6.35

426 · **marlborough sauvignon blanc** land made

750ml 24.75 | 250ml 9.35 | 175ml 6.95

rosé

450 · **pinot grigio blush** sartori

750ml 19.75 | 250ml 7.25 | 175ml 5.75

sparkling

404 | 405 · **champagne** veuve clicquot (vg)

750ml 55 | 375ml 30

460 · **prosecco** villa domiziano spumante brut (vg)

750ml 25.25 | 125ml 4.95

all wine available in 125ml glass

wagamama

sides

small plates with big taste. most people share three between two, alongside their main dish

our main menu is available all day from 8am

★ gyoza

five dumplings packed with taste

steamed

served grilled with dipping sauce

101 • **yasai | vegetable (vg)** 5.95

100 • **chicken** 6.25

105 • **pulled pork** 6.25

fried

served with dipping sauce

99 • **duck** 6.25

102 • **prawn** 6.25

101



★ hirata steamed buns 6.25

two fluffy asian buns with coriander + mayonnaise

115 • **pork belly** panko apple, sriracha

114 • **mixed mushrooms (v)** panko aubergine

113 • **korean barbecue beef** red onion

115



extras tasty additions to your meal

304 • **japanese pickles (vg)** 1

303 • **chillies (vg)** 1

302 • **miso soup, japanese pickles (vg)** 1.95

🔥 **may contain shell or small bones** (v) **vegetarian** (vg) **vegan** ★ **guest favourite**

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

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

full nutritional information can be found at wagamama.com/our-menu

at wagamama, we like to offer choice and variety. we have a dedicated vegan menu, a non-gluten menu and a kid-friendly menu which is perfect for our little noodlers



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

our staff receive 100% of tips

LHR-FEB20-01

104 • **edamame (vg)** 4.5

beans with salt or chilli-garlic salt

★ 110 • **bang bang cauliflower (vg)** 5.25

crispy cauliflower. firecracker sauce. red + spring onion, fresh ginger, coriander

106 • **wok-fried greens (vg)** 4.75

tenderstem broccoli, bok choy, garlic + soy sauce

109 • **raw salad (vg)** 3.75

mixed leaves, edamame beans, baby plum tomatoes, seaweed, pickled mooli, carrot + red onion, fried shallots, wagamama dressing

111 • **vegetable tempura (vg)** 5.25 • **new** •

crispy fried tenderstem broccoli, red pepper, sweet potato + asparagus, wakame, sweet + sour dipping sauce

108 • **tori kara age** 5.75

crispy chicken pieces, fresh lime, spiced sesame + soy dipping sauce

duck wraps 🔥 6.25

shredded crispy duck, cucumber, spring onion

116 • **asian pancakes, cherry hoisin**

117 • **lettuce wraps, tamari sauce**

27 • **chicken yakitori** 6.95 • **new** •

marinated chicken skewers, spicy teriyaki sauce, shichimi, spring onion

27



96 • **prawn kushiyaki** 6.75

skewered grilled prawns, lemongrass + chilli marinade, caramelised lime

94 • **tama squid** 7.25

crispy fried creamy squid balls, okonomiyaki sauce, mayonnaise, seaweed, bonito flakes

103 • **ebi katsu** 6.95

prawns in crispy panko breadcrumbs, coriander, fresh lime, chilli + garlic dipping sauce

★ 107 • **chilli squid** 6.95

crispy fried squid, shichimi spice, chilli + coriander dipping sauce

305 • **tea-stained egg (v)** 1

306 • **kimchee** 1

spicy fermented cabbage + radish with garlic, contains fish + seafood

35



ramen

fresh noodles in steaming broth, topped with meats or vegetables

chef's recommendation

30 • **tantanmen beef brisket** 13.75

korean barbecue beef, half a tea-stained egg, menma, kimchee, spring onion, coriander, chilli oil, extra rich chicken broth

35 • **miso-glazed cod** 🔥 14.25

with bok choy, menma, spring onion, chilli oil, light vegetable broth

34 • **chilli prawn + kimchee** 🔥 12.25

marinated tail-on prawns, beansprouts, spring onion, kimchee, fresh lime, coriander, spicy vegetable broth

chilli

red + spring onion, beansprouts, coriander, fresh lime, spicy chicken broth

24 • **sirloin steak** 13.75 25 • **chicken** 11.95

23 • **kare burosu (vg)** 11.75

shichimi-coated silken tofu, grilled mixed mushrooms, pea shoots, carrot, chilli, coriander, udon noodles, curried vegetable broth

31 • **shirodashi pork belly** 11.25

slow-cooked with pea shoots, menma, spring onion, wakame, half a tea-stained egg, rich chicken broth with dashi + miso

20 • **grilled chicken** 10.25

marinated chicken, pea shoots, menma, spring onion, rich chicken broth with dashi + miso

21 • **wagamama's own** 🔥 13.75

grilled marinated chicken, seasoned pork, tail-on prawns, shell-on mussels, chikuwa, half a tea-stained egg, menma, wakame, spring onion, pea shoots, rich chicken broth with dashi + miso

customise my broth

light chicken or vegetable

spicy chicken or vegetable with chilli

rich reduced chicken broth with dashi + miso



75

curry

with a fresh twist, cooked patiently to infuse flavour, ranging from mild + fragrant to seriously kicking

★ **raisukaree**

mild + citrusy, coconut, mangetout, peppers, red + spring onion, sesame seeds, chilli, coriander, fresh lime, white rice

79 • **prawn** 13.95 75 • **chicken** 12.95

nikko • **new** •

fragrant + citrusy, coconut, lemongrass + turmeric soup, roasted butternut squash, tenderstem broccoli, mangetout, bok choy, beansprouts, chilli, coriander, ginger, fresh lime, chilli oil, side of white rice with sesame seeds, make it your own + try glass noodles or brown rice instead of white

49 • **chicken + turmeric cauliflower** 11.95

50 • **sea bream** 🔥 13.25

51 • **yasai | tofu + turmeric cauliflower (vg)** 10.95

firecracker

bold + fiery, mangetout, red + green peppers, onion, hot red chillies, sesame seeds, shichimi, fresh lime, white rice

93 • **prawn** 13.25 92 • **chicken** 12.25

katsu

aromatic katsu curry sauce, chicken or vegetables in crispy panko breadcrumbs, sticky white rice, side salad, japanese pickles

71 • **chicken** 11.25 72 • **yasai | sweet potato, aubergine, butternut squash (vg)** 10.25

chef's recommendation

1171 • **Vegatsu (vg)** 11.25

seitan in crispy panko breadcrumbs, aromatic katsu curry sauce, sticky white rice, side salad, pickled red onion

customise my rice

white steamed **brown** slightly nutty **sticky white**

45



teppanyaki

noodles sizzling from the grill, turned quickly so that the noodles are soft but the vegetables crunchy

chef's recommendation

88 • **steak bulgogi** 15.25

marinated sirloin, miso-fried aubergine, thin noodles, sesame + bulgogi sauce, spring onion, kimchee, half a tea-stained egg, coriander

teriyaki soba

thin noodles, curry oil, mangetout, bok choy, red + spring onion, chilli, beansprouts, teriyaki sauce, coriander, sesame seeds

45 • **sirloin steak** 14.95 46 • **salmon** 🔥 13.95

44 • **ginger chicken udon** 10.95

thick noodles, mangetout, egg, chilli, beansprouts, red + spring onion, pickled ginger, coriander

yaki soba

thin noodles, egg, peppers, beansprouts, white + spring onion, fried shallots, pickled ginger, sesame seeds

40 • **chicken + prawn** 10.25 41 • **yasai | mushroom (v)** 9.25

chef's recommendation

86 • **teriyaki lamb** 🔥 15.25

grilled with thin noodles, mushrooms, asparagus, kale, mangetout, chilli, pea + herb dressing, coriander

59 • **cod mokutan soba** 🔥 14.95

thin charcoal noodles, two fillets of miso-glazed cod, soy sauce, bok choy, mangetout, red peppers, spring onion, sweet miso dressing, fresh ginger, coriander

42 • **yaki udon** 10.95

thick noodles, curry oil, chicken, prawns, chikuwa, egg, beansprouts, leeks, mushrooms, peppers, fried shallots, pickled ginger, sesame seeds

pad thai • **refreshed** •

rice noodles, amai sauce, egg, beansprouts, leeks, chilli, red + spring onion, fried shallots, mint, coriander, fresh lime

48 • **chicken + prawn** 11.25 47 • **yasai | tofu (v)** 10.25

customise my noodles

soba thin, wheat egg

udon thick, white without egg

rice noodle thin, flat without egg or wheat

78



kokoro bowls

'kokoro' means 'spirit, heart + mind'. the bowl to feed your soul. all under 650 calories

90 • **avant gard'n (vg)** 11.25 gaz oakley collaboration

barbecue-glazed seitan, coconut + sriracha vegan 'egg', grilled shiitake mushrooms, asparagus, brown rice, edamame beans, carrots, spring onion, sweet amai sauce, sesame seeds, fresh lime

67 • **nuoc cham tuna** 🔥 13.75

seared tuna steak, quinoa, stir-fried kale, sweet potato, edamame beans, carrots, red onion, peppers, coriander, fresh lime

78 • **naked katsu** 11.25

grilled curried chicken, brown rice, edamame beans, shredded carrots, dressed mixed leaves, japanese pickles, side of katsu curry sauce

salads

the wagamama way. light, vibrant, nourishing

60 • **sirloin + shiitake** 12.25

marinated sirloin, shiitake mushrooms, carrots, mangetout, red onion, baby plum tomatoes, mixed leaves, pea + herb dressing

harusame glass noodles

mixed with kale, edamame, adzuki beans, mangetout, blackened carrots, pea shoots, fresh mint, fried shallots, spicy vinegar

61 • **ginger + lemongrass chicken** 10.75

62 • **yasai | tofu (vg)** 9.75

65 • **pad thai salad** 10.75 • **refreshed** •

ginger chicken, prawns, mixed leaves, mangetout, baby plum tomatoes, shredded pickled beetroot, carrot + red onion, fried shallots, nuoc cham + ginger miso dressing

61

