

## welcome to wagamama

a new-style noodle bar, modelled on the ramen shops that have been popular in japan for over two hundred years

ramen are chinese-style thread noodles, served in soups with various toppings, or teppan-fried. we also specialise in udon (fat white noodles) and rice dishes

## raw vision

to cleanse + nurture: the excellent natural synergy of nutrients in raw foods, especially foods with a high water-content like fruit and vegetables, helps to cleanse the body of toxins and provides optimal energy and nourishment for healthier living. juiced to order

- raw juice ★**  
a mixture of carrot, cucumber, tomato, orange and apple. an all-round high-nutrient and high energy drink £2.55
- fruit juice ★**  
a mixture of apple, orange and passion fruit. good for general cleansing and digestion £2.55
- orange juice ★**  
freshly squeezed £2.55
- carrot juice ★**  
carrot with a dash of fresh ginger root. a very good source of pro vitamin a £2.55
- apple and orange juice ★**  
a simple combination of freshly squeezed apple and orange. high in vitamin c £2.55

## ramen

the *way of the noodle* is to make slurping noises whilst eating - the extra oxygen adds to the taste. all the ramen, excluding no 27, are served with a seasoned **chicken and pork stock**. they may be served with a **vegetarian stock** as an option. please ask your server

- chicken ramen**  
soup and noodles topped with slices of grilled chicken breast, seasonal greens, menma and spring onions £6.00
- wagamama ramen**  
soup and noodles with half a boiled egg surrounded by seasonal greens, narutó, wakame, prawn, crabstick, chicken slices, fried tofu, menma and spring onions £6.30
- seafood ramen**  
soup and noodles topped with fresh seafood including prawns, crabstick and squid, garnished with wakame, narutó, menma, seasonal greens and spring onions £7.50
- salmon ramen**  
spiced miso soup and noodles topped with a chargrilled fillet of salmon in teriyaki-style sauce, seasonal greens, menma and spring onions £7.75  
**this dish may contain some small bones**
- chilli beef ramen**  
spicy soup and noodles with sliced, chargrilled sirloin steak, fresh chillies, red onion slices, beansprouts, coriander, spring onions and a wedge of lime. the soup base includes vinegar and chilli sauce £8.50
- chilli chicken ramen**  
same as chilli beef ramen served with grilled chicken instead of sirloin steak £6.95
- miso ramen**  
spiced miso soup with noodles and stir-fried chicken, carrots, leeks, garlic and beansprouts. garnished with wakame, menma and sesame seeds £6.50
- moyashi soba ★**  
vegetable soup and noodles with courgettes, snow peas, mushrooms, bean-sprouts, garlic, leeks and tofu, all quickly stir-fried and seasoned before placing on top of wholemeal ramen. garnished with spring onions. historically this ramen dish was mistakenly named soba £6.25

## kare noodle

- kare lomen**  
a spicy sauce based dish made from lemon grass, coconut milk, shrimp paste, fresh ginger and galangal, served with ramen noodles. garnished with chargrilled king prawns, beansprouts, cucumber and fresh coriander £6.75

## wagamama noodle bars

- london** bloomsbury, soho, wigmore st, camden, kensington, knightsbridge, covent garden, leicester square (opening sept 2001) and piccadilly (opening oct 2001)
- uk** manchester, kingston-upon-thames, nottingham
- ireland** dublin
- holland** amsterdam

## where to start

the menu below consists of main courses and side dishes; there are no starters or desserts. for most appetites, one noodle or rice dish is sufficient, accompanied by a side order

- ★ indicates dishes suitable for vegetarians
- ☛ available fried on request

## side dishes

- gyoza ☛**  
five grilled chicken dumplings filled with cabbage, chinese leaf, chinese chives and water chestnut. served with a chilli, garlic and soy sauce £3.95
- yasai gyoza ★ ☛**  
five grilled vegetable dumplings filled with cabbage, carrot, water chestnut, onion, celery and chinese leaf. served with a chilli, garlic and soy sauce £3.95
- ebi gyoza**  
five deep-fried dumplings filled with finely chopped king prawns, water chestnut and spinach. served with a chilli, garlic and soy sauce £4.50
- ebi katsu**  
five deep-fried king prawns in crispy breadcrumbs. served with lime and a spicy red chilli and garlic sauce £5.35
- edamame ★**  
freshly steamed green soya beans - lightly salted. the perfect complement to drinks. hold up to your mouth and squeeze succulent beans from the pod £3.15

## how your order is taken

waiting staff take your order with a hand-held, electronic keypad, which is sent via radio signal to the appropriate station in the kitchen or bar. when each dish is cooked, it is served straight away; this means that individual meals can be delivered at different times to a group of diners

## wagamama is a no-smoking restaurant

- negima yakitori**  
three skewers of chargrilled chicken and spring onion coated in yakitori sauce £4.50
- yasai yakitori ★**  
three skewers of chargrilled seasonal vegetables coated in yakitori sauce £4.25
- tori kara age**  
deep-fried chicken pieces prepared with soy sauce, sake, mirin, dried oregano and fresh ginger marinade. best eaten with soy sauce and seven spice pepper £3.75
- raw salad ★**  
a combination of mixed leaves, red pepper, tomato and cucumber served with a spicy wagamama house dressing £2.65
- miso soup and pickles ★**  
a light dashi soup flavoured with white miso paste, wakame and spring onion. served with traditional pickles £1.25

side dishes are not starters. when each dish is cooked it is served straight away. this means that individual selections are delivered at different times

## rice

- zasai gohan**  
stir-fried chicken, shiitake mushrooms, preserved and pickled vegetables in an oyster and garlic sauce, garnished with a dried shrimp, ginger and red chilli paste served with japanese-style rice £6.50
- chicken tama rice**  
sliced grilled chicken with stir-fried courgette and shiitake mushrooms in a wine, ginger and egg sauce. served with japanese-style rice £5.75
- cha han**  
fried rice with egg, chicken, prawns, snow peas, sweet corn, mushroom and spring onion. accompanied by a bowl of vegetable based miso soup and pickles £5.75
- yasai cha han ★**  
fried rice with egg, snow peas, mushrooms, sweet corn, fried tofu and spring onion. accompanied by a bowl of vegetable based miso soup and pickles £5.25

## katsu

- chicken katsu curry**  
chicken fillet deep-fried in crispy breadcrumbs, served with a light curry sauce and japanese-style rice. garnished with a combination of mixed leaves and red pickles £6.50
- yasai katsu curry ★**  
slices of sweet potato, aubergine and pumpkin deep-fried in crispy breadcrumbs. served with a light curry sauce and japanese-style rice. garnished with a combination of mixed leaves and red pickles £6.00
- salmon korroke**  
three salmon and potato cakes in a sweet tamarind sauce served with mixed leaves. garnished with seaweed and shredded crabstick £7.25
- yasai korroke ★**  
three potato, green pea, carrot, shiitake mushroom, onion and sweetcorn cakes in a sweet tamarind sauce served with mixed leaves. garnished with seaweed and red pepper £6.50

## sauce

- ebi chilli men**  
stir-fried prawns, green pepper and carrot with a chilli sauce made from fresh chillies, ginger, garlic, onion, lemon grass and red pepper. served with ramen noodles £7.95
- yasai chilli men ★**  
a vegetarian version with stir-fried courgette, ginger, mushroom, carrot, snow peas, tomato and tofu in a chilli sauce. served with wholemeal noodles £6.25
- kai sen udon**  
fresh squid, prawns, scallops, red pepper, seasonal greens and garlic in a ginger and wine sauce. served with udon noodles and garnished with shredded crabstick and cracked pepper £7.95

## teppan-fried noodles

- yaki soba**  
teppan-fried ramen noodles with egg, chicken, shrimps, onions, green and red peppers, beansprouts and spring onions. garnished with sesame seeds, fried shallots and red ginger £5.35
- yasai yaki soba ★**  
teppan-fried wholemeal noodles with egg, onions, garlic, mushrooms, green and red peppers, beansprouts and spring onion. garnished with sesame seeds, fried shallots, red ginger and a green and red pepper, coriander and vinegar sauce £5.20
- yaki udon**  
teppan-fried udon noodles with shiitake mushrooms, eggs, leeks, prawns, chicken, red pepper, beansprouts and japanese fishcake in curry oil. garnished with spicy ground fish powder, fried shallots and red ginger £5.95
- amai udon**  
the flavour of this dish is both sweet and sour. udon noodles teppan-fried with egg, fried tofu, prawns, leeks and bean-sprouts. served with crushed peanuts and lime. squeeze the lime juice onto the noodles for extra flavour £5.95

## positive eating

positive meal suggestions for positive value. unfortunately these items cannot be altered. if you have a better suggestion please let us know through our suggestion form. the gyoza will be served grilled unless requested fried

- absolute wagamama**  
chicken ramen, three gyoza and 330ml asahi beer or a choice of juice £9.95
- pure wagamama ★**  
moyashi soba, three yasai gyoza and a choice of juice £9.50
- complete wagamama**  
seafood ramen, three gyoza and a choice of juice £10.95

## extras

- japanese-style rice** £1.80
- plain noodles** £1.40
- steamed white rice** £1.40
- chillies** .55
- pickles** .55

## how to pay

please pay your server. wagamama accepts cash, cheques backed by a valid guarantee card plus SWITCH, DELTA and SOLO debit cards; visa, ACCESS/MASTERCARD, AMERICAN EXPRESS, DINERS CLUB and JCB credit cards

**service not included – all prices include vat at 17.5%**

## opening hours

monday to saturday 12noon to 11pm • sunday 12.30pm to 10pm  
\*wagamama soho now open until midnight on friday and saturday\*

## www.wagamama.com

### for maps and full location details of all wagamama noodle bars

we are always receptive to suggestions and comments. either tell the manager or fill out an opinion form. you can also write to us at wagamama limited, 23-25 eastcastle street, london w1w 8df (t) 020 7631 3140 or email using the comments form on the website

**wagamama t-shirts** from £15 all available  
**wagamama 'way of the noodle' recipe book** £10 from your server  
**wagamama poster** £7.50 or the on-line shop



## take-away service available

- |                 |               |                      |
|-----------------|---------------|----------------------|
| <b>wagamama</b> | bloomsbury    | manchester           |
|                 | camden        | kingston-upon-thames |
|                 | knightsbridge | dublin               |
|                 | covent garden | amsterdam            |
|                 | nottingham    |                      |
- ask your server for a copy of the eat-out menu

# wagamama



wagamama

www.wagamama.com

## soft drinks

701	ashe park still mineral water 330ml bottle	£1.50
702	ashe park lightly sparkling mineral water 330ml bottle	£1.50
703	ashe park still mineral water 750ml bottle	£3.10
704	ashe park lightly sparkling mineral water 750ml bottle	£3.10
705	pepsi cola 300ml bottle	£1.80
706	diet pepsi 300ml bottle	£1.80
707	ame white 330ml bottle. a lightly sparkling drink containing a unique and revitalising blend of eastern herbs, vitamins and fruit juice	£2.25
708	gusto 250ml can. refreshingly light and zesty, made with real crushed lemons, sparkling apple juice and guarana	£2.20
709	elderflower 250ml bottle. a sparkling health drink made with flowers picked from especially cultivated hedges. delightfully fragrant	£1.80
710	peach iced tea - glass	£1.35

green tea free of charge with meals on request

## beer

601	asahi super dry 330ml bottle (abv 5%)	£2.70
602	500ml large bottle (abv 5%) imported premium beer, refreshing with subtle satin smoothness. japanese and proud of it	£3.85
603	kirin beer 330ml (abv 5%)	£2.70
604	500ml large bottle (abv 5%) the mature mellow flavour of this beer arises from the traditional japanese recipe of blending rice with the finest malted barley and hops	£3.85
605	kirin ichiban 500ml large bottle (abv 5.5%) premium beer. the fine aroma of hops and japonica rice provides kirin ichiban with its lighter body and delicate aftertaste	£3.95
606	sapporo 500ml large can (abv 4.5%) brewed since 1876 sapporo is a smooth premium lager. rich and clear with plenty of flavour	£3.85

## white wine

		bottle 75cl	small glass 175ml	regular glass 250ml
401/2/3	cave de massé blanc sec france our house white - crisp and dry (abv 11%)	£10.35	£2.95	£3.95
404/5/6	chasan-sauvignon réserve france ripe and easy to drink (abv 12%)	£12.25	£3.10	£4.40
407/8/9	parsons brook blend z australia medium with a delicate flavour (abv 12%)	£13.00	£3.35	£4.75
410	bianco alcamo italy fragrant and full flavoured (abv 11.9%)	£13.75	-	-

## rose wine

		bottle 75cl	small glass 175ml	regular glass 250ml
411/12/13	santa amanda cabernet chile dry with summer fruit flavours (abv 12.9%)	£13.75	£3.25	£4.75

## red wine

		bottle 75cl	small glass 175ml	regular glass 250ml
414/15/16	cave de massé rouge france our house red - light, soft and fruity (abv 11%)	£10.35	£2.95	£3.95
417/18/19	kleine zalze south africa light, fruity beaujolais style (abv 11.5%)	£13.00	£3.35	£4.75
420	parsons brook blend x australia medium with red berry flavours (abv 11.5%)	£13.25	-	-
421/22/23	viña marcos, tempranillo spain light and very fruity (abv 12.5%)	£14.35	£3.50	£4.95

## sake and plum wine

501	sho chiku bai 145ml small flask - for one person	£2.65
502	(abv 15%) 280ml large flask - for two to share medium sweet. with a smooth, balanced flavour. served hot	£4.85
503	ozeki karakuchi 145ml small flask - for one person	£3.50
504	(abv 15.6%) 280ml large flask - for two to share premium sake. refreshing and smooth sake. served hot	£6.60
505	plum wine 125ml (abv 10%) a rich and aromatic plum wine with refreshing sweetness. served with sparkling water and ice	£2.70

## glossary

WAGAMAMA	willfulness or selfishness: selfishness in terms of looking after oneself, looking after oneself in terms of positive eating & positive living
POSITIVE EATING	is consciously feeding the body the nourishment it needs to build and maintain a peak physiological state, selecting foods that cleanse and nurture; controlled, balanced consumption
KAIZEN	gradual, ongoing and simple improvements
NOODLES	in japan there are 4 main types of noodles: ramen (chinese style), soba (buckwheat), udon (thick white noodle) and somen (thin white noodle). noodles are the perfect fast food offering a nutritionally complete meal in a bowl. a properly composed noodle soup is the quintessence of freshness, natural purity and like pasta, is a good source of complex carbohydrates which the body can burn most easily to provide energy
MENMA	pickled bamboo shoots
NARUTÓ	japanese fish cakes, traditionally white with a pink spiral pattern
WAKAME	seaweed with long green fronds and a silky texture
TOFU	also known as bean curd. made from soaked, mashed and strained soya beans
MISO	a japanese paste made from fermented soya beans
DASHI	the basic stock for miso soup flavoured with kombu seaweed, cabbage and dried shitake mushrooms
SHICHIMI	seven-spice pepper. a grainy mixture of chilli pepper, black pepper, dried orange peel, sesame seeds, poppy seeds, slivers of nori seaweed and hemp seeds. this is a perfect seasoning for soba and udon
TEPPAN	griddle cooked
MIRIN	sweetened sake used for cooking

## noodle ingredients

RAMEN	egg, wheat flour, potato starch, salt, kansui (potassium carbonate, sodium carbonate) and water
WHOLEMEAL RAMEN	wheat flour, wholemeal wheat flour, potato starch, egg, salt, kansui and water
UDON	wheat flour, salt and water

## kaizen culture

complementing our nutritional philosophy of positive eating for positive living, wagamama has adopted the japanese management system of kaizen, which means continuous improvement

everyone concerned with wagamama is actively involved in suggesting and implementing small improvements to the operation

our approach to kaizen extends to our customers, whose comments are encouraged and taken into consideration. completed opinionnaires should be posted in the suggestion box by the entrance

## wagamama ethos

quality is our first priority; fresh noodles and produce are delivered daily

wagamama operates a strict non-smoking policy throughout the restaurant

we use disposable chopsticks made from bamboo. since bamboo is a fast-growing, readily renewable resource, environmental damage is minimal

wagamama was conceived as a non-destinational food station; consequently, bookings are not accepted

we hope you will have a positive wagamama experience. we appreciate your co-operation and thank you for your continued support

## wagamama statement - genetically modified organisms

we have worked with our food suppliers to ensure that genetically modified foodstuffs are not used in our restaurants. all food served in wagamama noodle bars is gmo free. we would be happy to outline our due diligence process if you need further assurance