



WOK&GO

Nutritional information and allergen guide

Please note that while we make every effort to meet our customers' dietary requirements, our food is prepared in areas where allergenic ingredients may be present.

In this guide you'll find details of the allergenic ingredients in each of our dishes and all of our Create Your Own options. You can also see which of our dishes may be suitable for vegetarian, vegan and coeliac customers.

You can find the calorie, protein, carbohydrate and fat values of each of our dishes on the menu pages at wokandgo.co.uk.

If you have any questions about food preparation or our ingredients, please contact us on **Facebook** or **Twitter** (@wokandgonoodles), or email our Customer Service team at customerservice@wokandgo.co.uk.

CLASSIC BOXES

	Available as vegetarian	Available as vegan	Available as gluten free	Celery	Crustacean	Dairy	Egg	Fish	Gluten from cereals	Lupins	Molluscs	Mustard	MSG	Peanut	Nut	Sesame	Soya	Sulphur Dioxide
Black Bean Box				●	●	●	●	●	●		●		●			●	●	●
Combo Box				●	●	●	●	●	●		●		●			●	●	●
Hot Box				●	●	●	●	●	●		●		●			●	●	●
Mee Gee Seafood Box				●	●	●	●	●	●		●		●			●	●	
Nasi Box				●	●	●	●	●	●		●		●			●	●	
Nasi Seafood Box				●	●	●	●	●	●		●		●			●	●	
Pad Thai Box				●		●	●		●	●	●	●				●	●	●
Singa Box				●	●	●	●	●	●		●		●			●	●	●
Sweet Chilli Box				●	●	●	●	●	●		●		●			●	●	●
Sweet 'n' Sour Box				●		●	●		●			●	●			●	●	●
Thai Green Curry Box	●	●		●		●	●					●				●	●	●
Tonkatsu Box**																		
Yasi Yaki Box	●	●	●				●		●							●	●	

**coming soon

SOUP BOXES

	Available as vegetarian	Available as vegan	Available as gluten free	Celery	Crustacean	Dairy	Egg	Fish	Gluten from cereals	Lupins	Molluscs	Mustard	MSG	Peanut	Nut	Sesame	Soya	Sulphur Dioxide
Chicken Noodle Soup Box**																		
Lucksa Soup Box					•		•	•	•		•		•			•		
Seafood Lucksa Soup Box					•		•	•	•		•		•			•	•	
Tom Yum Soup Box**																		

KIDS BOXES

Mini Combo Box				•	•	•	•	•	•		•		•			•	•	•
Sweet 'n' Sour Box			•	•		•	•		•			•	•			•	•	•
Yasi Yaki Box	•	•	•				•		•							•	•	

**coming soon

	Available as vegetarian	Available as vegan	Available as gluten free	Celery	Crustacean	Dairy	Egg	Fish	Gluten from cereals	Lupins	Molluscs	Mustard	MSG	Peanut	Nut	Sesame	Soya	Sulphur Dioxide
Sweet Chilli Box				•	•	•		•	•		•		•			•	•	
Sweet Chilli	•	•							•								•	
Sweet 'n' Sour	•	•	•										•			•		•
Teriyaki	•	•							•								•	•
Thai Green Curry	•	•			•			•								•		
Tonkatsu	•	•																

WRAPS

Black Bean Wrap				•	•	•	•	•	•		•		•			•	•	•
Combo Wrap				•	•	•	•	•	•		•		•			•	•	•
Hot and Spicy Wrap				•	•	•	•	•	•		•		•			•	•	•
Nasi Wrap				•	•	•	•	•	•		•		•			•	•	
Sweet Chilli Wrap				•	•	•	•	•	•		•		•			•	•	•
Yasi Yaki Wrap	•	•					•		•				•			•	•	

SIDES

	Available as vegetarian	Available as vegan	Available as gluten free	Celery	Crustacean	Dairy	Egg	Fish	Gluten from cereals	Lupins	Molluscs	Mustard	MSG	Peanut	Nut	Sesame	Soya	Sulphur Dioxide
Chicken and Sweetcorn Soup							●		●							●		
Crispy Dumpling	●	●							●									
Fried Rice																●	●	
Fire Cracker Prawns					●				●							●		
Hot and Sour Beef Soup*							●		●			●	●			●	●	
Hot and Sour Pork Soup							●		●			●	●			●	●	
Mixed Platter				●	●		●		●			●	●			●	●	
Panko Prawns					●		●		●							●	●	
Prawn Crackers					●				●							●		
Spring Rolls					●		●		●			●	●			●	●	
Veggie Spring Rolls	●	●			●		●		●							●	●	

*Halal menu only

ICE CREAMS

	Available as vegetarian	Available as vegan	Available as gluten free	Celery	Crustacean	Dairy	Egg	Fish	Gluten from cereals	Lupins	Molluscs	Mustard	MSG	Peanut	Nut	Sesame	Soya	Sulphur Dioxide
Black Sesame Seed	●		●			●										●		
Lychee	●		●			●												
Mango and Passion Fruit	●		●			●												
Matcha Green Tea	●		●			●												
Toasted Coconut	●	●	●															
Vanilla Pod	●		●			●												



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