

# LUNCH & EARLY EVENING

UNTIL 6.30PM DAILY

MAIN COURSES

In a hurry & need to be out quick? Let us know (look out for the **Q** symbol)

## ADD A STARTER 2.95

Smaller versions of our à la carte starters.

### QUESADILLA

Tortilla, filled, folded, pan-toasted & served with roasted tomato salsa. Choose:

- Garlicky mushroom, chilli, thyme & cheese **V**
- Spicy chicken, peppers, onion & cheese

### NACHOS **V Q** ask for **GF**

Home-cooked corn tortilla chips, with melted cheese, topped with pico de gallo salsa, jalapeños, roasted tomato salsa, soured cream & guacamole.

### CHICKEN WINGS **Q**

Spicy hot chicken wings sauced-up with:

- Honey peri-peri / Spicy bbq jerk / Vivo; flaming hot habanero

### EMPANADAS **Q**

A filled crispy pasty. Choose from:

- Tender lamb braised in mint, tomato & chipotle
- Brie & mango with sticky chilli jam **V**

### DADINHOS **V Q**

Our take on a Brazilian favourite, crispy cheesy cubes served with sticky chilli jam.

## ADD A DRINK

(First glass or Bottle only)

WINE 175ML Red or White add 2.00

BOTTLED BEER Brahma add 2.00

MINERALS Coke, Diet Coke or Lemonade add 1.95

## 7.50

### VEGETABLE ENCHILADA **V Q**

Hand-rolled flour tortilla stuffed with butternut squash, red peppers, spinach & cheese, with a smoky chipotle sauce on a bed of spring onion rice with refried beans & cheese.

### VEGGIE CHILLI **V** ask for **GF Q**

Sweet potato, squash & chickpeas braised in spiced tomatoes, with spring onion rice, soft wheat tortillas, pink pickled onion & soured cream.

### QUINOA ENSALADA **V GF**

Quinoa, black beans, sweet potato & charred corn with molho à campanha salsa served on top of crushed avocado with a cranberry & chilli salsa & roquito pepper drops. Topped with purple Peruvian potato crisps & sprinkled with fresh coriander.

### TRIPLE TACOS ask for **GF**

Three corn & wheat lightly charred tortillas. Choose one of these fillings:

- Chipotle chicken, soured cream & pink pickled onion
- Shredded beef braised in chipotle with soured cream
- Coconut squash, soured cream & pink pickled onion **V**
- Garlicky mushroom, chilli & thyme & cheese **V**
- Garlic chilli prawns, crushed avocado & lime aioli
- NEW Beetroot & halloumi, pink pickled onions & roquitos **V**

### ALBONDIGAS **Q**

Patagonian-style lamb meatballs with apple, mint, parmesan & a pinch of nutmeg. Braised in a rich tomato, mint & mild chilli sauce with spring onion rice.

### BLACK BEAN & BEETROOT BURGER **V**

Our veggie black bean & beetroot burger, in a toasted brioche bun with melted Emmental, sliced beef tomato, baby gem & creamy tomato & gherkin sauce, creamy slaw & a choice of fries or salad.

### NEW BEETROOT, AVOCADO & CRANBERRY

ENSALADA **V GF N** Avocado, dried cranberries, baby spinach & coriander, tossed in a poppy seed dressing with a spiced beetroot salsa & sprinkled with candied spiced almonds.

add Crayfish / Grilled chicken / Halloumi 2.00

## 8.50

### CHICKEN ENCHILADA **Q**

Hand-rolled flour tortilla with spicy chicken, pepper & onion with a smoky chipotle sauce on a bed of spring onion rice with refried beans & cheese.

### BURRITOS

Wheat tortilla stuffed with chipotle rice, refried beans, crunchy slaw & cheese with salad, soured cream, guacamole & roasted tomato salsa on the side. Ask your server if you'd like to Chimichanga your Burrito. Choose:

- Sweet potato, butternut squash & chickpea chilli **V**
- Smoked chipotle chicken

### CUBAN SANDWICH

Roast pork belly, pulled pork, Emmental cheese & ham with sweet mustard & green pickle relish layered in our buttery toasted bun. With slaw & a choice of fries or salad.

### NEW CHILLI CON CARNE ask for **GF Q**

A rich chunky beef & black bean chilli, with spring onion rice & jalapeño buttermilk cornbread. Choose a spiced butter to melt into your chilli:

Mild - Cocoa & ancho chilli / Medium - Smoky chipotle butter / Hot - Habanero & pequin chilli

### SOUTH AMERICAN TORTA

Smoky chipotle chicken with aioli & avocado, baby spinach & cheese in a warm ciabatta. With a choice of fries or salad.

### FIESTA ENSALADA **V GF**

Roasted butternut squash, mixed leaves, carrot, cucumber, pink pickled onions, oven-dried tomatoes & fresh avocado, tossed in a poppy seed dressing. Topped with toasted pumpkin seeds, charred corn & roquito peppers.

add Crayfish / Grilled chicken / Halloumi 2.00



## 9.50

### BLAZING BIRD ask for **GF**

Our spicy chicken marinated with fiery sauce, served with slaw & a choice of fries or salad. Sauced-up with:

- Honey peri-peri / Spicy bbq jerk / Vivo; flaming hot habanero

### HAVANA CLUB & BBQ GLAZED PORK RIBS **A**

Half a rack of fall off the bone pork ribs covered in a sticky rum glaze, topped with crispy onion & chilli, served with slaw & a choice of fries or salad.

### CLASSIC BEEF BURGER

100% prime short rib & chuck beef patty, in a toasted brioche bun with creamy tomato & gherkin sauce. With beef tomato, baby gem & caramelised onions. Comes with slaw & a choice of fries or salad. (Prefer chicken? Just ask.)

### BURGER TOPPINGS - MAKE IT DIRTY

Jalapeños, Chimichurri, Guacamole each 1.00  
or Emmental cheese **V**

Brie **V**, Shredded chipotle beef, each 1.50  
Smoked chipotle chicken, Chilli con carne,  
Havana Club & jerk BBQ pork **A**  
or Smoky pork chorizo

### INFORMATION

**V** Vegetarian **N** Contains nuts  
**Q** Quick **A** Contains alcohol **GF** Gluten free



We haven't listed all of the ingredients in every dish. Any allergies/intolerances? Please let your server know. Ask if you want our gluten-free & veggie/vegan menus.

We aren't responsible for stolen or lost items • All items will be presented on a single bill • We may need to change or withdraw this menu from time-to-time due to local events • Some dishes may contain bones • Our chicken, duck & lamb are Halal • For parties of 5 or more, an optional 10% service charge will be added to your bill. 100% recycled paper, printed with vegetable-based inks 0317RW [www.iguanas.co.uk](http://www.iguanas.co.uk)



## MINERALS & JUICES

### COCA-COLA / DIET COKE

The iconic glass bottle. 330ml.

### COCA-COLA / DIET COKE / LEMONADE

### GUARANA

Brazilian soft drink with guarana extract.

### APPLETISER

100% apple juice with a touch of sparkle.

### TING

Grapefruit soda.

### JUICES

Pineapple, Cranberry, Mango, Apple, Pomegranate, Watermelon, Freshly squeezed orange juice or Vita Coco coconut water

### BELU SPARKLING / STILL WATER

Mineral water with ethics. Belu give all of their profits to Wateraid. UK sourced & bottled in recycled glass.

3.20

2.75

2.50

2.50

2.50

2.50

1.95

## CORTADOS

In our range of Cortado Coffees we cut the finest honey processed Latin American espresso, layered with thick condensed sweet milk & topped with a silky foam.

### CORTADO CONDENSADA

Espresso 'cut' with condensed milk & silky foamed milk.

### SPICED CARIBBEAN CORTADO <sup>A</sup>

Our standard Cortado Condensada spiked with dark rum, vanilla liqueur & aromatic bitters.

### CHOCOLATE CORTADO <sup>A</sup>

Espresso sweetened with condensed milk & premium chocolate liqueur, topped with luscious foam.

### MAGNIFICENT MEXICAN CORTADO <sup>A</sup>

Super premium Patron Tequila & Patron XO Café are added to the classic cortado.

2.95

3.95

3.95

4.95

## TEAS & COFFEES

At Las Iguanas our baristas use only the finest single estate coffee. We're delighted to support the Rainforest Alliance-backed Social and Environmental Preservation programmes.

### ESPRESSO

### AMERICANO

### CAPPUCCINO

### LATTÉ

### MOCHA

### CHOCOLATE CALIENTE

### MATE

Stimulating Argentinean infusion.

### TEA

Ask for our selection.

2.40

2.50

2.75

2.75

2.75

2.75

2.20

2.20

## NON-ALCOHOLIC COOLERS

Buy one glass & get the same one free during Happy Hour. Ask your server for more details.

### CITRUS COOLER

Fresh citrus, lemonade.

### TROPICAL COOLER

Mango, pineapple, lime, lemonade.

### RASPBERRY COOLER

Funkin raspberry, bottlegreen elderflower, soda.

### NEW LULO & AGAVE COOLER

Colombian lulo citrus fruit, agave, soda.

### HOMEMADE ICED TEA

Choose a fruity flavour: raspberry or passion fruit.

### SPICED GINGER PUNCH

Bottlegreen spiced berry, lemon, ginger beer.

### GINGER & LEMONGRASS MOJO-LESS

Bottlegreen ginger & lemongrass, mint, lime, soda.

### APPLE MOJO-LESS

Mint, lime, apple, soda.

### PASSION FRUIT & ORANGE COOLER

Passion fruit, lemon, orange.

### VIRGIN PIÑA COLADA

Pineapple juice, coconut cream.

### VIRGIN CUBA LIBRE

Caribbean syrup, lime, Coke.

### VIRGIN PASSION FRUIT BATIDA

Funkin passion fruit, condensed milk, coconut water.

### VIRGIN STRAWBERRY DAIQUIRI

Funkin strawberry, lime, apple.

3.75

3.75

3.75

3.75

3.75

4.95

4.95

4.95

4.95

4.95

4.95

4.95

4.95

## PUDDINGS <sup>V</sup>

### AZTEC CHOCOLATE FUDGE CAKE

Warm spiced chocolate orange sponge cake. With vanilla ice cream.

5.50

### DULCE DE LECHE MACADAMIA CHEESECAKE <sup>N</sup>

Creamy cheesecake with roasted macadamia nuts & dulce de leche caramel sauce.

5.50

### NEW BRAZILIAN FLIP FLOP <sup>GF N</sup>

Rich dulce de leche topped with chocolate brigadeiro & crushed peanut brittle served with salted dulce de leche caramel ice cream.

5.00

### CHURROS

Cinnamon-sugar dusted churros with dips for dunking.

- Three churros & a choice of chocolate ganache or dulce de leche

4.95

- Six churros to dunk into both chocolate ganache & dulce de leche

7.95

### NEW MARACUYA MESS <sup>GF</sup>

Layers of passion fruit mousse, berry compote & crushed meringue.

5.00

### MANGO SORBET <sup>GF VG</sup>

Three scoops of our handmade alphonso mango sorbet.

4.95

### CREAMY CARAMEL CAKE

Layers of soaked sponge & caramelised cream, drizzled with dulce de leche. Topped with more caramelised cream & blueberries.

5.00

### NEW SALTED CARAMEL ICE CREAM <sup>GF</sup>

Three scoops of our salted dulce de leche caramel ice cream.

4.95

### TEMBLEQUE <sup>GF VG</sup>

A creamy, set coconut pudding with mixed berries & mango purée.

4.50

### INFORMATION

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<sup>A</sup> Contains alcohol

<sup>GF</sup> Gluten free

<sup>VG</sup> Vegan

