

# GLUTEN FREE

We appreciate how important it is that the food we serve you meets your dietary requirements, therefore please can we ask you to clearly tell your server that you require a gluten free option.

## WHILE YOU CHOOSE <sup>V</sup>

- TOTOPOS** Spice-dusted corn chips with roasted tomato salsa. 2.95
- HOLY GUACAMOLE** Make your own & season as you choose, with spice-dusted corn chips. 4.25
- PÃO DE QUEIJO** Brazilian cheese dough balls with chipotle butter. 3.25
- PERUVIAN BOTIJA OLIVES** In a herby marinade. 1.95
- NEW HABAS Y KIKOS** Spicy fried corn kernels & broad beans. 2.50

## TACO PLANKS

one plank 7.95 two planks 12.95

Soft corn tortillas topped with your choice of filling & our fresh taco slaw. If you're having one plank, choose one topping; for two planks, choose two:

- **Garlic & chilli prawns, crushed avocado & lime aioli**
- **Chipotle chicken, guacamole, pink pickled onions, lime & coriander**
- **Coconut squash, soured cream & pink pickled onions <sup>V</sup>**
- **NEW Beetroot & halloumi, pink pickled onions & roquito peppers <sup>V</sup>**

## TAPAS & STARTERS

**TAPAS TIME: SHARE 3 DISHES FOR 15.95 OR 5 DISHES FOR 25.95**

Tapas Time available until 7pm every day & all day Sunday & Monday.  
(\*nacho toppings extra) Tapas time doesn't include taco planks.

- NACHOS <sup>V</sup>** 7.50  
Crispy corn tortilla chips with melted cheese, topped with pico de gallo salsa, jalapeños, roasted tomato salsa, soured cream & guacamole.
- Smoked chipotle chicken / Chilli con carne / Refried black beans <sup>V</sup>** Add a topping\* 2.00

- NEW BEETROOT, AVOCADO & CRANBERRY ENSALADA <sup>V N</sup>** 4.95  
Avocado, dried cranberries, baby spinach & coriander, tossed in a poppy seed dressing with a spiced beetroot salsa & sprinkled with candied spiced almonds.

- FIESTA ENSALADA <sup>V</sup>** 4.95  
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.

### INFORMATION

We haven't listed all ingredients in every dish, any specific dietary needs? Let us know! • Some dishes may contain bones • We aren't responsible for stolen or lost items • Our chicken, duck & lamb are Halal • 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 • Free organic baby food is also available. **For parties of 5 of 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

## SOUTH AMERICA'S BEST

- XINXIM <sup>N</sup>** 14.95  
The classic recipe from north Brazil, freshly-cooked by our chefs here. Chicken & crayfish in a creamy lime & peanut sauce. Served with spring onion rice, fine green beans, pico de gallo & coconut farofa.
- NEW SEA BASS A LO MACHO <sup>A</sup>** 14.95  
Fillet of sea bass with mussels, crayfish & prawns in a white wine, spinach, paprika & cream sauce with spring onion rice.

- BAHIAN COCONUT CHICKEN** 13.95  
Chicken breast strips pan-fried in cumin, coriander & cayenne & cooked in a creamy coconut sauce with ginger, garlic, tomatoes & coriander. Served with spring onion rice & shredded greens.

- MOQUECA DE PALMITOS <sup>V</sup>** 12.95  
Butternut squash, palm hearts & spinach in a creamy coconut curry with charred red peppers, garlic & fresh tomatoes. With spring onion rice, fine green beans, pico de gallo & a coconut farofa to sprinkle.

- CHILLI CON CARNE** 11.95  
A rich chunky beef & black bean chilli, with spring onion rice & pão de queijo. Choose a spiced butter to melt into your chilli:  
**Mild - Cocoa & ancho chilli, Medium - Smoky chipotle butter or Hot - Habanero & pequin chilli**

- VEGGIE CHILLI <sup>V</sup>** 9.50  
Sweet potato, butternut squash & chickpeas braised with spiced tomatoes, served with spring onion rice, corn tortillas, soured cream & pink pickled onion.

## SIDES <sup>V</sup>

- MIXED SALAD** 3.75
- REFRIED BEANS** 2.00  
Refried black beans with soured cream & cheese.

- SLAW** 2.50  
Lime & coriander slaw.

- SPRING ONION OR CHIPOTLE RICE** 2.00

- LATIN DIPS** each 75p any three 1.50  
Roasted tomato salsa, Spicy cranberry, Garlic chipotle sauce, Guacamole, Aioli, Soured cream, Jalapeños, Herb chimichurri, Molho à Campanha, Chipotle butter, Cocoa & ancho chilli butter, Habanero & pequin chilli butter or Pico de gallo.

<sup>V</sup> Vegetarian <sup>N</sup> Contains nuts <sup>A</sup> Contains alcohol

## CERVEZA

Why not try our gluten-free lager?

**DAMM DAURA SPAIN 5.4%** bottle 4.50



## FROM THE FLAMES

### BLAZING BIRD

half 13.50 whole 18.50

Our spicy chicken marinated with fiery sauce, served with slaw & salad. Choose from:  
**Honey peri-peri / Vivo; flaming hot habanero**

- HALLOUMI CHURRASCO SKEWERS <sup>V</sup>** 12.95

Flame-grilled honey-glazed halloumi, beetroot, artichoke, red onion & pepper skewers, with honey peri-peri sauce, salad & spring onion rice.

- NEW SIRLOIN STEAK** 18.95

10oz sirloin steak served with chunky molho à campanha salsa, salad & fresh herb chimichurri or chipotle butter.

## SALADS

- NEW BEETROOT, AVOCADO & CRANBERRY ENSALADA <sup>V N</sup>** 8.50

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 or Pan-fried halloumi** 2.00

- QUINOA ENSALADA <sup>V</sup>** 7.95

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.

- FIESTA ENSALADA <sup>V</sup>** 8.95

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 or Pan-fried halloumi** 2.00

## PUDDINGS <sup>V</sup>

- NEW BRAZILIAN FLIP FLOP <sup>N</sup>** 5.00

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

- MANGO SORBET** 4.95

Three scoops of our handmade alphonso mango sorbet.

- NEW MARACUYA MESS** 5.00

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

- TEMBLEQUE** 4.50

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

- NEW SALTED CARAMEL ICE CREAM** 4.95

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

# VEGGIE & VEGAN

All of the following dishes are vegetarian. If they have a **VG** symbol, they are vegan-friendly. If a change to the dish is required, it is indicated with ask for **VG**. We appreciate how important it is that the food we serve meets your dietary requirements, therefore please can we ask you to clearly tell your server that you require a vegetarian or vegan option.



## PERFECT TO SHARE

**TACO PLANKS** ask for **GF** one plank 7.95 two planks 12.95

Grilled soft corn & flour tortillas topped with your choice of filling & our fresh taco slaw. If you're having one plank, choose one topping; for two planks, choose two:

- **Coconut squash, soured cream, pink pickled onions, crispy onion & chilli** ask for **VG**

- **NEW Beetroot & halloumi, pink pickled onions & roquitos**

**BREAD BOARD** 4.25

Sliced ciabatta, jalapeño buttermilk cornbread & pão de queijo with dunking chipotle butter, olive oil & balsamic.

**HOLY GUACAMOLE** ask for **VG** ask for **GF** 4.25

Make your own & season as you choose, with spice dusted corn chips.

**TOTOPOS** ask for **VG** ask for **GF** 2.95

Spice-dusted corn chips with our roasted tomato salsa.

**PÃO DE QUEIJO** **GF** 3.25

Brazilian cheese dough balls with chipotle butter.

**PERUVIAN BOTIJA OLIVES** **VG** **GF** 1.95

In a herby marinade.

**NEW HABAS Y KIKOS** **VG** **GF** 2.50

Spicy fried corn kernels & broad beans.

## SIDES

**PATATAS BRAVAS IN BITS** 3.95

Spicy spuds on sticks, with smoky chipotle sauce & creamy aioli.

**CASSAVA FRIES** With roasted tomato salsa. 3.75

**FRIES** Curly or straight-cut, with aioli. 3.75

**SWEET POTATO FRIES** With aioli. 3.95

**MIXED SALAD** **VG** **GF** 3.75

**TORTILLAS** **VG** 1.25

**SWEET PLANTAIN** 2.25

**REFRIED BEANS** ask for **VG** **GF** 2.00

With soured cream & cheese.

**CREAMY SLAW** **GF** Lime & coriander slaw. 2.50

**SPRING ONION** **VG** **OR CHIPOTLE RICE** **GF** 2.00

**LATIN DIPS** ask for **VG** **GF** each 75p any three 1.50

Roasted tomato salsa, Spicy cranberry, Garlic chipotle sauce, Guacamole, Aioli, Soured cream, Jalapeños, Herb chimichurri, Molho à Campanha, Chipotle butter, Cocoa & ancho chilli butter, Habanero & pequin chilli butter or Pico de gallo.

## TAPAS & STARTERS

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Tapas Time available until 7pm every day & all day Sunday & Monday.

(\*nacho toppings extra) Tapas time doesn't include taco planks.

**NACHOS** ask for **GF** 7.50

Corn tortilla chips with melted cheese, topped with pico de gallo salsa, jalapeños, roasted tomato salsa, soured cream & guacamole. \*top with refried black beans 2.00

**EMPANADAS** 5.25

Two brie & mango filled pasties with sticky chilli jam.

**QUESADILLA** 5.50

Tortilla, folded, pan-toasted & rammed with garlicky mushroom, chilli, thyme & cheese. Served with roasted tomato salsa.

**FIESTA ENSALADA** **VG** **GF** 4.95

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.

**DADINHOS** 5.50

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

## MEXICAN CLASSICS

**NEW PORTOBELLO MUSHROOM FAJITA** ask for **VG** 13.95

Freshly cooked to order in a mix of spices, mushrooms, onions & peppers. Dished up sizzling, with guacamole, grated cheese, soured cream, jalapeños, tomato salsa & wheat tortillas.

**ENCHILADA** 9.95

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

**BURRITO** 10.50

Wheat tortilla stuffed with sweet potato, butternut squash & chickpea chilli, chipotle rice, refried beans, crunchy slaw & cheese, with salad, soured cream & garlicky chipotle sauce. Ask your server if you'd like to Chimichanga your Burrito.

## SALADS

**FIESTA ENSALADA** **VG** **GF** 8.95

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 Pan-fried halloumi 2.00

**NEW BEETROOT, AVOCADO & CRANBERRY ENSALADA** **VG** **GF** **N** 8.50

Avocado, dried cranberries, baby spinach & coriander, tossed in a poppy seed dressing with a spiced beetroot salsa & candied spiced almonds. add Pan-fried halloumi 2.00

**QUINOA ENSALADA** **GF** 7.95

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.

## SOUTH AMERICA'S BEST

**MOQUECA DE PALMITOS** ask for **VG** ask for **GF** 12.95

Butternut squash, palm hearts & spinach in a creamy coconut curry with charred red peppers, garlic & fresh tomatoes. With spring onion rice, sweet plantain, pico de gallo & a coconut farofa to sprinkle.

**HALLOUMI CHURRASCO SKEWERS** ask for **GF** 12.95

Flame-grilled honey-glazed halloumi, beetroot, artichoke, red onion & pepper skewers, with honey peri-peri sauce, salad & cassava fries.

**VEGGIE CHILLI** ask for **VG** ask for **GF** 9.50

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

**BLACK BEAN & BEETROOT BURGER** 9.95

Black bean & beetroot burger, in a toasted brioche bun with melted Emmental, sliced beef tomato, tomato gherkin sauce & baby gem. With creamy slaw & a choice of fries or salad. Top it off with Chimichurri, Jalapeños or Guacamole for 1.00 or Brie for 1.50.

## PUDDINGS

**AZTEC CHOCOLATE FUDGE CAKE** 5.50

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

**DULCE DE LECHE MACADAMIA CHEESECAKE** **N** 5.50

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

**CHURROS** Cinnamon-sugar dusted churros with dips for dunking. Choose:

- **Three churros with your choice of chocolate ganache or dulce de leche dip** 4.95

- **Six churros to dunk into chocolate ganache & dulce de leche dips** 7.95

**CREAMY CARAMEL CAKE** 5.00

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

**NEW BRAZILIAN FLIP FLOP** **N** 5.00

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

**NEW MARACUYA MESS** 5.00

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

**MANGO SORBET** **VG** **GF** **OR NEW SALTED CARAMEL ICE CREAM** **GF** 4.95

Three scoops of our handmade alphonso mango sorbet or salted dulce de leche caramel ice cream.

**TEMBLEQUE** **VG** **GF** 4.50

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

**INFORMATION** **VG** Vegan **N** Contains nuts **GF** Gluten free **A** Contains alcohol

We haven't listed all ingredients in every dish, any specific dietary needs? Let us know! • Some dishes may contain bones • We aren't responsible for stolen or lost items • Free organic baby food is also available. We may need to change or withdraw this menu from time-to-time • For parties of 5 or more, an optional 10% service charge will be added to your bill. 0317RW www.iguana.co.uk