

las IGUANAS

Food is a Latin passion, as important as love, music and the sun. All of our food is freshly prepared especially for you with love and care. We hope you enjoy it as much as we do.

WHILE YOU CHOOSE ^V

BREAD & OLIVES	3.90
Fight over a board of our wholemeal & ciabatta breads, dunking olive oil & balsamic. With plump Peruvian olives.	
NEW HOLY GUACAMOLE	3.90
Guacamole in bits. Mix ingredients to make your own guacamole & season as you choose, served with corn chips dusted with a blend of cumin, paprika & coriander.	
PAN AJILLO	3.30
Char-grilled garlic, coriander & chilli buttered ciabatta.	
TOTOPOS	2.90
Spice-dusted corn chips with our home-made tomato salsa.	

PERFECT TO SHARE

TACO SHARING TRAY	13.90
Attack'em together. Load little corn & wheat tortillas with melted cheeses & salsa, pink pickled onions, radishes, spring onions, soured cream & your choice of up to three:	
Tinga (Mexican smoked chipotle chicken)	
Shredded beef, slow-braised in smoked chilli	
Spiced shredded lamb	
NEW Lemon, garlic & chilli prawns	
Roasted coconut butternut squash ^V ^N	
Guajillo chilli mushroom & truffle ^V	
Oven-dried tomatoes, feta & herb chimichurri ^V	

BESIDES ^V

NEW PATATAS BRAVAS IN BITS	3.90
Chunky twice-fried spuds on sticks. Dunk 'n' plunge into smoky chipotle sauce & creamy aioli.	
CASSAVA FRIES	3.00
(Manioc root) with home-made tomato salsa.	
FRIES	3.00
Curly, Straight-cut or Sweet potato fries with creamy aioli.	
ENSALADA MIXTA ^{GF}	3.00
SUPREME CRISPY BLACK BEAN FRITTERS	2.50
TORTILLAS	1.20
Four warmed soft wheat tortillas.	
SWEET PLANTAIN	2.20
NEW COATED ELOTE ^{GF}	3.20
Fresh & fat corn cob. Lovingly smothered in aioli, sprinkled crumbled white cheese & a dusting of spices.	
FRIJOLES REFRITOS ^{GF}	1.90
Refried black beans with soured cream & cheese.	
SLAW ^{GF}	2.00
Shredded cabbage, carrot, onion, coriander & lightly tossed in mayo.	
SPRING ONION, GARLIC & CORIANDER RICE ^{GF}	1.00
LATIN DIPS ^{GF}	each 70p any 3 1.50
Tomato salsa, Guacamole, Beetroot salsa, Aioli, Soured cream, Jalapeños, Herb chimichurri, Spicy cranberry salsa, Corn & sweet chilli salsa or Aji (onion, tomato & chilli).	

TAPAS & STARTERS

TAPAS TIME	
Share 3 dishes for	13.80
Share 5 dishes for	23.00
Available until 7pm every day & all day Sunday & Monday. (*nacho toppings & **gambas extra)	
NACHOS ^V	6.00
Home-cooked corn tortilla chips, with melted cheese, topped with aji, jalapeños, salsa, soured cream & guacamole. Plunge & crunch. Add a topping*	
Chilli shredded beef	1.80
Tinga (Mexican smoked chipotle chicken)	
Cha-Cha Chorizo ^A	
Refried black beans ^V	
GAMBAS ^{ask for GF}	6.40
Greedy whole prawns, split & cooked in a garlic, lemon & chilli sauce, served with bread.	
** add 50p per portion to include in Tapas Time	
CALAMARES	5.40
Squids in. Whole baby calamari, sliced & coated in crisp crumb cassava. With creamy aioli.	
PATO TAQUITO	5.60
Rich shreds of roast duck & caramelised onion rolled in a flour tortilla & char-grilled, with a spicy cranberry salsa. Get quacking.	
EMPANADAS	
Two filled crispy pasties just like from the street. Choose:	
Braised lamb in smoky chilli with cranberry salsa	5.50
NEW Brie & mango with corn & sweet chilli salsa ^V	4.90
NEW SPECTACULAR FISH TACO	5.60
Crackly battered sustainable white fish caught in soft wheat & corn tortillas, topped with a corn & sweet chilli salsa.	
QUESADILLA	
Tortilla, folded, char-grilled & rammed, with a home-made tomato salsa. Choose:	
Guajillo chilli mushroom, truffle & gooey brie ^V	4.70
Spicy chicken, peppers, onion & cheese	4.90
ALBONDIGAS	5.50
An authentic Patagonian recipe; mouth-watering lamb meatballs with apple, mint & a pinch of nutmeg. Braised in a rich tomato, mint & mild red chilli sauce. Sprinkled with grated parmesan.	
CHA-CHA CHORIZO ^{ask for GF} ^A	5.20
Smoky pork & garlic chorizo, braised slow & lazy with onions in red wine, tomato & smoked jalapeño sauce. With bread to dunk & munch.	
CHICKEN WINGS	5.60
Spicy hot chicken wings sauced-up with:	
Honey peri-peri	
Spicy barbecue jerk	
Vivo; Flaming hot habanero	
NEW LECHUGA RELLENOS ^{GF}	5.00
Little gem lettuce leaves sparkling with fresh herb chimichurri & sweet chilli & beetroot salsa. Filled with:	
Oven-dried tomatoes, feta & herb chimichurri ^V	
Chipotle chicken, pink pickled onion & soured cream	
NEW ENSALADA JITOMATE ^V ^{ask for GF}	4.70
Sliced tomato goes to town with a pineapple, feta, coriander & oregano salsa with char-grilled garlic & chilli ciabatta.	

MEXICAN CLASSICS

OUR FAMOUS FAJITAS	
Fresh cooked to order in our special mix of coriander, lime, paprika, cumin, onions & peppers. Dished up sizzling, with chunky guacamole, soured cream, jalapeños, home-made tomato salsa & soft wheat tortillas. Stuff'em with:	
Chicken breast strips ^G	13.90
Marinated strip-steak	15.30
Shelled prawns	15.00
Three mushroom ^V ^G	11.50
add Cheese	1.00
CHIMICHANGA	
Crisp tortilla parcel, delivered with home-made tomato salsa, guacamole, soured cream, spring onion, garlic & coriander rice & refried beans. Pack it with:	
Roast butternut squash, cream cheese, iron-rich spinach, fine beans & chickpeas ^V	7.90
Tinga (Mexican smoked chipotle chicken), onion & cheese	9.90
NEW THE EPIC ENCHILADA	
Titanic tortilla on a bed of spring onion, garlic & coriander rice & sprinkled with crumbled white cheese. Sunk in your choice of our own tangy tomatillo or smoky chilli & tomato sauce. Choose:	
Roast butternut squash, cream cheese, iron-rich spinach, fine beans & chickpeas ^V	8.90
Spicy chicken, pepper, onion & cheese	10.90

BIG BURRITO	
Bulging tortilla parcel, topped with home-made salsa, soured cream & guacamole. With crispy salad & frijoles refritos. Chock-full with rice, slaw, cheese & your choice of:	
Guajillo chilli mushroom & truffle ^V	8.20
Spicy chicken, peppers & onion	9.90
Shredded beef & caramelised onion	9.90

GRILLED SANDWICHES

NEW THE CUBAN REVOLUTION	8.90
A Castro-nomic wonder. Toasted ciabatta rises up with sliced emmental, tomato, gherkin, mustard & aioli, served with slaw & Fries or Salad. Stuffed with:	
Shredded beef & caramelised onion	
Tinga (Mexican smoked chipotle chicken)	
NEW THE CLASSIC BURGER	9.80
The Las Igs' signature burger; lightly spiced beef patty, in a toasted bun with beef tomato, baby gem & fried onions. With a beefy mayo & tomato gherkin sauce. Comes with slaw & your choice of Fries or Salad. (Prefer chicken? Just ask)	
NEW THE SOUTH AMERICAN DREAM	9.90
Go native with a lightly spiced beef patty in a toasted bun stacked with beef mayo, slaw, sliced beef tomato, baby gem, fresh herb chimichurri & a tomato gherkin sauce. Comes with slaw & your choice of Fries or Salad.	
NEW BLACK BEAN & BEET BURGER ^V	8.50
Our very veggie black bean & beetroot burger, in a toasted bun with melted emmental, sliced beef tomato, tomato gherkin sauce & baby gem. Comes with slaw & your choice of Fries or Salad.	

BURGER TOPPINGS

Top it off:

add Jalapeños ^V Gherkin ^V or Emmental slice ^V	70p
add Brie ^V or Smoked pork & garlic chorizo	1.80

FROM BRAZIL

THE EXTRAORDINARY XINXIM ^N ^{ask for GF}	11.90
Exotic, creamy, satisfying. Lime chicken in a crayfish & peanut sauce with spring onion, garlic & coriander rice & fine green beans. Toasted coconut farofa to sprinkle, sweet plantains for fun. Pele loves it.	
VATAPÁ GAMBAS ^N ^{ask for GF}	12.90
Typically Bahian, reinvented by our team in Cardiff Mill Lane. Prawns in a thick sauce of dried shrimp, ground peanuts, tomato & coconut milk. With crispy black bean fritters, spring onion, garlic & coriander rice & coconut farofa to sprinkle.	
NEW GALINHADA ^{GF}	10.90
Traditional Brazilian paella rice dish, in a slow & cosy soffrito of onion, garlic, coriander, tomatoes & sweetcorn with chicken & prawns.	
NEW BAHIA MOQUECA ^N ^{ask for GF}	
Gorge on a silky, mild creamy coconut curry with peppers, garlic & fresh tomatoes. Chunky sweet plantain piled on spring onion, garlic & coriander rice, with spicy aji & toasted coconut farofa to sprinkle. Choose:	
Squash, palm hearts & spinach ^V ^G	10.50
Sustainable white fish & peeled prawns	12.50
NEW FEIJOADA DE PUERCO ^N ^{GF} ^A	12.50

The proud national dish of Brazil. A deep, dark, richly delicious stew of slowly braised beef, smoked pork & garlic chorizo, pork shoulder, red pepper & black beans in red wine. With spring onion, garlic & coriander rice, seasonal greens, orange wedges & a sprinkle of coconut crumbs.

AND BEYOND

NEW HENRIQUE RAPADURA ^{ask for GF}	14.50
Latin Lamb Henry, lovingly smothered in sweet sticky cane sugar, soy, mint, guajillo chilli & star anise sauce, with Cuban spiced beetroot & onion salad & chunky twice-fried spuds.	
GRINGAS	
Grilled tortilla upon tortilla stuffed with refried black beans & melty cheese. With salad & topped with pink pickled onions & soured cream on your choice of:	
Roasted coconut butternut squash ^V ^N	7.00
Tinga (Mexican smoked chipotle chicken)	7.50

SALADS

CRAYFISH & SWEET CHILLI SALAD ^{GF}	9.50
Light & delightful. With spinach, mixed leaves, chunky cucumber, tossed in ginger, sherry vinegar & sweet chilli dressing. Sprinkled with sesame seeds.	
NEW RARE BEEF BRAZILIAN SALAD ^N	10.00
Extravagant swathes of pink grilled steak, nestling on stem ginger dressed leaves, scattered with toasted cashew nuts & crunchy corn chips.	
NEW HALLOUMI, CUCUMBER & MINT ^V ^N ^{GF}	8.50
Pan-sizzled & seared halloumi thrown on a cool salad of tomato, leaves, cucumber & avocado all tossed in a fresh mint & cucumber dressing & sprinkled with toasted cashew nuts.	

BARBACOA

BLAZING BIRD ^{ask for GF}	^{half} 9.90 ^{whole} 16.00
Our spicy chicken from the flames. Marinated with our fiery sauce with slaw & Fries or Salad. Choose from:	
Honey peri-peri sauce	
Spicy barbecue jerk sauce	
Vivo; Flaming hot habanero sauce	
CHURRASCO FIASCO ^{ask for GF}	
Skewered, scintillating. Marinated & flame-grilled, with honey peri-peri sauce, salad & cassava fries. Choose from:	
Honey-glazed rump steak, red onion & peppers in a paprika & cumin marinade	13.90
Honey-chilli chicken, red onion & peppers ^G	12.90
SIRLOIN STEAK ^{ask for GF}	16.50
Meat, no messing. Premium 8oz Scotch sirloin steak, out of the flames, on the plate, your way. With fresh herb chimichurri sauce, baby roasted tomatoes & Salad or Fries or Cassava fries.	

PUDDINGS ^V

AZTEC CHOCOLATE FUDGE CAKE	5.00
Warm spiced chocolate orange sponge cake. With vanilla ice cream.	
NEW AFFOGATO CUBANO ^A	3.00
A scoop of dulce de leche ice cream drowned in spiced rum espresso. Dunk your heart out with a cinnamon sugar-dusted churro.	
CREAMY CARAMEL CAKE	4.90
Tres Leches. Layers of soaked sponge & caramelised cream, drizzled with dulce de leche. Topped with more caramelised cream & blueberries.	
SCRUMMY SORBET ^{GF}	4.90
Refreshing. Our lovely handmade sorbets are made exclusively from fresh fruit. A scoop of each - or mix & match: Zesty lemon, Real raspberry or Alphonso mango.	
BERRY MEXICAN MESS ^{GF}	5.00
A pretty pile up. Strawberries in hibiscus syrup, mascarpone, yoghurt & crushed meringue.	
DULCE DE LECHE MACADAMIA CHEESECAKE ^N	5.30
A wedge of creamy vanilla cheesecake stacked with roasted macadamia nuts & dulce de leche.	
ICE CREAM ^{GF}	4.90
A scoop of each - or mix & match: Creamy vanilla, Banana or Dulce de leche.	

INFORMATION

^V Vegetarian ^N Contains nuts
^A Contains alcohol ^{GF} Gluten free

حلال Our chicken & lamb are Halal • We can't guarantee our dishes are 100% nut free • Some dishes may contain bones • We are GM free as far as we know • We can't list all ingredients in every dish, any specific dietary needs? Let us know! • 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 • **For parties of 5 or more, an optional 10% service charge will be added to your bill.**

CHILDREN

^G Smaller versions of dishes for children at half price or less, ask for our inbetweeenies menu for under 12's • Free hipp organic baby food is available for our tiny guests • 100% recycled paper, printed with vegetable-based inks • 0113RH Established 1991

WWW.IGUANAS.CO.UK