

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.**

las
IGUANAS

TAPAS & STARTERS

TAPAS TIME

Share 3 dishes for
Share 5 dishes for

13.80
23.00

Available until 7pm every day & all day Sunday & Monday. (*gambas extra)

GAMBAS 6.40

Greedy whole prawns, split & cooked in a garlic, lemon & chilli sauce, served with salad.

* add 50p per portion to include in Tapas Time

CHA-CHA CHORIZO A 5.20

Smoky pork & garlic chorizo, braised slow & lazy with onions in red wine, tomato & smoked jalapeño sauce.

NEW LECHUGA RELLENOS 5.00

Little gem lettuce leaves sparkling with fresh herb chimichurri & chilli & beetroot salsa. Filled with:

Oven-dried tomatoes, feta & herb chimichurri V

Chipotle chicken, pickled onion & soured cream

NEW ENSALADA JITOMATE V 4.70

Sliced tomato goes to town with a pineapple, feta, coriander & oregano salsa.

SALADS

CRAYFISH & SWEET CHILLI SALAD 9.50

Light & delightful. With spinach, mixed leaves, chunky cucumber, tossed in ginger, sherry vinegar & sweet chilli dressing. Sprinkled with sesame seeds.

NEW HALLOUMI, CUCUMBER & MINT V N 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.

BESIDES V

ENSALADA MIXTA 3.00

NEW COATED ELOTE 3.20

Fresh & fat corn cob. Lovingly smothered in aioli, sprinkled crumbled white cheese & a dusting of spices.

FRIJOLES REFritos 1.90

Refried black beans with soured cream & cheese.

SLAW 2.00

Shredded cabbage, carrot, onion, coriander, lightly tossed in mayo.

SPRING ONION, GARLIC & CORIANDER RICE 1.00

LATIN DIPS 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).

FROM BRAZIL & BEYOND

THE EXTRAORDINARY XINXIM N 11.90

Exotic, creamy, satisfying. Lime chicken in a crayfish & peanut sauce with spring onion, garlic & coriander rice, fine green beans & spicy aji. Toasted coconut farofa to sprinkle. Pele loves it.

VATAPÁ GAMBAS N 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 fine green beans, spring onion, garlic & coriander rice & coconut farofa to sprinkle.

NEW GALINHADA 10.90

Traditional Brazilian paella rice dish, in a slow & cosy sofrito of onion, garlic, coriander, tomatoes & sweetcorn with chicken & prawns.

NEW BAHIA MOQUECA N

Gorge on a silky, mild creamy coconut curry with peppers, garlic & fresh tomatoes. Spring onion, garlic & coriander rice, fine green beans 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 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.

NEW HENRIQUE RAPADURA 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.

BARBACOA

BLAZING BIRD half 9.90 whole 16.00

Our spicy chicken from the flames. Marinated with our fiery sauce with slaw & Salad. Choose from:

Honey peri-peri sauce

Spicy barbecue jerk sauce

Vivo; Flaming hot habanero sauce

CHURRASCO FIASCO

Skewered, scintillating. Marinated & flame-grilled, with salad & honey peri-peri sauce. Choose from:

Honey-glazed rump steak, red onion 13.90

& peppers in a paprika & cumin marinade

Honey-chilli chicken, red onion & peppers G 12.90

SIRLOIN STEAK 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.

PUDDINGS V

SCRUMMY SORBET 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 5.00

A pretty pile up. Strawberries in hibiscus syrup, mascarpone, yoghurt & crushed meringue.

ICE CREAM 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

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 inbetweens menu for under 12's. Free organic baby food is available for our tiny guests.