

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.

EAT LATIN / DRINK LATIN

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.

TAPAS & STARTERS

GREAT FOR SHARING!

TACO SHARING TRAY ask for GF 14.50

Corn & wheat tortillas to be loaded with melted cheese & salsa, pink pickled onions, radish, spring onion, soured cream & your choice of up to three of these:

Smoked chipotle chicken / Lamb braised in mint, tomato & chipotle / Lemon, garlic & chilli prawns / Shredded beef braised in chipotle / Roasted coconut butternut squash **V** / Garlicky mushroom, chilli & thyme **V**

TAPAS TIME

Share 3 dishes for 14.40
Share 5 dishes for 24.00

Available until 7pm every day & all day Sunday & Monday. (*nacho toppings & **gambas extra) doesn't include taco sharing tray

NACHOS **V** ask for GF 6.90

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

Add a topping* 1.80

Shredded beef braised in chipotle / Smoked chipotle chicken / Chilli con Carne / Refried black beans **V**

GAMBAS ask for GF 6.90

Butterflied shell-on prawns cooked in a garlic, lemon & chilli sauce, served with ciabatta. ** add 90p per portion to include in Tapas Time

CALAMARES 5.70

Deep-fried squid, coated in crisp cayenne & cassava crumb. With creamy aioli.

PATO TAQUITO 5.70

Rich shreds of roast duck & caramelised onion rolled in a flour tortilla & char-grilled, with a spicy cranberry salsa.

EMPANADAS

Two filled crispy pasties just like from the street. Choose:

NEW Tender lamb braised in mint, tomato & chipotle 5.70

Brie & mango with corn & sweet chilli salsa **V** 4.90

FISH TACO 5.70

Battered sustainable white fish caught in soft wheat & corn tortillas, topped with a corn & sweet chilli salsa.

ALBONDIGAS 5.70

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

CHICKEN WINGS 5.70

Spicy hot chicken wings sauced-up with: Honey peri-peri / Spicy barbecue jerk / Vivo; Flaming hot habanero

NEW QUESADILLA

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

Garlicky mushroom, chilli, thyme & cheese **V** 4.90

Spicy chicken, peppers, onion & cheese 4.90

CLASSIC CHAMPIÑONES **V** 4.90

Thick-sliced mushrooms in a creamy smoked chilli sauce, served with warmed soft wheat tortillas.

ENSALADA Choose: 4.90

NEW Crayfish & sweet chilli salad **GF**

NEW Cranberry & avocado salad **V GF N**

Mango & pecan salad **V GF N** (with goat's cheese or avocado)

BRAZIL & BEYOND

XINXIM **N** ask for GF **C** 12.95

Chicken & crayfish in a creamy lime & peanut sauce with spring onion & garlic rice, fine green beans, coconut farofa & sweet plantains.

NEW CAMARÃO A LA CRIOLLA ask for GF 12.95

Plump prawns in a sauce of peppers, tomatoes, parsley, coriander, garlic, paprika, coconut milk, cumin & lime. With chilli & garlic buttered wheat & corn tortillas & piles of spring onion & garlic rice.

BAHIA MOQUECA ask for GF

Creamy coconut curry with peppers, garlic & fresh tomatoes. Sweet plantain piled on spring onion & garlic rice, with pico de gallo & coconut farofa to sprinkle. Choose:

Squash, palm hearts & spinach **V C** 10.95

Sustainable white fish & peeled prawns **C** 12.95

NEW CORDERO **GF** 16.50

Succulent pieces of pan-fried boneless rack of lamb in a sweet orange & tamarind glaze with a tangerine, chilli & herb salsa. Served with garlic & chilli mash & fine beans

FROM THE FLAMES

BLAZING BIRD ask for GF half 10.90 whole 16.90

Our spicy chicken from the flames. Marinated with fiery sauce, served with slaw & fries or salad. Choose from:

Honey peri-peri sauce / Spicy barbecue jerk sauce /

Vivo; Flaming hot habanero sauce

CHURRASCO SKEWERS ask for GF

Marinated, skewered & flame-grilled, with honey peri-peri sauce, salad & cassava fries. Choose:

Honey-glazed succulent fillet steak, red onion & peppers in a paprika & cumin marinade 16.50

NEW Honey glazed halloumi, beetroot, artichoke, red onion & peppers **V** 11.90

Honey-chilli chicken, red onion & peppers **C** 13.95

SIRLOIN STEAK ask for GF 16.50

Premium 8oz Scotch sirloin steak, sprinkled with coarse sea salt & flame grilled. With fresh herb chimichurri sauce, baby roasted tomatoes & salad or fries or cassava fries.

CLASSIC BURGER

Toasted bun smothered in a creamy tomato & gherkin sauce. With beef tomato & baby gem. Comes with slaw & a choice of fries or salad. Choose:

Lightly spiced beef patty & caramelised onions 10.50

Char-grilled chicken breast & caramelised onions 10.90

Black bean & beetroot burger & melted emmental **V** 8.90

THE SOUTH AMERICAN DREAM 10.90

Lightly spiced beef patty in a toasted bun stacked with fresh herb chimichurri, slaw, sliced beef tomato, baby gem & a creamy tomato & gherkin sauce. Choose fries or salad.

BURGER TOPPINGS:

Emmental cheese, Jalapeños, Chimichurri or Guacamole 70p

Brie 1.80

MEXICAN CLASSICS

FAJITAS **C**

Fresh cooked to order in our special mix of coriander, lime, paprika, cumin, onions & peppers. Dished up sizzling, with guacamole, soured cream, jalapeños, tomato salsa & soft wheat tortillas. Choose:

Chicken breast strips 14.50

Marinated strip-steak 15.50

Shelled prawns 15.00

Three mushroom **V** 11.90

add Cheese 1.00

CHILLI ask for GF

Braised in spiced tomatoes, with spring onion & garlic rice, warmed soft wheat tortillas, soured cream & pink pickled onion. Choose:

Slowly braised chunky beef steak, minced beef & black beans 9.95

Chunky sweet potato, butternut squash & chickpeas **V** 8.95

ENCHILADA

Flour tortilla on spring onion & garlic rice. Sunk in refried beans, drowned & crumbled white cheese. Choose:

Roast butternut squash, roasted red peppers, iron-rich spinach & gooey cheese **V** 9.20

Spicy chicken, pepper, onion & cheese 10.95

NEW BURRITOS

Tortilla stuffed with chipotle rice, refried beans, pickled cucumber, crunchy slaw & crumbly cheese. With a crunchy slaw salad & sour cream & garlicky chipotle sauce on the side. Choose:

Three mushroom, peppers & onion **V** 9.95

Smoked chipotle chicken 10.95

Shredded beef braised in chipotle 10.95

SIDES **V**

BREAD & OLIVES 3.95

Wholemeal & ciabatta breads, Peruvian olives & dunking olive oil & balsamic.

TOTOPOS ask for GF 2.90

Spice-dusted corn chips with tomato salsa.

DIPS **GF** 1.50

Tomato, Spicy cranberry or Corn & sweet chilli salsa. Garlic chipotle sauce, Guacamole, Aioli, Soured cream, Jalapeños, Herb chimichurri, or Pico de gallo. each 70p any 3

MIXED SALAD **GF** 3.20

COATED SWEETCORN **GF** 3.20

Fresh corn cob. Smothered in aioli, sprinkled with crumbled white cheese & a dusting of spices.

CREAMY SLAW **GF** 2.00

Shredded cabbage, carrot & onion tossed in mayo.

GARLIC & CHILLI MASH **GF** 2.50

Salads

CRAYFISH & SWEET CHILLI SALAD **GF** 9.50

With spinach, mixed leaves, chunky cucumber, tossed in ginger, sherry vinegar & sweet chilli dressing.

NEW CRANBERRY & AVOCADO SALAD **V GF N** 7.90

Avocado, dried cranberries, baby spinach & cilantro, tossed in a poppy seed & mustard dressing. Sprinkled with candied spiced almonds.

Add honey, mustard & chipotle chicken 1.80

MANGO & PECAN SALAD **V GF N** 8.90

Mango, candied pecan, piquant peppers, baby spinach leaf & peppery rocket leaf tossed in a balsamic dressing. Served with your choice of:

Avocado or Goat's cheese.

PUDDINGS **V**

AZTEC CHOCOLATE FUDGE CAKE 5.30

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

DULCE DE LECHE MACADAMIA CHEESECAKE **N** 5.30

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

CHURROS

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

Three churros & a choice of chocolate ganache or dulce de leche 3.50

Six churros to dunk into both chocolate ganache & dulce de leche 6.50

CREAMY CARAMEL CAKE 5.00

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

ALPHONSO MANGO SORBET **GF** 4.90

Three scoops of our handmade sorbet.

NEW TEMBLEQUE **GF** 4.00

Las Igs' chef challenge winner from our team in Royal Festival Hall. A creamy, set coconut pudding with mixed berries & mango purée.

BERRY MEXICAN MESS **GF** 5.00

Strawberries in hibiscus syrup, mascarpone, yoghurt & crushed meringue.

TORTILLAS Four warmed soft wheat tortillas. 1.20

HOLY GUACAMOLE ask for GF 4.00

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

CASSAVA FRIES (Manioc root) with home-made tomato salsa. 3.20

FRIES Curly or Straight-cut fries with creamy aioli. 3.20

SWEET POTATO FRIES With creamy aioli. 3.40

SWEET PLANTAIN 2.20

REFRIED BEANS **GF** With soured cream & cheese. 2.00

GARLIC & SPRING ONION OR CHIPOTLE RICE **GF** 2.00

PATATAS BRAVAS IN BITS Chunky spicy spuds on sticks. 3.95

With smoky chipotle sauce & creamy aioli.

INFORMATION

N Contains nuts

A Contains alcohol

GF Gluten free

V Vegetarian

Some dishes may contain bones • We haven't listed 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 • Look for the Red Tractor logo for a sign of quality food you can trust. 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 0315R_31 www.iguanas.co.uk



CHILDREN **C** Smaller versions of dishes for children at half price or less, ask for our inbetweenies menu for under 12's • Free hipp organic baby food is available for our tiny guests

