

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.

WHY NOT TRY OUR GLUTEN-FREE LAGER?

DAMM DAURA SPAIN 5.4% bottle 4.60



WHILE YOU CHOOSE

- TORTILLA CHIPS & DIPS** **V** ask for **VG** 3.75
Spice-dusted corn chips with roasted tomato salsa, habanero & pepper salsa & green tomatillo & jalapeño salsa.
- HOLY GUACAMOLE** **V** ask for **VG** 4.75
Make your own & season as you choose, with spice-dusted corn chips.
- PERUVIAN BOTIJA OLIVES** **V** **VG** In a herby marinade. 2.25
- PÃO DE QUEIJO** **V** 3.95
Traditional Brazilian cheese dough balls served with chipotle butter.

TAPAS & STARTERS

Tapas Time 3 DISHES 16.95 | 5 DISHES 26.95

OFFER AVAILABLE UNTIL 7PM EVERY DAY & ALL DAY SUNDAY & MONDAY.

★ EXTRA CHARGE FOR NACHO TOPPINGS & GAMBAS

- NACHOS** **V** 7.95
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 **V** ★ Add a topping 2.00
- NEW PALM HEARTS** **V** **VG** 4.95
Brazilian-style palm hearts pan-fried until golden brown, served simply with a pinch of sea salt.
- GAMBAS** 7.75
Butterflied shell-on prawns cooked in a garlic, lemon & chilli sauce, served with pão de queijo. ★ add £1.00 to include in Tapas Time
- NEW CEVICHE** 5.95
A classic Peruvian dish of sustainable white fish dressed in tiger's milk (a lime, ginger & Amarillo chilli dressing), carrot, pink pickled onions, roquito peppers & coriander.
- FIESTA ENSALADA** **V** **VG** 5.50
Roasted butternut squash, mixed leaves, carrot, cucumber, pink pickled onions, oven-dried tomatoes & fresh avocado, in a poppy seed dressing. Topped with toasted pumpkin seeds, charred corn & roquito peppers.
- NEW GREEN QUINOA ENSALADA** **V** **VG** 5.95
Quinoa salad with avocado, lime, okra, coriander, sultanas, pink pickled onions & a poppy & pumpkin seed dressing.

ARGENTINA

- BLAZING BIRD** whole 18.95 half 13.95
Our spicy chicken marinated with fiery sauce, served with slaw & salad. Sauced-up with your choice: Honey peri-peri / Vivo; flaming hot habanero
- GAUCHO STEAK** 18.95
10oz sirloin steak sprinkled with ancho chilli salt, served with fresh herb chimichurri, Argentine-style roasted sweetcorn purée & salad.

PERU & BEYOND

- NEW DOMINICAN GOAT CURRY** 12.95
A spicy Dominican-style goat & scotch bonnet chilli curry with spring onion rice, shredded greens & pink pickled onions.
- CAULIFLOWER & CORN QUINOTTO** **V** 9.95
A Peruvian-style quinoa risotto with smoked cheese, roasted cauliflower & charred baby corn, topped with puffed quinoa & crispy chilli.
- FIESTA ENSALADA** **V** 8.95
Roasted butternut squash, 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 Palm hearts** **V** **VG** 2.00
- NEW GREEN QUINOA SALAD** **V** **VG** 9.95
Quinoa salad with avocado, lime, okra, coriander, sultanas & pink pickled onions on a bed of spinach with a poppy & pumpkin seed dressing. Full of goodness.
- add Crayfish, Grilled chicken or Palm hearts** **V** **VG** 2.00

SIDES

- MIXED SALAD** **V** **VG** 3.75
- REFRIED BEANS** **V** ask for **VG** 2.25
Refried black beans with soured cream & cheese.
- HUMITAS** **V** Argentine-style roasted sweetcorn purée. 2.95
- NEW SPRING GREENS** **V** ask for **VG** In a garlic & chilli butter. 2.00
- CREAMY SLAW** **V** Lime & coriander slaw. 2.50
- SPRING ONION RICE** **V** **VG** 2.00
- DIPS** **V** each 75p any three 1.50
Roasted tomato salsa, Habanero & roasted red pepper salsa, Green tomatillo & fire roasted jalapeño salsa, Spicy cranberry, Guacamole, Aioli, Soured cream, Herb chimichurri or Pico de gallo.

BRAZIL

- XINXIM** **N** 14.95
A classic recipe from north Brazil. Chicken & crayfish in a creamy lime & peanut sauce. Served with spring onion rice, fine green beans, pico de gallo & coconut farofa.
- MOQUECA DE PEIXE** 14.95
Peeled prawns & white fish cooked in our homemade creamy coconut, fresh tomato & lime sauce with spring onion rice, fine green beans, pico de gallo & coconut farofa to sprinkle.
- BAHIAN COCONUT CHICKEN** 14.95
From Bahia on the northeast coast, 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** **V** ask for **VG** 13.25
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 & coconut farofa to sprinkle.
- NEW GALINHADA** 12.95
A delicately spiced rice dish cooked with chicken thigh & breast, with crispy chicken skin. Served with a rich chicken jus.

MEXICO

- CHILLI CON CARNE** 12.50
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 & cayenne chilli
- VEGGIE CHILLI** **V** ask for **VG** 9.50
Sweet potato, butternut squash & chickpeas braised with spiced tomatoes, with spring onion rice, corn tortillas, soured cream & pink pickled onion.

DESSERTS

- MANGO SORBET** **V** **VG** 4.95
Three scoops of our mango sorbet.
- PIÑA COLADA MESS** **V** **A** ★ 5.50
Piña Colada ice cream with caramelised pineapple salsa, crispy pineapple pieces & toasted coconut chips.
- TEMBLEQUE** **V** **VG** 4.75
A creamy, set coconut pudding with mixed berries & mango purée.
- PIÑA COLADA ICE CREAM** **V** **A** 4.95
Three scoops of our Piña Colada ice cream.

★ PIMP YOUR DESSERT! ADD 25ML OF HAVANA CLUB ESPECIAL RUM FOR £2 **A**

V Vegetarian **VG** Vegan **N** Contains nuts/peanuts **A** Contains alcohol

We aren't responsible for stolen or lost items • Country of origin indicates style of cooking • 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, goat & lamb are Halal • An optional 12.5% service charge will be added to your bill. 100% recycled paper, printed with vegetable-based inks 0418L iguanas.co.uk



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.



WHILE YOU CHOOSE

- CHEESY PERU FONDUE** Peruvian-style fondue - gooey cheese & amarillo chilli sauce with crispy patatas bravas. Perfect to share. **8.50**
- BREAD BOARD** Sliced ciabatta, jalapeño buttermilk cornbread & pão de queijo with dunking chipotle butter, olive oil & balsamic. **4.50**
- HOLY GUACAMOLE** ask for **VG** ask for **GF** **4.75**
Make your own & season as you choose, with spice dusted corn chips.
- PÃO DE QUEIJO** **GF** **3.95**
Traditional Brazilian cheese doughballs served with chipotle butter.
- PERUVIAN BOTIJA OLIVES** **VG GF** In a herby marinade. **2.25**
- TORTILLA CHIPS & DIPS** ask for **VG** ask for **GF** **3.75**
Spice-dusted corn chips with roasted tomato salsa, habanero & pepper salsa & green tomatillo & jalapeño salsa.

TAPAS & STARTERS

Tapas Time 3 DISHES 16.95 | 5 DISHES 26.95

OFFER AVAILABLE UNTIL 7PM EVERY DAY & ALL DAY SUNDAY & MONDAY.
★ EXTRA CHARGE FOR NACHO TOPPINGS

- NACHOS** ask for **GF** **7.95**
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**
- NEW PALM HEARTS** **VG GF** Brazilian-style palm hearts pan-fried until golden brown, served simply with a pinch of sea salt. **4.95**
- EMPANADAS** Two brie & mango filled pasties with sticky chilli jam. **5.95**
- QUESADILLA** Tortilla, folded, pan-toasted & rammed with garlicky mushroom, chilli, thyme & cheese. Served with roasted tomato salsa. **5.95**
- NEW GREEN QUINOA ENSALADA** **VG GF** **5.95**
Quinoa salad with avocado, lime, okra, coriander, sultanas, pink pickled onions & a poppy & pumpkin seed dressing.
- FIESTA ENSALADA** **VG GF** **5.50**
Roasted butternut squash, 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** Our take on a Brazilian favourite, crispy cheesy cubes served with sticky chilli jam. **5.95**

BRAZIL & ARGENTINA

- MOQUECA DE PALMITOS** ask for **VG** ask for **GF** **13.25**
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 & coconut farofa to sprinkle.
- NEW CHEESY BUTTERNUT SQUASH MARACANÃ** **12.50**
Butternut squash, mixed peppers, palm hearts & spinach in a rich, cheesy tomato sauce, served in our sourdough bread bowl inspired by the famous Maracanã Stadium in Rio.
- BEAN & BEETROOT BURGER** **10.50**
Black bean & beetroot burger with melted Emmental in a toasted brioche bun smothered in a creamy tomato & gherkin sauce. With beef tomato & baby gem, creamy slaw & a choice of fries or salad.
Add Chimichurri, Jalapeños or Guacamole for 1.00 or Brie for 1.50.

PERU & BEYOND

- CAULIFLOWER & CORN QUINOTTO** **GF** **9.95**
A Peruvian-style quinoa risotto with smoked cheese, roasted cauliflower & charred baby corn, topped with puffed quinoa & crispy chilli.
- FIESTA ENSALADA** **VG GF** **8.95**
Roasted butternut squash, 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 Palm hearts **VG GF** **2.00**
- NEW GREEN QUINOA SALAD** **VG GF** **9.95**
Quinoa salad with avocado, lime, okra, coriander, sultanas & pink pickled onions on a bed of spinach with a poppy & pumpkin seed dressing.
Add Palm hearts **VG GF** **2.00**

SIDES

- PATATAS BRAVAS IN BITS** With smoky chipotle sauce & aioli. **3.95**
- HUMITAS** **GF** Argentine-style roasted sweetcorn purée. **2.95**
- SWEET PLANTAIN** **2.25**
- MIXED SALAD** **VG GF** **3.75**
- SPRING ONION RICE** **VG GF** **2.00**
- NEW SPRING GREENS** **GF** ask for **VG** In a garlic & chilli butter. **2.00**
- CREAMY SLAW** **GF** Lime & coriander slaw. **2.50**
- REFRIED BEANS** **GF** ask for **VG** With soured cream & cheese. **2.25**
- FRIES** Curly or Straight-cut fries with creamy aioli. **3.80**
- CASSAVA FRIES** (Manioc root) with tomato salsa. **3.80**
- SWEET POTATO FRIES** With creamy aioli. **4.00**

MEXICO

- PORTOBELLO MUSHROOM FAJITA** ask for **VG** **13.95**
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**
Rolled tortilla with smoky chipotle sauce, filled with 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, guacamole & roasted tomato salsa on the side.
- VEGGIE CHILLI** ask for **VG** ask for **GF** **9.50**
Sweet potato, butternut squash & chickpeas braised with spiced tomatoes, with spring onion rice, soft wheat tortillas, soured cream & pink pickled onion.

DESSERTS

- DULCE DE LECHE MACADAMIA CHEESECAKE** **N** **5.75**
Creamy cheesecake with roasted macadamia nuts & caramel sauce.
- CHURROS** three **4.95** six **7.95**
Cinnamon-sugar dusted churros with dips for dunking. Served with a choice of chocolate ganache or dulce de leche (or both, if you order six).
- BANANA EMPANADA** ★ **5.25**
Crisp pastry filled with banana, sweet plantain and dulce de leche. Served with vanilla ice cream & a drizzle of rum-flavoured syrup.
- NEW BRAZILIAN BRIGADEIRO ICE CREAM** **4.95**
Three scoops of rich chocolate fudge ice cream with dulce de leche sauce & crispy chocolate sprinkles.
- PIÑA COLADA MESS** **GF A** ★ **5.50**
Piña Colada ice cream with caramelised pineapple salsa, crispy pineapple pieces & toasted coconut chips.
- MANGO SORBET** **VG GF** Three scoops of our mango sorbet. **4.95**
- PIÑA COLADA ICE CREAM** **GF A** **4.95**
Three scoops of our Piña Colada ice cream.
- TEMBLEQUE** **VG GF** **4.75**
A creamy, set coconut pudding with mixed berries & mango purée.
- CREAMY CARAMEL CAKE** ★ **5.00**
Layers of soaked sponge & caramelised cream, drizzled with dulce de leche. Topped with more caramelised cream & blueberries.
- AZTEC CHOCOLATE FUDGE BROWNIE** ★ **5.50**
Warm, spiced chocolate orange sponge brownie. With vanilla ice cream.

★ PIMP YOUR DESSERT! ADD 25ML OF HAVANA CLUB ESPECIAL RUM FOR £2 **A**

VG Vegan **N** Contains nuts/peanuts **GF** Gluten free **A** Contains alcohol

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