

# 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 GF lager?

**DAMM DAURA** 4.60  
**SPAIN 5.4%** Bottle

We haven't listed all of the ingredients in every dish. Any allergies/intolerances? Please let your server know • We aren't responsible for stolen or lost items • 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. 0918L iguanas.co.uk

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

## WHILE YOU CHOOSE

**TORTILLA CHIPS & DIPS** **V** ask for **VG** **3.95**  
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** **2.25**  
In a herby marinade.

**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** ask for **VG** **7.95**  
Crispy corn tortilla chips with melted cheese, topped with pico de gallo salsa, jalapeños, roasted tomato salsa, sour cream & guacamole.

★ Add a topping: **Smoked chipotle chicken / Chilli con carne / Refried black beans** **VG** / **Smoked chipotle pulled jackfruit & beetroot** **VG** **2.00**

**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 SMOKED SALMON TIRADITO** **5.95**  
Smoked salmon dressed in tiger's milk; a zingy lime, fresh ginger & fruity amarillo chilli spicy dressing. Topped with pink pickled onions, sweet roquito peppers & fresh coriander.

**NEW HALLOUMI SKEWERS** **V** **5.00**  
Pan-fried halloumi skewers with oregano & sweet chilli sauce.

**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.

**QUINOA & AVO BOWL** **V** **VG** **5.95**  
Full of goodness. Red & white quinoa supergrains tossed in fresh herb salsa with lime, spinach, okra & sultanas on crushed avocado. Topped with edible flowers, pink pickled onions, poppy seed dressing & roasted pumpkin seeds.

## ARGENTINA

**NEW BLAZING BIRD** whole **18.95** half **13.95**  
24 hour-marinated jerk chicken, served with slaw & salad. Sauced-up with your choice:

- **Lemon & herb peri-peri** [MILD] - **Honey peri-peri** [WARM]  
- **Spicy honey jerk glaze** [HOTTER] - **Vivo: Flaming hot habanero** [HOTTEST]

**GAUCHO STEAK** **19.95**  
10oz sirloin steak sprinkled with ancho chilli salt, served with fresh herb chimichurri, Argentine-style roasted sweetcorn purée & salad.

## PERU & BEYOND

**DOMINICAN GOAT CURRY** **12.95**  
For those who like it hot. 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** **VG** **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, Chicken or Pan-fried halloumi** **V** **2.00**

**QUINOA & AVO BOWL** **V** **VG** **9.95**  
Full of goodness. Red & white quinoa tossed in a fresh herb salsa with lime, spinach, okra & sultanas. Topped with sliced avocado, pink pickled onions, poppy seed dressing, roasted pumpkin seeds & edible flowers.

add **Crayfish, Chicken or Pan-fried halloumi** **V** **2.00**

## SIDES

**MIXED SALAD** **V** **VG** **3.75**  
**REFRIED BEANS** **V** ask for **VG** **2.25**

Refried black beans with sour cream & cheese.

**HUMITAS** **V** Argentine-style roasted sweetcorn purée. **2.95**  
**SPRING GREENS** **V** ask for **VG** In a garlic & chilli butter. **2.00**

**NEW CASSAVA MASH** **V** Buttery manioc root mash. **3.95**

**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, Sour 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, ethically sourced palm hearts, fine beans & 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.

**NEW CARNE DE SOL** **15.95**  
Slow-cooked salt cured beef top rib served with cassava mash, winter greens & a rich beef & caramelised onion 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:

- **Cocoa & ancho chilli** [MILD]  
- **Smoky chipotle butter** [MEDIUM]  
- **Habanero & cayenne chilli** [HOT]

**VEGGIE CHILLI** **V** ask for **VG** **9.50**  
Sweet potato, butternut squash & chickpeas braised with spiced tomatoes, with spring onion rice, corn tortillas, sour cream & pink pickled onions.

## DESSERTS

**MANGO SORBET** **V** **VG** **4.95**  
Three scoops of our mango sorbet.

**TEMBLEQUE** **V** **VG** **4.95**  
A creamy, set coconut pudding with mixed berries & mango purée.

**NEW COCONUT ICE CREAM** **V** **VG** **4.95**  
Three scoops of our dairy-free coconut ice cream.