

# WELCOME TO LATIN AMERICA

Across Latin America, life has a distinctive beat. It's a celebration of friends & family, rhythmic music, boldly spiced flavours & a laidback lifestyle.

Explore the region's remarkable dishes, enjoy our favourite recipes cooked from scratch by our skilled chefs & pair them perfectly with tropical coolers or premium cocktails mixed by our bartenders.

Las Iguanas is your ticket to celebrating life the Latin American way.

[IGUANAS.CO.UK](http://IGUANAS.CO.UK)



## FOR THE TABLE

### Snacks & sharers to get the party started.

**Olives** 198kcal **V** **VB** **GF** 3.75  
Green & black olives with garlic & red pepper.

**Mexican Poppadoms** 404kcal 5.00  
**V** ask for **VB** ask for **GF** Crispy blue corn tortillas with tomato salsa, sour cream & guacamole for dipping.

**Fundido Fondue** 1386kcal **V** 12.50  
Warm, gooey cheese & chilli sauce served with crispy chunks of cassava for dipping. Perfect for 2 to share.

**+ Cauliflower bites are perfect for dunking** 765kcal 7.50

**Taco Sharing Board** 1097kcal 25.00  
**V** ask for **VB** ask for **GF** Tuck into tacos together; a board of blue corn & soft flour tortillas with guacamole, sour cream, tomato salsa, coriander & chilli salsa, pickled slaw, cheese, fresh lime, coriander & your choice of the below. Perfect for 2 or 3 to share.

### Choose 3 fillings:

- Copacabana cauliflower bites 444kcal **V** **PB**
- Veggie chilli 56kcal **V** **VB** **GF**
- Smoky chipotle pulled jackfruit 96kcal **V** **VB** **GF**
- Garlicky chilli & thyme mushrooms 93kcal **V** **VB** **GF**
- Shredded chipotle beef 178kcal **GF**
- Smoky chipotle chicken 211kcal **GF**



Many Quattro Leches Cakes

## DESSERTS

**Churros** 5.25  
Three cinnamon-sugar dusted churros. Choose:  
- **Chocolate ganache** 410kcal **V** **GF**  
- **Dulce de leche** 513kcal **V**

**Brownie & Ice Cream** 644kcal **V** 7.50  
Warm gooey chocolate brownie pieces, vanilla ice cream & an alfajor; a Peruvian-style shortbread & dulce de leche biscuit sandwich.

**Dulce de Leche Cheesecake** 719kcal 7.50  
**V** Creamy cheesecake with caramel sauce.

**NEW Quattro Leches Cake** 635kcal **V** 7.50  
Sweet creamy caramel cake soaked in three milks, topped with dulce de leche & blueberries.

**NEW Churros Grande** 1284kcal **V** 10.00  
Ten cinnamon-sugar dusted churros served with chocolate ganache, dulce de leche & tropical mango dips for dunking. Perfect for 2 to share.

**NEW Chocolate Truffle Bar** 570kcal 7.50  
**V** **VB** **GF** Chocolate salted caramel bar with mango & raspberry sauces.

**OGGS® Sticky Toffee Pudding** 384kcal 7.50  
**V** **VB** A melt-in-the-middle toffee sponge served with a scoop of vegan coconut ice cream.

**Tropical Ices** **V** **VB** **GF** 5.00  
Three scoops of your choice of vegan coconut ice cream 258kcal or mango sorbet 162kcal.

**+ PIMP your dessert** Add 25ml of Havana Club Especial Rum **A** 2.00



## BOTTOMLESS BRUNCH

Enjoy a brunch dish with a selection of our favourite cocktails, mocktails, prosecco & beer for 2 hours

[iguanas.co.uk/brunch](http://iguanas.co.uk/brunch)  
T&Cs & house rules apply

## PARTY INTO THE NIGHT

Book a table just for drinks and explore everything the bar menu has to offer, from shots to sharers & everything in between

[iguanas.co.uk/lates](http://iguanas.co.uk/lates)



## TAKE ME HOME

Have a Latin American feast in your home or office – click & collect, order over the phone or just pop in and ask for your favourites

[iguanas.co.uk/delivery](http://iguanas.co.uk/delivery)

## CHICAS' COCKTAIL CLUB

The perfect way to catch up & celebrate good company the Latin American way! Enjoy 4 cocktails (2 x 2FOR1) & 2 tapas each

[iguanas.co.uk/chicas](http://iguanas.co.uk/chicas)  
T&Cs apply



ALLERGENS



**Vegetarian** **Vegan** **Plant based** **Gluten free** **Alcohol** **Nuts/peanuts** **Mains under 600kcal**  
Any allergies/intolerances? Please let your server know. We haven't listed all of the ingredients in every dish. Adults need around 2000 kcal a day. Plant based dishes are made with vegan ingredients but cooked in the same fryer as dairy products.

Full allergen menus are available on our website or via the QR code. All dishes are prepared & cooked in kitchens where allergen ingredients (e.g. nuts, flour etc) are commonly used & we therefore cannot guarantee our dishes will be free from traces of these products • Some dishes may contain bones • Country of origin indicates style of cooking • Our chicken is Halal • We aren't responsible for stolen or lost items • We may need to substitute an equivalent ingredient subject to availability • We may need to change or withdraw this menu from time-to-time due to local events • Our policy is that only guests who can prove they are 18 & above can be served alcohol for their own consumption • 100% FSC-certified paper, printed with vegetable-based inks • An optional service charge may be applied to your bill dependent on party size & location. More details at [iguanas.co.uk/service-charge](http://iguanas.co.uk/service-charge) • 0323R



CELEBRATE THE FLAVOURS OF

LATIN AMERICA

las IGUANAS

## TAPAS + STARTERS

Perfect for sharing with friends & family the Latin American way. We recommend 2-3 dishes each.

**Nachos** **V** ask for **VB** ask for **GF** single 7.50 grande 11.75  
Corn tortilla chips with cheese, topped with pico de gallo, jalapeños, tomato salsa, sour cream & guacamole.  
Share the grande nachos 1083kcal with a friend, or go single 480kcal & keep them all to yourself.

+ Add warm, gooey cheese sauce 110kcal 3.50

+ Add extra toppings: each 3.50

- Refried black beans 110kcal **V** **VB** **GF**,  
Smoky chipotle pulled jackfruit 96kcal **V** **VB** **GF**,  
Veggie chilli 56kcal **V** **VB** **GF**, Chilli con carne 161kcal **GF**,  
Shredded chipotle beef 178kcal **GF**,  
Smoky chipotle chicken 211kcal **GF**

**NEW** **Pork Albondigas** 620kcal 8.00  
Meatballs in tomato & chipotle sauce with cheese & ciabatta.

**Brazilian Fried Chicken** 857kcal 8.50  
Spicy, crispy coated chicken breast with agave aioli.

**Chicken Wings** 8.00  
Marinated wings sauced-up with your choice:

- Honey peri-peri [warm] 791kcal  
- Spicy BBQ jerk [hotter] 789kcal

**NEW** **Calamares** 634kcal 8.50  
Crispy calamares & sweet chilli popcorn squid with garlic aioli.

**NEW** **Gambas** 393kcal ask for **GF** 8.50  
Shell-on prawns in a spiced ginger, pepper, coconut & lime sauce with ciabatta.

**Quesadillas**  
Cheese-loaded tortilla, pan-toasted & served with salsa.

- Garlicky mushroom, chilli & thyme 543kcal **V** 7.50  
- Spicy chicken, peppers & onion 537kcal 7.50  
- Shredded chipotle beef 522kcal 7.50

**NEW** **Fiesta Ensalada** 191kcal **V** **VB** **GF** 6.75  
Spiced quinoa with broad beans & chickpeas, mixed leaves, carrot, pink pickled onions, tomatoes, toasted pumpkin seeds & sweet chilli pearls in a simple dressing.

**Cheese & Mango Empanadas** 426kcal **V** 7.00  
Two crispy brie & mango pasties with sticky chilli jam.

**NEW** **Brazilian Beach Cheese** 589kcal **V** ask for **GF** 7.00  
Cubes of fried squeaky cheese with chilli jam.

**Copacabana Cauliflower Bites** 765kcal **V** **PB** 7.50  
Spicy, crispy coated cauliflower with agave aioli.

+ Add warm, gooey cheese sauce 110kcal 3.50

**Cassava Bravas**  
Crispy cubes of cassava served with aioli & your choice of:  
- Smoky chipotle sauce 558kcal **V** **PB** 7.00  
- Truffle oil & Italian hard cheese 662kcal **V** ask for **PB** 8.00

+ Fancy a **DIP**? each 75p any three 1.50

- Agave aioli 195kcal, Creamy aioli 204kcal, **V** **GF** ask for **VB**  
Fresh herb chimichurri 213kcal, Guacamole 64kcal,  
Pico de gallo 23kcal, Sour cream 49kcal,  
Sticky chilli jam 96kcal, Tomato salsa 17kcal



Mixed Fajita Stack

## MEXICAN CLASSICS

### Fajita Stacks

Cooked to order in our special mix of spices, onions & peppers. With guacamole, grated cheese, sour cream, jalapeños, tomato salsa & soft wheat tortillas.

- **NEW** Mixed chicken, steak & prawn 1326kcal 20.50

- Marinated steak strips 1393kcal 19.50

- Chicken 1181kcal ask for **GF** 18.50

- Mushroom 929kcal **V** ask for **VB** ask for **GF** 17.00

+ Add warm, gooey cheese sauce 110kcal 3.50

### Enchiladas

Rolled tortilla with smoky chipotle sauce, on a bed of spring onion rice & refried beans, topped with cheese.

- Spicy chicken, peppers, onion & cheese 743kcal 15.50

- Roast butternut squash, peppers, spinach & cheese 578kcal **V** **V** 15.00

- **NEW** Mixed chicken, steak & prawn 1326kcal 20.50

- Marinated steak strips 1393kcal 19.50

- Chicken 1181kcal ask for **GF** 18.50

- Mushroom 929kcal **V** ask for **VB** ask for **GF** 17.00

+ Add warm, gooey cheese sauce 110kcal 3.50

### Burritos

Wheat tortilla stuffed with rice, refried beans, crunchy slaw & cheese served with salad, sour cream, guacamole & tomato salsa.

- Smoky chipotle chicken 884kcal 14.50

- Shredded beef braised in chipotle 908kcal 14.50

- Sweet potato, butternut & chickpea chilli in a beetroot tortilla 696kcal **V** ask for **VB** 14.00

+ Fancy some fries with that? from 4.25

### Burrito Bowls

All the flavours without the tortilla. A loaded bowl of salad, spring onion rice, refried beans, fresh sliced avocado, carrot, slaw & pico de gallo.

- Copacabana chicken 899kcal 14.00

- Grilled chicken 530kcal **GF** **V** 13.50

- Shredded beef braised in chipotle 583kcal **GF** **V** 13.50

- Smoky chipotle chicken 583kcal **GF** **V** 13.50

- Smoky chipotle pulled jackfruit 412kcal **V** **VB** **GF** **V** 13.00

**Veggie Chilli** 419kcal **V** **V** ask for **VB** ask for **GF** 12.50

Sweet potato, butternut squash & chickpeas braised with spiced tomatoes, served with spring onion rice, corn tortilla chips, sour cream, guacamole & pink pickled onions.

**V** Vegetarian **VB** Vegan **PB** Plant based

**GF** Gluten free **N** Nuts/peanuts **V** Mains under 600kcal

**Any allergies/intolerances? Please let your server know. We haven't listed all of the ingredients in every dish. Adults need around 2000 kcal a day. Plant based dishes are made with vegan ingredients but cooked in the same fryer as dairy products.**



Dirty Copacabana Burger

## BURGERS

With your choice of straight-cut fries 306kcal or salad 142kcal.

+ Upgrade to sweet potato wedges 300kcal, curly fries 333kcal or chunky cassava fries 431kcal add 50p

**Buenos Aires Burger** 1331kcal 15.75  
Our 100% prime beef patty, char-grilled & topped with creamy aioli, lettuce, smoky pork chorizo, caramelised onion, melted cheese & fresh herb chimichurri in a toasted brioche bun.

**Copacabana Burger** 1019kcal 15.75  
Buttermilk-marinated chicken breast in a crispy spice-crumble with melted cheese, pink pickled onions, fresh coriander & agave aioli in a toasted brioche bun.

### Classic Burgers

All served with tomato, lettuce & tomato-paprika mayo in a toasted brioche bun.

- Chicken with caramelised onion 630kcal 14.50

- Beef with caramelised onion 888kcal 14.50

- Squeaky beach cheese with chilli jam 846kcal **V** 14.00

- Bean & beetroot with cheese 878kcal **V** ask for **PB** 14.00

**Cuban Sandwich** 1254kcal 15.50  
Roasted pork belly, melted cheese & smoked ham with sweet mustard & sliced green pickle layered in a buttery toasted bun.

+ Make your burger **DIRTY**

- Jalapeños 5kcal **V** **VB**, Guacamole 73kcal **V** **VB**, each 75p  
Chimichurri 187kcal **V** **VB**

- **NEW** Onion rings 141kcal **V**, Cheese 74kcal **V** each 1.25

- Squeaky beach cheese 548kcal **V**, each 3.00  
Brie 153kcal **V**, Smoky chipotle jackfruit 48kcal **V** **VB**,  
Chilli con carne 93kcal, Smoky pork chorizo 238kcal,  
Shredded chipotle beef 134kcal,  
Smoky chipotle chicken 148kcal

- Warm, gooey cheese sauce 110kcal **V** each 3.50

## ORDER ON YOUR PHONE

Keep the food & drink flowing!  
Add more at any time.  
Pay at the end.

If you can't see a QR code & table number, just ask your server.



Xinxim

## BRAZILIAN CURRIES

All served with spring onion rice, shredded greens, coconut farofa & sweet plantain.

**Xinxim** 1562kcal **N** ask for **GF** 17.00  
Chicken & crayfish in our creamy lime & peanut sauce.

**Moqueca de Palmitos** 729kcal 16.00  
**V** ask for **VB** ask for **GF** Squash, palm hearts & spinach in a creamy coconut curry with peppers, garlic & tomatoes.

**Bahian Coconut Chicken** 1079kcal ask for **GF** 16.75  
Chicken pan-fried in cumin, coriander & cayenne & cooked in a coconut sauce with ginger, garlic, tomatoes & coriander.

+ Go big with cheesy garlic bread 559kcal 4.50

**Bahian Jackfruit Curry** 917kcal 16.75  
**V** ask for **VB** ask for **GF** Roasted pulled jackfruit & palm hearts in a coconut sauce with ginger, garlic, cumin, cayenne, coriander & tomatoes.



Gaucha Grill

## ARGENTINIAN GRILL

With your choice of straight-cut fries 306kcal or salad 142kcal.

+ Upgrade to sweet potato wedges 300kcal, curly fries 333kcal or chunky cassava fries 431kcal add 50p

**NEW** **Gaucha Grill** 2045kcal ask for **GF** 29.00  
8oz sirloin steak, grilled chicken breast, pan-fried pork belly & chorizo, chimichurri, tomato & pink pickled onion salad & buttery Mexican-style corn.

**NEW** **Gaucha Steak** 1021kcal ask for **GF** 22.75  
8oz sirloin steak with ancho chilli salt, chimichurri, tomato & pink pickled onion salad & buttery Mexican-style corn.  
+ Go surf 'n' turf - add garlic & chilli prawns 179kcal 4.50

**Blazing Bird** ask for **GF** whole 23.00 half 16.00  
Spice-rubbed & marinated chicken. Choose:

- Honey peri-peri [warm] 2225kcal / 1112kcal

- Spicy BBQ jerk [hotter] 2185kcal / 1092kcal

+ Perfect with buttery Mexican-style corn 194kcal 3.75



Fiesta Ensalada

## SUMMER FAVOURITES

**NEW** **Pescado Blanco Bobo** 757kcal 18.50

White fish fillet in a spiced ginger, pepper, coconut & lime sauce. Served with spring onion rice, spiced quinoa with broad beans & chickpeas, shredded greens & pink pickled onions.

**NEW** **Fiesta Ensalada** 379kcal **V** **VB** **GF** **V** 13.00

Spiced quinoa with broad beans & chickpeas, mixed leaves, carrot, pink pickled onions, tomatoes, toasted pumpkin seeds & sweet chilli pearls in a simple dressing.

+ **TOP** your salad

- Cheese & mango empanada 342kcal **V**, each 3.50

- Squeaky beach cheese 548kcal **V** ask for **GF**

- Grilled chicken 214kcal **GF**, Crayfish 60kcal **GF** each 4.50

- Buttermilk fried chicken 583kcal each 5.50

## ON THE SIDE

**Straight-cut Fries** 306kcal **V** **PB** 4.25

**Curly Fries** 333kcal **V** **PB** 4.75

**Sweet Potato Wedges** 300kcal **V** **PB** 4.75

**Chunky Cassava Fries** 431kcal **V** **PB** 4.75

**NEW** **Dirty Jerk Fries** 525kcal **V** 5.00

**Tomato & Onion Salad** 29kcal **V** **VB** **GF** 4.50

**Mixed Salad** 142kcal **V** **VB** **GF** 4.50

**NEW** **Onion Rings** 640kcal **V** **PB** 4.50

**NEW** **Cheesy Garlic Bread** 559kcal **V** 4.50

**Garlic Bread** 466kcal **V** 4.00

**Mexican-style Corn** 194kcal **V** **GF** 3.75

**Refried Beans** 212kcal **V** **GF** ask for **VB** 3.50

**Spiced Quinoa** 183kcal **V** **VB** **GF** 4.00

**Shredded Greens** 123kcal **V** **GF** ask for **VB** 3.50

**Spring Onion Rice** 116kcal **V** **VB** **GF** 3.25

**Sweet Pickled Slaw** 33kcal **V** **VB** **GF** 3.00

**Sweet Plantain** 335kcal **V** **PB** 3.50

**Warm Cheese Sauce** 110kcal **V** **GF** 3.50