We haven't listed all of the ingredients in every dish.

Our dishes are freshly prepared to order so if you have any specific dietary requirements or allergies, there are many dishes we can change for you so they are suitable.

Please phone ahead to the restaurant or drop them an email and they will be only too happy to help.

las IGUANAS Allergens	Cereals cont. gluten	TreeNut	Soybean	SO2	Sesame	Peanut	Mustard	Mollusc	Milk	Lupin	Fish	Eggs	Crustacea	Celery
STARTERS AND TAPAS														
ALBONDIGAS	●		●	●					●					●
BRIE & MANGO EMPANADAS	●	◊	◊	◊			◊		●			◊		◊
CALAMARES	●		◊	◊			●	●	●		◊	●	◊	●
CHICKEN QUESADILLA	●		●	●					●					
CHICKEN WINGS & BBQ SAUCE	●		●	◊			●	◊	◊		◊	◊	◊	●
CHICKEN WINGS & HONEY PERI SAUCE	●		◊	●			●	◊	◊		◊	◊	◊	●
CHICKEN WINGS & VIVO SAUCE	●		●	●			●	◊	◊		◊	◊	◊	●
CEVICHE	◊	◊	◊	◊			●		◊		●	◊		◊
CEVICHE GF		◊	◊	◊			●		◊		●	◊		◊
DADINHOS	●	◊	●	◊			●		●			●		◊
FIESTA ENSALADA STARTER	◊	◊	◊	●	●	◊	●		◊		◊	◊		◊
GAMBAS	●		●	●	◊				●				●	
GAMBAS GF			●	●					●			●	●	
HAVANA CLUB & BBQ JERK RIBS STARTER	●	◊	●	◊			◊		◊			◊		◊
LAMB EMPANADAS	●		●	●			◊	◊	●		◊	◊	◊	●
MUSHROOM QUESADILLA	●			●					●					
NACHOS	●	◊	◊	●					●					◊
NACHOS GF				●					●					
NACHOS & BEEF	●	◊	●	●					●					●
NACHOS & CHICKEN TINGA	●	◊	◊	●					●					●
NACHOS & CHICKEN TINGA GF				●					●					●
NACHOS & CHILLI CON CARNE	●	◊	◊	●					●					●
NACHOS & CHILLI CON CARNE GF				●					●					●
NACHOS & REFRIED BEANS	●	◊	◊	●					●					●
NACHOS & REFRIED BEANS GF				●					●					●
PATO TAQUITO	●		●	●										●
TACO SHARING TRAY (add choices)	●	◊	●	●			●		●		●	●		●
TACO SHARING TRAY GF (add choices)		◊	◊	●	◊		●		●		●	●		●
SIDES														
AIOLI DIP							●					●		
BREAD BOARD	●		●		◊				●			●		
CASSAVA FRIES	◊	◊	●	●			◊		●			◊		◊
CHIMICHURRI DIP				●										
CHARGRILLED ASPARAGUS														
CHIPOTLE BUTTER									●					
CHIPOTLE RICE SIDE PORTION				●					●					●
CRANBERRY SALSA DIP				●										
CURLY FRIES	●	◊	◊	◊			●		◊			●		◊
GARLIC CHIPOTLE SAUCE DIP				●										●
GUACAMOLE DIP														
HOLY GUACAMOLE	◊	◊	◊	◊					◊					◊
HOLY GUACAMOLE GF & VEGAN														
JALAPENOS														
MIXED SALAD		◊	◊	◊			◊		◊		◊	◊		◊
MOLHO A CAMPANHA DIP				●										
PATATAS BRAVAS IN BITS	◊	◊	◊	●			●		◊			●		●
PICO DE GALLO DIP														
PAO DE QUEIJO			●						●			●		
PERUVIAN OLIVES														
REFRIED BEANS									●					●
RICE GARLIC & SPRING ONION SIDE														
SLAW SIDE							●					●		
SOURED CREAM DIP									●					
STRAIGHT FRIES PORTION	◊	◊	◊	◊			●		◊			●		◊
SWEETCORN & SWEET CHILLI SALSA														
SWEET PLANTAIN SIDE	◊	◊	◊	◊			◊		◊			◊		◊
SWEET POTATO FRIES PORTION	◊	◊	◊	◊			●		◊			●		◊
SWEET POTATO MASH				●					●					
TOMATO SALSA DIP				●										
TORTILLAS SIDE	●													
TOTOPOS & SALSA	◊	◊	◊	●					◊					◊
TOTOPOS & SALSA GF & VEGAN				●										
MAINS														
AVOCADO & CRANBERRY SALAD MAIN		●		●	●	◊	●		●					
BEAN & BEETROOT BURGER	●	◊	◊	●			●		●		◊	●		●
BEEF BURRITO	●	◊	●	●			◊		●		◊	◊		●
BLAZING BIRD BBQ JERK (Half or Whole)	●	◊	●	●			●		◊		◊	●		◊
BLAZING BIRD HONEY PERI & FRIES (Half or Whole)	●	◊	◊	●			●		◊			●		◊
BLAZING BIRD HONEY PERI GF (Half or Whole)		◊	◊	●			●		●		◊	●		◊
BLAZING BIRD VIVO & FRIES (Half or Whole)	●	◊	●	●			●		◊			●		◊
BLAZING BIRD VIVO GF (Half or Whole)		◊	●	●			●		●		◊	●		◊
BAHIAN CHICKEN														◊
CHICKEN BURGER	●	◊	●	●			●		●		◊	●		◊
CHICKEN BURRITO	●	◊	◊	●			◊		●		◊	◊		●
CHICKEN ENCHILADA	●		●	●					●					●
CHICKEN FAJITA	●		●	●					●					
CHILLI CON CARNE	●		●						●			●		●
CHILLI CON CARNE GF			●						●			●		●
CHILLI CON VERDURAS	●	◊	◊	●			◊		●		◊	◊		◊
CHILLI CON VERDURAS GF		◊	◊	●			◊		●		◊	◊		◊
CLASSIC BURGER	●	◊	●	●			●		●		◊	●		◊
FIESTA ENSALADA	◊	◊	◊	●	●	◊	●		◊		◊	◊		◊
HALLOUMI CHURRASCO	◊	◊	●	●			◊		●		◊	◊		◊
HALLOUMI CHURRASCO GF		◊	◊	●			◊		●		◊	◊		◊
MUSHROOM FAJITA	●		●	●					●					
PICANHA & FRIES	◊	◊	●	●			◊		●					◊
PICANHA GF		◊	◊	●			◊		●		◊	◊		◊
PRAWN FAJITA	●		●	●				●	●				●	
QUINOA SALAD	◊	◊	◊	●					◊					◊
QUINOA SALAD GF				●										

Key	
●	Contains
◊	May contain
	Does not contain

las IGUANAS Allergens

Key	
●	Contains
◊	May contain
	Does not contain

	Cereals cont. gluten	TreeNut	Soybean	SO2	Sesame	Peanut	Mustard	Mollusc	Milk	Lupin	Fish	Eggs	Crustacea	Celery
MAINS														
RIBEYE ON THE BONE & FRIES	●	◊	●	●			◊		●			◊		◊
RIBEYE ON THE BONE GF		◊	◊	●			◊		●		◊	◊		◊
SEA BASS	◊	◊	◊	●			◊		●		●	◊		◊
SEA BASS GF				●			◊		●		●			
MOQUECA DE PEIXE	◊	◊	●	●			◊		●		●	◊	●	●
MOQUECA DE PEIXE GF			●	●					●		●		●	●
HAVANA JERK BBQ RIBS (HALF OR WHOLE)	●	◊	●	●			●		●		◊	●		◊
STEAK FAJITA	●		●	●					●					
VEG CHILLI BURRITO	●	◊	◊	●			◊		●		◊	◊		●
VEGETABLE ENCHILADA	●		●						●					●
VEGETABLE MOQUECA	◊	◊	◊	●					●					●
VEGETABLE MOQUECA GF				●					●					●
XINXIM	◊	◊	◊	●		●			●				●	●
XINXIM GF				●		●			●				●	●
DESSERTS														
AZTEC CHOCOLATE FUDGE CAKE	●	◊	●	◊		◊			●			●		
CHURROS (add choice)	●	◊	●	◊					●					◊
CREAMY CARAMEL CAKE									●			●		
DULCE DE LECHE & MACADAMIA CHEESECAKE	●	●	◊	◊					●			◊		
LEMON & LIME SORBET														
MANGO SORBET		◊												
MOJITO JELLY														
SHAKE AND DUNK CHURROS	●	◊	◊	◊					●					◊
TEMBLEQUE				●										
TEAS & COFFEES														
ESPRESSO														
DOUBLE ESPRESSO														
MACHIATO									●					
AMERICANO														
CAPPUCCINO (WITH CHOCOLATE SPRINKLE)	◊	◊	●						●			◊		
CAFÉ CON LECHE									●					
MOCHA	◊	◊	●						●			◊		
CHOCOLATE CALIENTE	◊	◊	●						●			◊		
MATE														
TEA														
CORTADAS														
CORTADA CONDENSADA									●					
SPICED CARIBBEAN CORTADA									●					
CHOCOLATE CORTADA		◊		●					●					
MAGNIFICENT MECIAN CORTADA									●					
LIQUER COFFEES														
ALMOND CAPPUCCINO		◊												
HAZELNUT CON LECHE	◊								●					
HOT RUM CHOCOLATE	◊	◊	●						●			◊		
LUNCH														
ALBONDIGAS	●								●					
AVOCADO & CRANBERRY SALAD		●							●					
BEAN & BEETROOT BURGER	●	◊	◊						●			●		
BLAZING BIRD BBQ JERK	●	◊	●						◊			●		
BLAZING BIRD HONEY PERI GF		◊	◊						◊			●		
BLAZING BIRD HONEY PERI & FRIES	●	◊	◊						◊			●		
BLAZING BIRD VIVO GF		◊	●						◊			●		
BLAZING BIRD VIVO & FRIES	●	◊	●						◊			●		
BRIE & MANGO EMPANADAS	●	◊	◊						●			◊		
CHICKEN BURRITO	●	◊	◊						●			◊		
CHICKEN ENCHILADA	●		●						●					
CHICKEN QUESADILLA	●		●						●					
SOUTH AMERICAN TORTA & FRIES	●	◊	◊						●			●		
CHICKEN WINGS BBQ JERK	●		●						◊			◊		
CHICKEN WINGS HONEY PERI	●		◊						◊			◊		
CHICKEN WINGS VIVO	●		●						◊			◊		
CHILLI CON CARNE		◊	●						●			◊		
CHILLI CON VERDURAS		◊	◊						●			◊		
CLASSIC BURGER	●	◊	●						●			●		
CUBAN SANDWICH	●	◊	◊						●			◊		
DADINHOS	●	◊	●						●			●		
FIESTA ENSALADA	◊	◊	◊						◊			◊		
HAVANA JERK BBQ RIBS (HALF)	●	◊	●						●			●		
LAMB EMPANADA	●		●						●			◊		
MUSHROOM QUESADILLA	●								●					
NACHOS	●	◊	◊						●					
NACHOS GF									●					
PAO DE QUEIJO			●						●			●		
PESCADO	◊	◊	◊						●			◊		
PESCADO GF									●					
QUINOA SALAD	◊	◊	◊						◊					
QUINOA SALAD GF														
TRIPLE TACOS (add choices)	●	◊	●						●			●		
TRIPLE TACOS GF (add choices)		◊	◊						●			●		
VEG CHILLI BURRITO	●	◊	◊						●			◊		
VEGETABLE ENCHILADA	●		●						●					
KIDS														
NINOS BURGER	●	◊	◊						●			●		
NINOS MEATBALLS	●								●					
NINOS MACARONI CHEESE	●	◊	◊						●			◊		
NINOS CRISPY CHICKEN BITES	●	◊	◊						◊			◊		
NINOS PIZZA	●	◊	◊						●			◊		
NINOS CHEESE & TOMATO QUESADILLA	●	◊	◊						●					
NINOS CHICKEN & CHEESE QUESADILLA	●	◊	◊						●					
NINOS MUSHROOM QUESADILLA	●	◊	◊						●					
NINOS WACKY TACOS CHICKEN	●		●											
NINOS WACKY TACOS SQUASH	●													
NINOS COD BITES	●	◊	◊						●			●		
NINOS FRUIT														

las IGUANAS Allergens

Key	
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	Does not contain

	Cereals cont. gluten	TreeNut	Soybean	SO2	Sesame	Peanut	Mustard	Mollusc	Milk	Lupin	Fish	Eggs	Crustacea	Celery
KIDS														
NINOS CHOCOLATE BROWNIE		◊	●						●			●		
NINOS ICE CREAM	●	◊	●						●			●		
NINOS JELLY AND ICE CREAM		◊							●			●		
NINOS CHURROS	●	◊	◊						●					
KIDS DRINKS														
ORANGE & TROPICAL CAPRI-SUN														
APLLE & BLACKCURRANT CAPRI-SUN														
MILK									●					
STRAWBERRY MILKSHAKE									●					
RASPBERRY MILKSHAKE									●					
ORGANIC ORANGE SQUASH (ROCKS)				●										
ORGANIC BLACKCURRANT SQUASH (ROCKS)														
DRINKS														
WHITE WINES														
SAUVIGNON BLANC, TIERRA				●										
PINOT GRIGIO. GRAFFIGNA				●					◊			◊		
HERENCIA ALTES GARNATXA BLANCA, TERRA ALTA				●										
VERDEJO, EL VELERO				●										
CHARDONNAY-AURORA				●										
RED WINES														
CARMENERE, VERAMONTE				●										
MERLOT ERRAZURIZ, 1870				●					●		●	●		
MALBEC, LOS ROMEROS				●										
PINOT NOIR, LUIZ FELIPE EDWARDS				●										
RESERVA RIOJA, CAMPO VIEJO				●										
MALBEC-CABERNET, ETCHART, ARNALDO B				●										
BARREL SELECTION MALBEC, SALENTEIN				●										
TEMPRANILLO, CASA ALBALI				●										
ROSE WINES														
TEMPRANILLO, ROSE				●										
GRENACHE ROSE. TORRES				●										
MALBEC ROSE. ETCHART				●										
BUBBLES														
FREIXENET CORDON NEGRO CAVA				●										
FREIXENET ROSADA CAVA				●										
G.H. MUMM				●										
PERRIER-JOUET GRAND BRUT				●										
BEERS & CIDER BOTTLES														
BRAHMA	●													
CORONA	●			●										
ALHAMBRA RESERVA 1925	●													
ROTHHAMMER NAZCA IPA	●													
ROTHHAMMER BRAVE RED	●													
ROTHHAMMER REAL GOLDEN	●													
ESTRELLA INEDIT	●													
REKORDERLIG PASSIO FRUIT				●										
REKORDERLIG MANGO & PASSION FRUIT				●										
DAMM DAURA														
WYLD WOOD ORGANIC CIDER				●										
FREE DAMM 0%	●													
BEERS & CIDERS DRAUGHT														
BRAHMA	●													
STELLA	●													
BECKS	●													
SOMERSBY														
STOWFORD PRESS CIDER				●										
GAYMERS CIDER				●										
COCKTAILS														
APPLE MOJOLESS														
APRICOT CAIPIRINHA														
BRAZILIAN BIKINI-TINI														
CLASSIC CAIPIROSKA														
CANA ROYALE #2				●										
CITRUS COOLER														
CLASSIC CAIPIRINHA														
COLOMBIAN CAFÉ														
CUBA LIBRE														
CUBAN CHERRY		●												
DARK 'N STORMY														
EL PRESIDENTE		●		●										
ELEMENTAL PUNCH														
GINGER & LEMONGRASS MOJO-LESS														
GUAVA CAVA				●										
HOMBRE BOMBRE														
IGUANA COSMO														
JAGUAR MILK				●					●					
KING COLADA														
LONG ISLAND ICED TEA														
MANGO COLLINS														
THE MARGARITA														
MIAMI VICE				●										
MOJITO														
MORTOS VIVOS														
ORANGE & GINGER CAIPIRINHA														
PALOMA DIABLA														

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	Cereals cont. gluten	TreeNut	Soybean	SO2	Sesame	Peanut	Mustard	Mollusc	Milk	Lupin	Fish	Eggs	Crustacea	Celery
COCKTAILS														
PASSION FRUIT & ORANGE COOLER														
PASSION FRUIT BATIDA									●					
PASSION FRUIT CAIPIRINHA														
PEACH & ORANGE DAIQUIRI														
PEAR DROP CAIPIRINHA														
PEDRO RUMMER														
PINA COLADA				●										
PINK PASSION FRUIT														
PISCO POWER														
RASPBERRY COOLER														
RED BERRY CAIPIRINHA														
RED BERRY PINEAPPLE														
SMOKING PLUMS														
SPICED GINGER PUNCH														
STRAWBERRY & VANILLA CAIPIRINHA														
STRAWBERRY DAIQUIRI														
STRAWBERRY RED														
TIJUANA TIPPLE				●										
TROPICAL COOLER														
TOMMY'S PERFECT MARGARITA														
ULTIMATE CAIP														
VANILLA & GINGER MOJITO														
VANILLA MAI TAI		●												
VIRGIN PASSION PUNCH														
VIRGIN PINA COLADA				●										
ZOMBIE SKULL														
FLIGHTS OF FANCY														
MEXICAN LIQUEUR FLIGHT	◊	◊		●					●			◊		●
LATIN RUM FLIGHT	●	●	●						●			◊		
SOMETHING SOFTER														
GINGER BEER														
TING														
PINEAPPLE JUICE														
CRANBERRY JUICE														
POMEGRANATE JUICE														
MANGO JUICE														
FRESHLY SQUEEZED ORANGE JUICE														
ORANGE JUICE														
APPLE JUICE														
VITA COCO COCONUT WATER														
SOFT DRINKS BOTTLES														
BELU SPARKLING WATER														
BELU STILL WATER														
TONIC WATER														
SLIMLINE TONIC														
IRN BRU														
DIET IRN BRU														
COCA-COLA														
DIET COKE														
TOMATO JUICE														
APPLETISER														
KICK ENERGY														
SOFT DRINKS DRAUGHT														
LEMONADE														
COCA-COLA														
DIET COKE														
SODA														
CORDIALS														
ORANGE CORDIAL (SCHWEPPES)				●										
LIME CORDIAL (SCHWEPPES)				●										
BLACKCURRANT CORDIAL (SCHWEPPES)														