



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.

Visit **iguanas.co.uk/parties** to find out about our celebration packages, great for every day or every occasion.







Pick & mix little dishes & starters, an easy way to explore new flavours. Perfect for sharing with friends & family the Latin way.

Sample dishes right out of Rio beach culture, such as our Halloumi Skewers with a hint of oregano, first tasted by us on Itaipu Beach near Rio.

ANY ALLERGIES/INTOLERANCES? Please let your server know. We haven't listed all of the ingredients in every dish

■ Vegetarian ■ Vegan 🖪 Contains alcohol 📴 Gluten free Contains nuts/peanuts



While You Choose

NEW MEXICAN POPPADOMS W 3.95

Crispy blue corn tortillas with roasted tomato salsa, habanero & pepper salsa, green tomatillo & jalapeño salsa.

CHEESY PERU FONDUE W

7.95 Peruvian-style fondue - gooey cheese & amarillo chilli sauce with crispy potato chunks. Perfect to share.

| NEW GARLIC FLATBREAD 💟 | 3.50 |
|--|------|
| Char-grilled flatbread brushed with garlic, chilli | |

& herb butter. Add cheese 50p

HOLY GUACAMOLE Wask for Wask for GF 4.50 Make your own & season as you choose, with spice-dusted corn chips.

PERUVIAN BOTIJA OLIVES 💟 🚾 📴 2.25 In a herby marinade.

PÃO DE QUEIJO 💟 🖼 3.95

Traditional Brazilian cheese dough balls served with chipotle butter.

NEW CHICHARRÓNES GE 2.95

Crispy pork crackling dusted with a chilli seasoning, served with quacamole.

Available until 7pm every day & all day Sunday & Monday

★ Extra charge for nacho toppings & gambas

3 DISHES 16.50 5 DISHES 26.50

NACHOS W ask for GF ask for VG

Corn tortilla chips with melted cheese, topped with pico de gallo salsa, jalapeños, roasted tomato salsa, sour cream & guacamole. Also available with vegan cheese. 2.00

* Add a topping

Shredded chipotle beef / Smoked chipotle chicken / Chilli con carne / Refried black beans VC / Smoked chipotle pulled jackfruit VG

HALLOUMI SKEWERS 💟 📴 5.50

Pan-fried halloumi skewers with oregano & sweet chilli sauce.

NEW CALAMARES 6.50

Crispy squid sprinkled with seaweed salt & served with ainli.

CHICKEN WINGS

Marinated wings sauced up with your choice:

- Lemon & herb peri-peri [MILD]
- Honev peri-peri [WARM]
- Amarillo chilli & garlic [WARMER]
- Spicy BBQ ierk [HOTTER]
- Vivo: Flaming hot habanero [HOTTEST]

CHICKEN QUESADILLA 5.75

Tortilla filled with spicy chicken, peppers, onion & cheese. folded, pan-toasted & served with roasted tomato salsa.

MUSHROOM QUESADILLA 💟 5.75

Tortilla filled with garlicky mushroom, chilli, thyme & cheese, folded, pan-toasted & served with roasted tomato salsa.

DADINHOS V 5.75

Our take on a Brazilian favourite; crispy cheesy cubes served with sticky chilli iam.

ALBONDIGAS

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

NEW PORK ANTICUCHOS GE 5.95

Roast pork belly skewers with an achiote & tangy tamarind glaze, topped with pineapple salsa & chicharrónes.

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.

CHEESE & MANGO EMPANADAS 💟 5.50

Two crispy pasties filled with brie & mango, served with sticky chilli iam.

TACOS

pineapple salsa.

6.95

Two soft tacos served with slaw & pico de gallo. Choose from grilled corn & flour tortillas or grilled blue corn tortillas.

CHICKEN TINGA ask for GI

5.50

Smoky chipotle chicken, pink pickled onions & quacamole.

NEW SHREDDED DUCK ask for GI 6.50 Roast duck & caramelised onion with spicy cranberry salsa.

NEW BAJA FISH 6.25

Crispy battered sea bass, sour cream & avocado aioli

NEW PORK AL PASTOR ask for GI 5.95 Roast pork belly in an achiote & tamarind glaze with

JACKFRUIT TINGA V VG ask for GF 5.25 Pulled roasted jackfruit in a smoky beetroot chipotle

sauce with avocado aioli. NEW CRISPY CAULIFLOWER W 5.25

Spicy, crispy coated cauliflower & amarillo aioli.

NEW ADD A SALSA V VG GF each 75p any three 1.50

Roasted pineapple, Roasted tomato, Avocado aioli, Habanero & red pepper, Green tomatillo & jalapeño. Spicy cranberry, Guacamole or Smoky herb chimichurri.

CRISPY CAULIFLOWER BITES W 4.95

Spicy, crispy coated cauliflower with amarillo aioli.

GAMBAS ask for GE 7.50

Butterflied shell-on prawns cooked in a garlic, lemon & chilli sauce, served with ciabatta.

* add £1 to include in Tapas Time

CHICKEN COXINHA 5.75

A popular Brazilian snack of smoky chipotle chicken wrapped in potato dough, covered in panko crumb & deep-fried. Served with sticky chilli jam.

FIESTA ENSALADA 💟 🚾 🖼 4.95

Roasted butternut squash, mixed 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.

NEW MEXICAN RADISH SALAD V VG G 4.25

Crunchy jícama seasoned with hibiscus salt, exotic radishes & orange with chilli & lime seasoning, drizzled with dill oil.



BUENOS AIRES BURGER

Our 100% prime short rib & chuck beef patty, char-grilled & topped with aioli, crisp baby gem lettuce, smoky pork chorizo, caramelised onion, Emmental cheese & smoky herb chimichurri in a toasted brioche bun with slaw & a choice of fries or salad.

12.95

GAUCHO STEAK 10oz sirloin steak sor

10oz sirloin steak sprinkled with ancho chilli salt, served with smoky herb chimichurri, Argentine-style roasted sweetcorn purée & a choice of fries or salad.

ask for GF

18.95

11.95

NEW BLAZING BIRD

Spice-rubbed & marinated chicken, with slaw & a choice of fries or salad.

- Lemon & herb peri-peri [MILD]
- Honey peri-peri [WARM]
- Amarillo chilli & garlic [WARMER]
- Spicy BBQ jerk [HOTTER]
- Vivo: Flaming hot habanero [HOTTEST]

ask for **GF** whole **18.75** half **13.75**

BEAN & BEETROOT BURGER

Black bean & beetroot burger with melted Emmental, beef tomato, baby gem & tomato-gherkin mayo in a toasted brioche bun. Served with slaw & a choice of fries or salad.

OT BURGER BEEF BURGER

100% prime short rib & chuck beef patty with caramelised onions, pink pickled onions, beef tomato, baby gem & tomato-gherkin mayo in a toasted brioche bun. Served with slaw & a choice of fries or salad.

CHICKEN BURGER

Char-grilled chicken breast with caramelised onions, beef tomato, baby gem & tomato-gherkin mayo in a toasted brioche bun. Served with slaw & a choice of fries or salad.

10.50

11.95

MAKE YOUR BURGER Pirty

- Jalapeños, Smoky herb chimichurri, Guacamole or Emmental cheese each **1.00**

- Brie ♥, Halloumi ♥, Shredded chipotle beef, each 1.50 Smoked chipotle chicken, Chilli con carne or Smoky pork chorizo Sweet potato fries?





MIXNIX

A classic recipe from North Brazil. Chicken & cravfish in our creamy lime & peanut sauce with spring onion rice, fine green beans, coconut farofa & sweet plantain.

BAHIAN COCONUT CHICKEN

From Bahia on the Northeast coast, chicken pan-fried in cumin, coriander & cayenne & cooked in a coconut sauce with ginger, garlic, tomatoes & coriander. Served with spring onion rice & shredded greens.

MOQUECA DE PEIXE

Peeled prawns, white fish & peppers cooked in our homemade creamy coconut, fresh tomato & lime sauce with spring onion rice, sweet plantain, pico de gallo & coconut farofa to sprinkle.

N ask for GF

14.95

14.95

ask for GF

14.95

MOQUECA DE PALMITOS

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, sweet plantain, pico de gallo & coconut farofa to sprinkle.

ask for VG ask for GF 13.50

CHEESY BUTTERNUT SQUASH MARACANÃ

Butternut squash, mixed peppers, ethically sourced palm hearts & spinach in a rich, cheesy tomato sauce, served in our sourdough bread bowl inspired by the famous Maracanã Stadium in Rio.

12.25

The LATA Foundation



Las Iguanas work with the LATA Foundation to support grass-roots projects throughout Latin America. The charity transforms lives, working with social & environmental initiatives.

Current projects we're involved with include the Projeto Vidançar dance school in Rio de Janeiro & Kids Saving The Rainforest in Costa Rica.

Find out more at iguanas.co.uk & latafoundation.org





NEW CHILLI CON CARNE

A rich chunky beef & black bean chilli. with spring onion rice & crispy blue corn tortillas. Choose a spiced butter to melt into your chilli:

- Cocoa & ancho chilli [MILD]
- Smoky chipotle butter [MEDIUM]

Wheat tortilla stuffed with rice,

refried beans, crunchy slaw & cheese

with salad, sour cream, guacamole

& roasted tomato salsa on the side.

- Habanero & cayenne chilli [HOT]

ask for GF

BURRITOS

12.50

V ask for VG ask for GF

FAJITA STACKS

CHOOSE FROM:

NEW VEGGIE CHILLI

Sweet potato, butternut squash

& chickpeas braised with spiced

cream & pink pickled onions.

tomatoes, served with spring onion

rice, crispy blue corn tortillas, sour

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

CHICKEN ENCHILADA

Spicy chicken, pepper, onion & cheese in a rolled tortilla with smoky chipotle sauce, on a bed of spring onion rice with refried beans & topped with cheese.

12.50

NEW BURRITO BOWLS

CHOOSE FROM:

in chipotle

9.95

ask for 📴

All the flavours of a burrito without the tortilla. A loaded bowl of salad. spring onion rice, black beans, fresh sliced avocado, grated cheese, slaw & pico de gallo.

CHOOSE FROM:

- Smoked chipotle pulled 10.95 iackfruit in a beetroot tortilla V ask for VG
- Smoked chipotle chicken **11.95**
- Shredded beef braised 11.95 in chipotle

| - Chicken breast strips | 16.95 |
|---------------------------------------|-------|
| - Marinated steak strips | 17.75 |
| - Shelled prawns | 16.95 |
| - Portobello mushroom v ask for vG | 13.95 |

| - Smoked chipotle pulled jackfruit ™ ask for <mark>™</mark> | 9.95 |
|---|-------|
| - Smoked chipotle chicken | 10.95 |

- Shredded beef braised 10.95

GF

VEGGIE ENCHILADA

Roast butternut squash, red peppers, spinach & cheese in a rolled tortilla with smoky chipotle sauce, on a bed of spring onion rice with refried beans & topped with cheese.

9.95

ADD A Beer

MALOUERIDA FRESH RED

Brewed with hibiscus & orange. Created by Ferran & Albert Adrià alongside the Damm brewmasters to pair perfectly with Mexican food. Get vour first bottle

with any Mexican main course for £3.

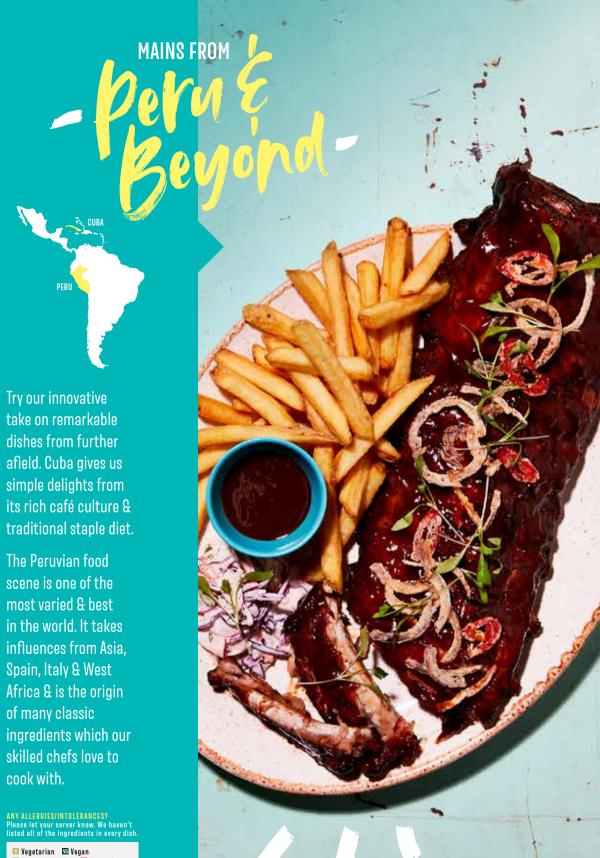




the best of Mexico.

ANY ALLERGIES/INTOLERANCES?
Please let your server know. We haven't

- 🛚 Vegetarian 🚾 Vegan ■ Contains alcohol Gluten free
- Contains nuts/peanuts



NEW TRUFFLE MAC & CHEESE

Peruvian-style macaroni with smoked cheese, flavoured with white truffle & topped with amarillo chilli, avocado aioli, crispy onions & chilli.

DOMINICAN GOAT CURRY

For those who like it hot. A spicy Dominican-style goat & scotch bonnet chilli curry with spring onion rice, fried plantain & pink pickled onions.

HAVANA CLUB & JERK **BBO RIBS**

Whole rack of fall-off-the-bone pork ribs covered in a sticky rum glaze, topped with crispy onion & chilli, served with slaw & fries or salad.

10.95

ask for GF

13.95

18.95

FIESTA ENSALADA

Roasted butternut squash, mixed 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.

NEW BONITA ENSALADA

Heirloom tomatoes, hibiscus salt, jícama, exotic radishes, orange, chilli & lime seasoning, drizzled with dill oil on a bed of mixed leaves.

CUBAN SANDWICH

Roasted pork belly, pulled pork, Emmental cheese & ham with sweet mustard & green pickle relish lavered in our buttery toasted bun. With slaw & a choice of fries or salad.

V VG GF

HAVANA CLUB & JERK BBQ RIBS

8.95

V VG GF

10.95

11.50

Top your salad a

- Pan-fried halloumi V, Crayfish or Grilled chicken

each **2.50**





■ Contains alcohol Gluten free ■ Contains nuts/peanuts





| HUMITAS V GF Argentine-style roasted sweetcorn purée. | 2.95 |
|--|--------------|
| FRIES Curly or Straight-cut fries with creamy aioli. | 3.75 |
| SWEET POTATO FRIES W With creamy aioli. | 4.25 |
| CASSAVA FRIES V With roasted tomato salsa. | 3.95 |
| NEW TRUFFLE MAC & CHEESE V Macaroni with smoked cheese, flavoured with white truffle & topped with amarillo chilli, avocado aioli, crispy onions & chilli. | 5.50 |
| REFRIED BEANS V GF ask for VG With sour cream & cheese. | 2.25 |
| with sour cream a cheese. | |
| SWEET PLANTAIN V Deep-fried sweet plantain. | 2.50 |
| SWEET PLANTAIN V | 2.50 2.00 |
| SWEET PLANTAIN V Deep-fried sweet plantain. SPRING GREENS V © ask for VC | |
| SWEET PLANTAIN V Deep-fried sweet plantain. SPRING GREENS V G ask for VG In a garlic & chilli butter. PATATAS BRAVAS IN BITS V Deep-fried potato chunks served with smoky | 2.00 |
| SWEET PLANTAIN V Deep-fried sweet plantain. SPRING GREENS V GF ask for VG In a garlic & chilli butter. PATATAS BRAVAS IN BITS V Deep-fried potato chunks served with smoky chipotle sauce & aioli. | 2.00 |



Roasted tomato salsa, Habanero & roasted red pepper salsa, Green tomatillo & jalapeño salsa, Spicy cranberry, Avocado aioli, Guacamole, Aioli, Sour cream, Smoky herb chimichurri or Pico de gallo.





CREAMY CARAMEL CAKE 🛛 🛨

de leche.

5.25 DULCE DE LECHE MACADAMIA CHEESECAKE V N 5.95

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

CHURROS V 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).

NEW MEXICAN MESS 💟 📴

Crushed meringue & mixed berries with whipped vanilla mascarpone cream, prickly pear purée & hibiscus flowers.

NEW BROWNIE, COOKIE & ICE CREAM V 4.95

Warm gooey chocolate brownie pieces, vanilla ice cream & a dulce de leche cookie sandwich. Creamy cheesecake with roasted macadamia nuts & dulce de leche caramel sauce.

COCONUTICE CREAM V C GF 4.95
Three scoops of our dairy-free coconutice cream.

MANGO SORBET W W G 4.95

Three scoops of our mango sorbet.

CHOCOLATE COCONUT TART 5.50

▼ W GF N ★ A rich, indulgent chocolate & coconut tart on a nutty base dusted with cocoa, served with a scoop of our dairy-free coconut ice cream.

\star PIMP YOUR DESSERT! ADD 25ML OF HAVANA CLUB ESPECIAL RUM FOR £2 $f \varpi$

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 • 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 • 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.



IGUANAS.CO.UK





