

# LUNCH & EARLY EVENING

UNTIL 6.30PM  
DAILY

## STARTERS

ADD 1.95

**NEW PÃO DE QUEIJO** V GF Q

Brazilian cheese dough balls with chipotle butter.

### QUESADILLA

Tortilla, filled, folded, pan-toasted & served with tomato salsa. Choose:

- Garlicky mushroom, chilli, thyme & cheese V
- Spicy chicken, peppers, onion & cheese

ADD 2.95

**NACHOS** V Q ask for GF

Home-cooked corn tortilla chips, with melted cheese, topped with pico de gallo, jalapeños, salsa, soured cream & guacamole.

### CHICKEN WINGS

Q

Spicy hot chicken wings sauced-up with:

- Honey peri-peri / Spicy barbecue jerk / Vivo; hot, very hot habanero

### EMPANADAS

Q

A filled crispy pasty. Choose from:

- Tender lamb braised in mint, tomato & chipotle
- Brie & mango with corn & sweet chilli salsa V

**NEW DADINHOS** V Q

A Brazilian classic; crispy cubes of smoked cheese served with a sticky chilli jam for dunking.

In a hurry & need to be out quick? Let us know (look out for the Q symbol)

When having a main course, you can add a starter for 1.95 or 2.95, which are smaller versions of our à la carte dishes.

## MAIN COURSES

6.00

**VEGETABLE ENCHILADA** V Q

Flour tortilla stuffed with butternut squash, red peppers, spinach & cheese, with a smoky chilli & tomato sauce on a bed of spring onion rice with refried beans & cheese.

**VEGGIE CHILLI** V GF Q

Sweet potato, butternut squash & chickpeas braised with spiced tomatoes, served with spring onion rice, pink pickled onion & soured cream.

**QUINOA ENSALADA** V ask for GF

Quinoa, black beans, sweet potato & charred corn with molho à campanha salsa served on top of crushed avocado with a cranberry & chilli salsa & roquito pepper drops. Topped with sweet potato crisps & sprinkled with fresh coriander.

6.95

**NEW CHILLI CON CARNE** GF Q

A rich chunky beef chilli with black bean & chilli. Served on spring onion rice with pink pickled onions & soured cream.

**TRIPLE TACOS** ask for GF

Three corn & wheat lightly charred tortillas. Choose one of these fillings:

- Spiced sustainable white fish, crispy slaw & lime crema
- Chipotle chicken, soured cream & pink pickled onion
- Shredded beef braised in chipotle with soured cream
- Coconut squash, soured cream & pink pickled onion V
- Garlicky mushroom, chilli & thyme & cheese V

**ALBONDIGAS** Q

Patagonian-style lamb meatballs with apple, mint, parmesan & a pinch of nutmeg. Braised in a rich tomato, mint & mild chilli sauce with spring onion rice.

**BLACK BEAN & BEETROOT BURGER** V

Our veggie black bean & beetroot burger, in a toasted bun with melted emmental, sliced beef tomato, baby gem & a creamy tomato & gherkin sauce. Comes with slaw & a choice of fries or salad.

**CRANBERRY & AVOCADO ENSALADA** V GF N

Avocado, dried cranberries, baby spinach & coriander, tossed in a poppy seed dressing & sprinkled with candied spiced almonds.

add Crayfish, Grilled chicken or Pan-fried halloumi 2.00

We haven't listed all of the ingredients in every dish. any allergies/intolerances? Please let your server know. Ask if you want our gluten-free & veggie/vegan menus.

## ADD A DRINK

(First glass or Bottle only)

**WINE 175ML** Red or White add 2.00

**BOTTLED BEER** Brahma add 2.00

**MINERALS** Coke, Diet Coke or Lemonade add 1.70

## INFORMATION

V Vegetarian

N Contains nuts

Q Quick

A Contains alcohol

GF Gluten free



We aren't responsible for stolen or lost items • All items will be presented on a single bill • 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 & 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 0716R [www.iguanas.co.uk](http://www.iguanas.co.uk)

7.95

**BLAZING BIRD** ask for GF

Our spicy chicken marinated with fiery sauce, served with slaw & fries, sweet potato mash or salad. Choose from:

- Honey peri-peri / Spicy barbecue jerk / Vivo; hot, very hot habanero

**NEW HAVANA CLUB & BBQ GLAZED PORK RIBS** A

Half a rack of fall off the bone pork ribs covered in a sticky rum glaze, topped with crispy onion & chilli, served with slaw & your choice of fries, sweet potato mash or salad.

**NEW CUBAN SANDWICH**

Roast pork belly, pulled pork, emmental cheese & ham with sweet mustard & green pickle relish layered in our buttery toasted bun. With your choice of fries or salad.

**CHICKEN ENCHILADA** Q

Flour tortilla with spicy chicken, pepper & onion with a smoky chilli & tomato sauce on a bed of spring onion rice with refried beans & cheese.

### BURRITOS

Tortilla stuffed with chipotle rice, refried beans, crunchy slaw & cheese. With salad, soured cream & garlicky chipotle sauce. Choose from:

- Sweet potato, butternut squash & chickpea chilli V
- Smoked chipotle chicken

**SOUTH AMERICAN TORTA**

Smoky chipotle chicken with aioli & avocado, baby spinach & cheese in a warm ciabatta. With your choice of fries or salad.

**NEW PAN-FRIED PESCADO** ask for GF

Sustainable white fish marinated with lime & achiote, pan-fried & served on roasted sweet potato mash, char-grilled asparagus & topped with a piquanté pepper dressing & sweet potato crisps.

**NEW FIESTA ENSALADA** V GF

Roasted butternut squash, mixed leaves, carrot, cucumber, salsa criolla, smoky roasted tomatoes & fresh avocado, tossed in a poppy seed dressing. Topped with toasted pumpkin seeds, charred corn & roquito peppers.

add Crayfish, Grilled chicken or Pan-fried halloumi 2.00

**CLASSIC BEEF BURGER**

Lightly spiced beef patty, in a toasted bun with creamy tomato & gherkin sauce. With beef tomato, baby gem & caramelised onions. Comes with slaw & a choice of fries or salad. (Prefer chicken? Just ask)

**BURGER TOPPINGS:** V

Jalapeños, Chimichurri or Guacamole 75p

Emmental cheese 1.00 Brie 1.80

