

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

STARTERS

add 1.90

CLASSIC CHAMPIÑONES **V Q**

Thick-sliced mushrooms in a creamy smoked chilli sauce, with warmed soft wheat tortillas.

NEW SPICY CHICKEN QUESADILLA **Q**

Tortilla, folded, pan-fried & rammed with spicy chicken, peppers, onion & cheese, with our tomato salsa on the side.

COCONUT SQUASH TACO **V Q**

Corn & wheat grilled tortilla topped with roasted coconut butternut squash, pink pickled onions & soured cream.

add 2.90

NACHOS **V Q** ask for **GF**

Home-cooked corn tortilla chips, with melted cheese, topped with aji, 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 just like from the street. Pick

NEW Tender lamb braised in mint, tomato & chipotle

Brie & mango with corn & sweet chilli salsa **V**

COATED SWEETCORN **V GF**

Fresh corn cob. Lovingly smothered in aioli, sprinkled crumbled cheese & a dusting of spices.

QUICK & LIGHT BITES

Choose a main course and why not squeeze in a starter? When having a main course, you can add a starter for 1.90 or 2.90, which are smaller versions of our à la carte dishes.

MAIN COURSES

£6.00

CHILLI CON VERDURAS ask for **GF V Q**

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

BLACK BEAN & BEETROOT BURGER **V**

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

VEGETABLE ENCHILADA **V Q**

Flour tortilla stuffed with butternut squash, roasted red peppers, iron-rich spinach & gooey cheese, on a bed of spring onion & garlic rice with refried beans, drowned in a smoky chilli & tomato sauce & crumbled white cheese

£6.90

CHILLI CON CARNE ask for **GF Q**

Braised chunky beef, minced beef, black beans & spicy tomatoes, with spring onion & garlic rice. With pink pickled onions & soured cream.

ALBONDIGAS **Q**

Patagonian lamb meatballs with apple, parmesan, mint & a pinch of nutmeg. Braised in a rich tomato, mint & mild red chilli sauce served with spring onion & garlic rice. Sprinkled with grated parmesan.

NEW CRANBERRY & AVOCADO SALAD

V GF N Avocado, dried cranberries, baby spinach & cilantro, tossed in a poppy seed & mustard dressing. Sprinkled with candied spiced almonds.

Add honey, mustard & chipotle chicken 1.80

NEW CUBAN SANDWICH

Toasted ciabatta smothered in aioli & filled with avocado & sliced emmental cheese. With your choice of fries or salad, choose from:

Smokey chipotle chicken

Shredded beef braised in chilli

£7.90

BLAZING BIRD ask for **GF**

Our spicy half chicken from the flames. Marinated with our fiery sauce with slaw & fries or salad. Choose from:

Honey peri-peri sauce

Spicy barbecue jerk sauce

Vivo; hot, hot, very hot habanero sauce

OPEN STEAK SANDWICH

An open style sandwich of ciabatta bread with slices of lightly spiced steak, baby spinach, aioli, crumbly white cheese & pink pickled onion. With your choice of fries or salad.

CRAYFISH & SWEET CHILLI SALAD **GF Q**

With spinach, mixed leaves, chunky cucumber, tossed in ginger, sherry vinegar & sweet chilli dressing.

NEW BURRITOS

Tortilla stuffed with chipotle rice, refried beans, pickled cucumber, crunchy slaw & crumbly cheese. With sour cream & garlicky chipotle sauce on the side. Choose:

Three mushroom, peppers & onion **V**

Smoked chipotle chicken

CHICKEN ENCHILADA **Q**

Flour tortilla stuffed with spicy chicken, pepper, onions, on a bed of spring onion & garlic rice with refried beans, in a smoky chilli & tomato sauce & crumbled white cheese.

CLASSIC BEEF BURGER

Lightly spiced beef patty, in a toasted bun in a 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:

Emmental cheese, Jalapeños, Chimichurri or Guacamole

Brie

70p

1.80

UNTIL
6.30PM
DAILY

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 add 2.00

Red or White

BOTTLED BEER add 2.00

Brahma

MINERALS add 1.70

Coke, Diet Coke or Lemonade

INFORMATION

V Vegetarian **N** Contains nuts **Q** Quick

A Contains alcohol **GF** Gluten free

We haven't listed all ingredients in every dish, any specific dietary needs? Let us know! • Some dishes may contain bones • 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 • Look for the Red Tractor logo for a sign of quality food you can trust.

An optional 12.5% service charge will be added to your bill. • 100% recycled paper, printed with vegetable-based inks 0315L.

www.iguanas.co.uk

