

LAS IGUANAS ALLERGY MENU

April 2021

Version: 3; Issued 15-04-2021

Please inform your server before ordering, of any specific dietary requirements that you may have. All our dishes are prepared and cooked in kitchens where allergen ingredients (e.g. nuts, flour, etc.) are commonly used, and we therefore cannot guarantee our dishes will be free from traces of these products. Allergen information will be kept up to date and should be checked each time you visit, as we may update recipes from time to time.

DELIVERY MENU														
For all Deliveroo orders, please refer to the following DELIVERY MENU. For meals collected from, or consumed at, Las Iguanas restaurants, please refer to the RESTAURANT MENU further down.														
BREAKFAST	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
HASH BROWN	no	no	no	no	no	no	no	no	no	no	no	no	no	no
BREAKFAST BURRITO CARNE	yes - Wheat	no	yes	no	no	no	yes	no	no	no	no	no	no	no
BREAKFAST BURRITO VEGGIE	yes - Wheat	no	yes	no	no	no	yes	no	no	no	no	no	no	no
STARTERS & TAPAS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
CHICKEN WINGS & AMARILLO	may	no	may	no	no	yes	may	may	may	may	no	yes	no	may
CHICKEN WINGS & BBQ SAUCE	yes - Barley	no	may	no	may	may	may	may	may	may	no	may	no	may
CHICKEN WINGS & HONEY PERI	yes - Barley	no	may	no	no	may	may	may	may	may	no	yes	no	may
CHICKEN WINGS & VIVO	yes - Barley	no	may	no	no	may	may	may	may	may	no	yes	no	may
DIY NACHOS	may	no	may	no	no	may	yes	may	may	may	no	yes	no	may
DIY NACHOS - GLUTEN-FREE	no	no	no	no	no	may	yes	no	no	no	no	yes	no	no
NACHOS GLUTEN-FREE & VEGAN	no	no	no	no	may	no	no	yes - Cashews	no	no	no	yes	no	no
HALF BLAZING BIRD AMARILLO	no	no	no	no	no	yes	no	no	no	no	no	yes	no	no
HALF BLAZING BIRD BBQ JERK	yes - Barley	no	no	no	may	no	no	may	no	no	no	no	no	no
HALF BLAZING BIRD HONEY PERI	yes - Barley	no	no	no	no	no	no	no	no	no	no	yes	no	no
HALF BLAZING BIRD VIVO	yes - Barley	no	no	no	no	no	no	no	no	no	no	yes	no	no
BRAZILIAN BEACH CHEESE	no	no	no	no	no	no	yes	may	no	no	no	no	no	no
BRAZILIAN FRIED CHICKEN	yes - Wheat	no	yes	no	no	may	yes	may	may	may	no	yes	no	may
BRIE & MANGO EMPANADAS	yes - Wheat	no	may	no	no	may	yes	may	may	may	no	no	no	may
CALAMARES	yes - Wheat	no	yes	no	no	may	may	may	may	may	no	yes	no	yes
CHICKEN QUESADILLA	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	yes	no	no
DADINHOS	yes - Wheat	no	yes	no	no	yes	yes	may	may	yes	no	no	no	may
FIESTA ENSALADA TAPAS	no	no	no	no	no	no	no	no	no	yes	yes	yes	no	no
MUSHROOM QUESADILLA	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	yes	no	no
CHIPS AND DIPS	may	no	may	no	no	may	may	may	may	may	no	may	no	may

MAINS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
BURRITO BOWL - CHICKEN TINGA	no	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
BURRITO BOWL - CHIPOTLE BEEF	no	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
BURRITO BOWL - JACKFRUIT TINGA	no	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
BURRITO BOWL - JACKFRUIT (VEGAN)	no	no	no	no	no	no	no	no	yes	no	no	yes	no	no
BEAN & BEETROOT BURGER	yes - Wheat	no	yes	no	may	may	yes	may	may	yes	may	yes	no	may
BAHIAN COCONUT CHICKEN	no	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
BAHIAN JACKFRUIT CURRY	no	no	no	no	no	no	no	no	yes	no	no	yes	no	no
BEEF BURRITO	yes - Wheat	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
BRAZILIAN BEACH CHEESE BURGER	yes - Wheat	no	yes	no	may	may	yes	may	no	yes	may	yes	no	no
BUENOS AIRES BURGER	yes - Wheat	no	yes	no	no	yes	yes	may	may	may	may	yes	no	may
CHICKEN BURGER	yes - Wheat	no	yes	no	may	may	yes	may	no	yes	may	yes	no	no
CHICKEN BURRITO	yes - Wheat	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
CHICKEN ENCHILADA	yes - Wheat	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
CHICKEN WRAP	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	yes	no	no
CHILLI CON CARNE	may	no	may	no	no	may	may	may	may	may	may	may	no	may
CHILLI CON VERDURAS	may	no	may	no	no	may	may	may	may	may	may	yes	no	may
CLASSIC BURGER	yes - Wheat	no	yes	no	may	may	yes	may	no	yes	may	yes	no	no
COPACABANA CHICKEN BURGER	yes - Wheat	no	yes	no	may	may	yes	may	yes	yes	may	yes	no	may
FIESTA ENSALADA MAIN	no	no	no	no	no	no	no	no	no	yes	yes	yes	no	no
VEG CHILLI BURRITO	yes - Wheat	no	may	no	no	may	yes	may	yes	may	no	yes	no	may
VEG CHILLI BURRITO (VEGAN)	yes - Wheat	no	no	no	no	no	no	no	yes	no	no	yes	no	no
VEGETABLE ENCHILADA	yes - Wheat	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
VEGETABLE MOQUECA	no	no	no	no	no	no	no	no	yes	no	no	yes	no	no
VEGETABLE WRAP	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	yes	no	no
WHOLE BLAZING AMARILLO	may	no	may	no	no	yes	may	may	may	may	no	yes	no	may
WHOLE BLAZING BBQ JERK	yes - Barley	no	may	no	may	may	may	may	may	may	no	may	no	may
WHOLE BLAZING BIRD VIVO	yes - Barley	no	may	no	no	may	may	may	may	may	no	yes	no	may
WHOLE BLAZING HONEY PERI	yes - Barley	no	may	no	no	may	may	may	may	may	no	yes	no	may
XINXIM	may	yes	may	yes	yes	may	yes	may	yes	may	no	yes	no	may
SIDES	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
MIXED SALAD SIDE	no	no	no	no	no	no	no	no	no	yes	yes	yes	no	no
REFRIED BEANS SIDE	no	no	no	no	no	no	yes	no	yes	no	no	no	no	no
REFRIED BEANS SIDE VEGAN	no	no	no	no	may	no	no	yes - Cashews	yes	no	no	yes	no	no
SWEET PICKLED SLAW SIDE	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
GARLIC & CHILSPRING GREENS	no	no	no	no	no	no	yes	no	no	no	no	yes	no	no
CHILLI CHEESE FRIES	may	no	may	no	no	may	yes	may	may	may	no	yes	no	may
CURLY FRIES SIDE	yes - Wheat	no	may	no	no	may	may	may	may	may	no	may	no	may
GARLIC & SPRING ONION RICE	no	no	no	no	no	no	no	no	no	no	no	no	no	no
STRAIGHT FRIES SIDE	may	no	may	no	no	may	may	may	may	may	no	may	no	may
SWEET PLANTAIN	may	no	may	no	no	may	may	may	may	may	no	may	no	may
SWEET POTATO FRIES	may	no	may	no	no	may	may	may	may	may	no	may	no	may
VEG CHILCHEESE FRIES	may	no	may	no	no	may	yes	may	may	may	no	yes	no	may
DESSERTS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
CHURROS X3	yes - Wheat	no	may	no	may	may	may	may	may	may	no	may	no	may
CHURROS X6	yes - Wheat	no	may	no	may	yes	yes	may	may	may	no	may	no	may
BEN & JERRY'S COOKIE DOUGH	yes - Wheat	no	yes	no	no	yes	yes	may	no	no	no	no	no	no
BANANA STICKY TOFFEE PUDDING	yes - Wheat	no	yes	no	may	yes	yes	may	may	may	no	may	no	may
BEN & JERRY'S CHOC FUDGE	yes - Wheat, Barley	no	yes	no	no	yes	yes	no	no	no	no	no	no	no
CHOC & COCONUT TART	no	no	no	no	no	yes	may	yes - Almonds, Hazelnuts, Walnuts, Cashews	no	no	no	yes	no	no

DULCE DE LECHE CHEESECAKE	yes - Wheat, Oats	no	yes	no	may	no	yes	yes - Cashews	no	no	no	no	no	no
---------------------------	-------------------	----	-----	----	-----	----	-----	---------------	----	----	----	----	----	----

SOFT DRINKS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
BELU SPARKLING WATER	no	no	no	no	no	no	no	no	no	no	no	no	no	no
BELU STILL WATER	no	no	no	no	no	no	no	no	no	no	no	no	no	no
CAN COKE	no	no	no	no	no	no	no	no	no	no	no	no	no	no
CAN DIET COKE	no	no	no	no	no	no	no	no	no	no	no	no	no	no
CAN SPRITE	no	no	no	no	no	no	no	no	no	no	no	no	no	no
TING	no	no	no	no	no	no	no	no	no	no	no	no	no	no
ALCOHOLIC DRINKS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
AW19 AIREN VINA SANTIAGO	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
AW19 ROSADO VINA SANTIAGO	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
AW19 TEMPRANILLO VINA SANTIAGO	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
BTL CORONA	yes - Barley	no	no	no	no	no	no	no	no	no	no	no	no	no
BTL VIA VAI PROSECCO	no	no	no	no	no	no	no	no	no	no	no	yes	no	no

RESTAURANT MENU	For all food collected in person, or consumed in Las Iquanas restaurants. For Deliveroo orders, please refer to the DELIVERY MENU above.													
A LA CARTE														
BREAKFAST & BRUNCH	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
AVO ON TOAST	yes - Wheat, Rye	no	may	no	no	may	may	may	no	no	may	no	no	no
BACON SANDWICH	yes - Wheat	no	may	no	no	may	yes	may	no	no	may	no	no	no
BREAKFAST BURRITO CARNE	yes - Wheat	no	yes	no	no	no	yes	no	no	no	no	no	no	no
BREAKFAST BURRITO VEGGIE	yes - Wheat	no	yes	no	no	no	yes	no	no	no	no	no	no	no
EXTRA BACON (Topping & BF)	no	no	no	no	no	no	no	no	no	no	no	no	no	no
HUEVOS RANCHEROS CARNE	yes - Wheat	no	yes	no	no	no	yes	no	yes	no	no	yes	no	no
HUEVOS RANCHEROS VEGGIE	yes - Wheat	no	yes	no	no	no	yes	no	yes	no	no	yes	no	no
TAPAS & STARTERS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
ALBONDIGAS	yes - Wheat	no	may	no	no	may	yes	may	yes	may	may	yes	no	may
BRAZILIAN BEACH CHEESE	no	no	no	no	no	no	yes	may	no	no	no	no	no	no
BRAZILIAN FRIED CHICKEN	yes - Wheat	no	yes	no	no	may	yes	may	may	may	no	yes	no	may
BRIE & MANGO EMPANADAS	yes - Wheat	no	may	no	no	may	yes	may	may	may	no	may	no	may
CALAMARES	yes - Wheat	no	yes	no	no	may	may	may	may	may	no	yes	no	yes
NACHOS	may	no	may	no	no	may	yes	may	may	may	no	yes	no	may
NACHOS GF & VEGAN	no	no	no	no	may	no	no	yes - Cashews	no	no	no	yes	no	no
NACHOS GF	no	no	no	no	no	no	yes	no	no	no	no	yes	no	no
NACHOS REFRIED BEANS OPTION	no	no	no	no	no	no	no	no	yes	no	no	no	no	no
CHICKEN NACHO/TACO OPTION	no	no	no	no	no	no	no	no	yes	no	no	yes	no	no
BEEF NACHO/TACO OPTION	no	no	no	no	no	no	no	no	yes	no	no	yes	no	no
JACKFRUIT TINGA NACHO/TACO OPTION	no	no	no	no	no	no	no	no	yes	no	no	yes	no	no
CHICKEN QUESADILLA	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	yes	no	no
MUSHROOM QUESADILLA	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	yes	no	no
DADINHOS	yes - Wheat	no	yes	no	no	yes	yes	may	may	yes	no	may	no	may
FIESTA ENSALADA TAPAS	no	no	no	no	no	no	no	no	no	yes	yes	yes	no	no
GAMBAS	yes - Wheat	yes	may	no	no	yes	yes	may	no	no	may	yes	no	no
GAMBAS GF	no	yes	yes	no	no	yes	yes	no	no	no	no	yes	no	no
MAGNIFICA MUSSELS (TAPAS)	yes - Wheat	no	may	yes	no	no	yes	may	yes	no	may	yes	no	yes
PAO DE QUEIJO	no	no	yes	no	no	yes	yes	no	no	no	no	no	no	no
TOTOPOS & DIPS GF & VEGAN	no	no	no	no	no	no	no	no	no	no	no	yes	no	no

ARGENTINA	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
BURGER TOPPING CHORIZO	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no
8oz SIRLOIN GAUCHO STYLE	may	no	may	no	no	may	yes	may	yes	may	no	yes	no	may
8oz SIRLOIN GAUCHO STYLE GF	may	no	may	no	no	may	yes	may	yes	yes	yes	yes	no	may
BEAN & BEETROOT BURGER	yes - Wheat	no	yes	no	may	may	yes	may	may	yes	may	yes	no	may
BUENOS AIRES BURGER	yes - Wheat	no	yes	no	no	yes	yes	may	may	may	may	yes	no	may
CHICKEN BURGER	yes - Wheat	no	yes	no	may	may	yes	may	no	yes	may	yes	no	no
CLASSIC BURGER	yes - Wheat	no	yes	no	may	may	yes	may	no	yes	may	yes	no	no
COPACABANA CHICKEN BURGER	yes - Wheat	no	yes	no	may	may	yes	may	yes	yes	may	yes	no	may
BRIE BURGER TOPPING	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
BURGER TOPPING CHICKEN TINGA	no	no	no	no	no	no	no	no	yes	no	no	yes	no	no
BURGER TOPPING CHILCON CARNE	no	no	no	no	no	no	no	no	no	no	no	no	no	no
BURGER TOPPING SHREDDED BEEF	no	no	no	no	no	no	no	no	yes	no	no	yes	no	no
EXTRA BACON (Topping & BF)	no	no	no	no	no	no	no	no	no	no	no	no	no	no
EXTRA HASH BROWN	no	no	no	no	no	no	no	no	no	no	no	no	no	no
GUACAMOLE BURGER TOPPING	no	no	no	no	no	no	no	no	no	no	no	no	no	no
JALAPENOS BURGER TOPPING	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
EMMENTAL BURGER TOPPING	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
HALF BLAZING BIRD AMARILLO	may	no	may	no	no	yes	may	may	may	may	no	yes	no	may
HALF BLAZING BIRD BBQ JERK	yes - Barley	no	may	no	may	may	may	may	may	may	no	may	no	may
HALF BLAZING BIRD HONEY PERI	yes - Barley	no	may	no	no	may	may	may	may	may	no	yes	no	may
HALF BLAZING BIRD VIVO	yes - Barley	no	may	no	no	may	may	may	may	may	no	yes	no	may
CURLY FRIES OPTION	yes - Wheat	no	may	no	no	may	may	may	may	may	no	may	no	may
DIP POT SLAW OPTION	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
MIXED FRIES OPTION	may	no	may	no	no	yes	yes	may	may	may	no	may	no	may
MIXED SALAD OPTION	no	no	no	no	no	no	no	no	no	yes	yes	yes	no	no
STRAIGHT FRIES OPTION	may	no	may	no	no	may	may	may	may	may	no	may	no	may
SWEET POT FRIES OPTION	may	no	may	no	no	may	may	may	may	may	no	may	no	may
CHICKEN WINGS & AMARILLO	may	no	may	no	no	yes	may	may	may	may	no	yes	no	may
CHICKEN WINGS & BBQ SAUCE	yes - Barley	no	may	no	may	may	may	may	may	may	no	may	no	may
CHICKEN WINGS & HONEY PERI	yes - Barley	no	may	no	no	may	may	may	may	may	no	yes	no	may
CHICKEN WINGS & VIVO	yes - Barley	no	may	no	no	may	may	may	may	may	no	yes	no	may
WHOLE BLAZING AMARILLO	may	no	may	no	no	yes	may	may	may	may	no	yes	no	may
WHOLE BLAZING BBQ JERK	yes - Barley	no	may	no	may	may	may	may	may	may	no	may	no	may
WHOLE BLAZING BIRD VIVO	yes - Barley	no	may	no	no	may	may	may	may	may	no	yes	no	may
WHOLE BLAZING HONEY PERI	yes - Barley	no	may	no	no	may	may	may	may	may	no	yes	no	may
MEXICAN	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
BURRITO BOWL - CHICKEN TINGA	no	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
BURRITO BOWL - CHIPOTLE BEEF	no	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
BURRITO BOWL - JACKFRUIT (VEGAN)	no	no	no	no	no	no	no	no	yes	no	no	yes	no	no
BURRITO BOWL - JACKFRUIT TINGA	no	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
BEEF BURRITO	yes - Wheat	no	no	no	no	no	yes	no	yes	yes	yes	yes	no	no
CHICKEN BURRITO	yes - Wheat	no	no	no	no	no	yes	no	yes	yes	yes	yes	no	no
VEG CHILLI BURRITO	yes - Wheat	no	no	no	no	no	yes	no	yes	yes	yes	yes	no	no
VEG CHILLI BURRITO (VEGAN)	yes - Wheat	no	no	no	may	no	no	yes - Cashews	yes	yes	yes	yes	no	no
CHICKEN ENCHILADA	yes - Wheat	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
VEGETABLE ENCHILADA	yes - Wheat	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
CHILLI CON CARNE	may	no	may	no	no	may	may	may	may	may	no	no	no	may
CHILLI CON CARNE GF	no	no	no	no	no	no	no	no	no	no	no	no	no	no
CHILLI CON VERDURAS	may	no	may	no	no	may	yes	may	may	may	no	yes	no	may
CHILLI CON VERDURAS GF	no	no	no	no	no	no	yes	no	no	no	no	yes	no	no
CHILLI CON VERDURAS GF VEGAN	no	no	no	no	may	no	no	yes - Cashews	no	no	no	yes	no	no
FAJITA STACKS CHICKEN	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	yes	no	no
FAJITA STACKS CHICKEN GF	no	no	no	no	no	no	yes	no	no	no	no	yes	no	no
FAJITA STACKS MUSHROOM	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	yes	no	no
FAJITA STACKS MUSHROOM GF	no	no	no	no	no	no	yes	no	no	no	no	yes	no	no
FAJITA STACKS MUSHROOM GF VEGAN	no	no	no	no	may	no	no	yes - Cashews	no	no	no	yes	no	no
FAJITA STACKS MUSHROOM VEGAN	yes - Wheat	no	no	no	may	no	no	yes - Cashews	no	no	no	yes	no	no
CHIPOTLE BUTTER OPTION	no	no	no	no	no	no	yes	no	no	no	no	no	no	no

COCOA AND ANCHO BUTTER OPTION	no	no	may	no	no	yes	yes	no	no	no	no	no	no	no
HABANERO CHILLI BUTTER OPTION	no	no	no	no	no	no	yes	no	no	no	no	no	no	no

BRAZIL	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
BAHIAN COCONUT CHICKEN	no	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
BAHIAN JACKFRUIT CURRY (V)	no	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
BAHIAN JACKFRUIT CURRY (VEGAN)	no	no	no	no	no	no	no	no	yes	no	no	yes	no	no
MAGNIFICA MUSSELS (MAINS)	yes - Wheat	no	may	yes	no	no	yes	may	yes	no	may	yes	no	yes
VEGETABLE MOQUECA	may	no	may	no	no	may	yes	may	yes	may	no	yes	no	may
VEGETABLE MOQUECA GF	no	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
VEGETABLE MOQUECA VEGAN	no	no	no	no	no	no	no	no	yes	no	no	yes	no	no
XINXIM	may	yes	no	yes	yes	may	yes	may	yes	may	no	yes	no	may
XINXIM GF	no	yes	no	yes	yes	no	yes	no	yes	no	no	yes	no	no
CUBA & BEYOND	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
CUBAN SANDWICH	yes - Wheat	no	may	no	may	may	yes	may	no	yes	may	no	no	no
FIESTA ENSALADA MAIN	no	no	no	no	no	no	no	no	no	yes	yes	yes	no	no
SALAD TOPPING: BACON	no	no	no	no	no	no	no	no	no	no	no	no	no	no
SALAD TOPPING: BRIE EMPANADA	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	no	no	no
SALAD TOPPING: CHICKEN OPTION	no	no	no	no	no	no	no	no	no	no	no	no	no	no
SALAD TOPPING: CRAYFISH OPTION	no	yes	no	yes	no	no	no	no	yes	no	no	no	no	no
SALAD TOPPING: HALLO ME	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
SIDES	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
AIOLI DIP *	no	no	yes	no	no	no	no	no	no	no	no	yes	no	no
AMARILLO AIOLI DIP	no	no	yes	no	no	no	no	no	no	no	no	yes	no	no
AVOCADO AIOLI DIP	no	no	no	no	no	no	no	no	no	no	no	no	no	no
CASHEW CREAM DIP	no	no	no	no	may	no	no	yes - Cashews	no	no	no	yes	no	no
CHIMICHURRI DIP	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
CRANBERRY SALSA DIP	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
GUACAMOLE DIP	no	no	no	no	no	no	no	no	no	no	no	no	no	no
JALAPENO DIP	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
HABANERO PEPPER SALSA DIP	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
SOURD CREAM DIP	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
JALAPENO & TOMATILLO SALSA DIP	no	no	no	no	no	no	no	no	no	no	no	no	no	no
TOMATO SALSA DIP	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
BRAZILIAN SHREDDED GREENS	no	no	no	no	no	no	yes	no	no	no	no	yes	no	no
BRAZILIAN SHREDDED GREENS (VEGAN)	no	no	no	no	no	no	no	no	no	no	no	no	no	no
CURLY FRIES SIDE	yes - Wheat	no	yes	no	no	no	no	no	no	no	no	yes	no	no
EXTRA BREAD	yes - Wheat	no	may	no	no	no	may	may	no	no	may	no	no	no
EXTRA CHIPOTLE BUTTER	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
EXTRA COCOA AND ANCHO BUTTER	no	no	may	no	no	yes	yes	no	no	no	no	no	no	no
EXTRA HABANERO CHILLI BUTTER	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
GARLIC & SPRING ONION RICE SIDE	no	no	no	no	no	no	no	no	no	no	no	no	no	no
HUMITAS SIDE	no	no	no	no	no	no	yes	no	yes	no	no	no	no	no
MIXED SALAD SIDE	no	no	no	no	no	no	no	no	no	yes	yes	yes	no	no
REFRIED BEANS SIDE	no	no	no	no	no	no	yes	no	yes	no	no	no	no	no
STRAIGHT FRIES SIDE	may	no	yes	no	no	may	may	may	may	may	no	yes	no	may
SWEET PICKLED SLAW SIDE	no	no	no	no	no	may	may	may	may	may	no	yes	no	may
SWEET PLANTAIN SIDE	may	no	may	no	no	no	no	no	no	no	no	no	no	no
SWEET POTATO FRIES SIDE	may	no	yes	no	no	may	may	may	may	may	no	yes	no	may
TORTILLAS SIDE	yes - Wheat	no	no	no	no	no	no	no	no	no	no	no	no	no
DESSERTS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
BANANA STICKY TOFFEE PUDDING	yes - Wheat	no	yes	no	may	yes	yes	may	may	may	no	may	no	may
BROWNIE, COOKIE & ICE CREAM	yes - Wheat	no	yes	no	may	yes	yes	may	no	no	no	yes	no	no
CHOC & COCONUT TART	no	no	no	no	may	yes	may	yes - Almonds, Hazelnut, Walnut, Cashews	no	no	no	yes	no	no
CHURROS X3	yes - Wheat	no	may	no	may	may	may	may	may	may	no	may	no	may
CHURROS X6	yes - Wheat	no	may	no	may	yes	yes	may	may	may	no	may	no	may
CHOC SAUCE OPTION	no	no	may	no	no	yes	yes	no	no	no	no	no	no	no
DULCE OPTION	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
DULCE DE LECHE CHEESECAKE	yes - Wheat, Oats	no	yes	no	may	no	yes	yes - Cashews	no	no	no	no	no	no

KIDS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
KIDS ALBONDIGAS	yes - Wheat	no	may	no	no	no	yes	may	yes	may	no	yes	no	no
KIDS BAKED BEANS	no	no	no	no	no	no	no	no	no	no	no	no	no	no
KIDS BURGER	yes - Wheat	no	yes	no	no	may	yes	no	no	no	may	no	no	no
KIDS CALAMARES	yes - Wheat	no	no	no	no	no	no	no	no	no	no	no	no	yes
KIDS CHICKEN CRUNCHIES	yes - Wheat, Barley	no	no	no	no	no	no	no	no	no	no	no	no	no
KIDS CHOCOLATE BROWNIE	no	no	yes	no	may	yes	yes	may	no	no	no	no	no	no
KIDS CHURRO	yes - Wheat	no	may	no	may	yes	yes	may	no	no	no	no	no	no
KIDS COD FISH FINGERS	yes - Wheat	no	no	yes	no	no	no	no	no	no	no	no	no	no
KIDS CRISPY CHICKEN BURGER	yes - Wheat, Barley	no	yes	no	no	may	yes	no	no	no	may	no	no	no
KIDS CURLY FRIES	yes - Wheat	no	no	no	no	no	no	no	no	no	no	no	no	no
KIDS FRESH FRUIT	no	no	no	no	no	no	no	no	no	no	no	no	no	no
KIDS GARLIC & SPRING ONION RICE	no	no	no	no	no	no	no	no	no	no	no	no	no	no
KIDS GRILLED CHICKEN BURGER	yes - Wheat	no	yes	no	no	may	yes	no	no	no	may	no	no	no
KIDS ICE CREAM CONE	yes - Wheat	no	yes	no	may	yes	yes	may	no	no	no	no	no	no
KIDS JELLY & ICE CREAM	no	no	yes	no	may	may	yes	may	no	no	no	no	no	no
KIDS MIXED SALAD SIDE	no	no	no	no	no	no	no	no	no	no	no	no	no	no
KIDS PEAS SIDE	no	no	no	no	no	no	no	no	no	no	no	no	no	no
KIDS QUESADILLA - CHEESE & TOMATO	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	no	no	no
KIDS QUESADILLA - CHICKEN & CHEESE	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	no	no	no
KIDS QUESADILLA - MUSHROOM	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	no	no	no
KIDS STRAIGHT FRIES SIDE	no	no	no	no	no	no	no	no	no	no	no	no	no	no
KIDS SWEETCORN	no	no	no	no	no	no	no	no	no	no	no	no	no	no
KIDS WACKY TACO - FAJITA CHICKEN	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	no	no	no
KIDS WACKY TACO - FAJITA CHICKEN GF	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
KIDS WACKY TACO - SQUASH	yes - Wheat	no	no	no	no	no	no	no	no	no	no	yes	no	no
KIDS WACKY TACO - SQUASH GF	no	no	no	no	no	no	no	no	no	no	no	yes	no	no

