

The background of the entire page is a vibrant photograph of a beach. In the foreground and middle ground, there are several large, conical umbrellas made of dried palm fronds. These umbrellas are supported by tall, thin poles painted in bright colors like green, orange, and red. Underneath the umbrellas, there are numerous plastic chairs and small tables, also in bright colors (red, yellow, blue). The beach is sandy, and the ocean is visible in the distance under a clear blue sky with a few wispy clouds.

# las IGUANAS Menu

YOUR TICKET TO CELEBRATING LIFE  
THE LATIN AMERICAN WAY



Welcome  
to Latin  
America



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.



MEXICAN POPPADOMS

# While You Choose

## NEW MEXICAN POPPADOMS **V** 3.95

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

## CHEESY PERU FONDUE **V** 8.50

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

## NEW GARLIC FLATBREAD **V** 3.50

Char-grilled flatbread brushed with garlic, chilli & herb butter.

Add cheese 50p

## HOLY GUACAMOLE **V** ask for **VG** ask for **GF** 4.75

Make your own & season as you choose, with spice-dusted corn chips.

## PERUVIAN BOTIJA OLIVES **V** **VG** **GF** 2.25

In a herby marinade.

## PÃO DE QUEIJO **V** **GF** 3.95

Traditional Brazilian cheese dough balls served with chipotle butter.

## NEW CHICHARRONES **GF** 2.95

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



LET US KNOW IF YOU'D LIKE OUR  
GLUTEN-FREE OR VEGGIE & VEGAN MENUS.

**V** Vegetarian **VG** Vegan **GF** Gluten free  
**N** Contains nuts/peanuts **A** Contains alcohol





# Starters & Tapas



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.

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# Tapas Time

## NACHOS **V** ask for **GF** ask for **VG** 7.95

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

## Add a topping 2.00

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

## HALLOUMI SKEWERS **V** **GF** 5.50

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

## NEW CALAMARES 6.95

Crispy squid sprinkled with seaweed salt & served with aioli.

## CHICKEN WINGS 6.95

Marinated wings sauced up with your choice:

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

## CHICKEN QUESADILLA 5.95

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

## MUSHROOM QUESADILLA **V** 5.95

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

## DADINHOS **V** 5.95

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

## ALBONDIGAS 6.50

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

## NEW PORK ANTICUCHOS **GF** 6.25

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

## CHEESE & MANGO EMPANADAS **V** 5.95

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

## CRISPY CAULIFLOWER BITES **V** 4.95

Spicy, crispy coated cauliflower with amarillo aioli.

## TACOS

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

## CHICKEN TINGA ask for **GF** 5.75

Smoky chipotle chicken, pink pickled onions & guacamole.

## NEW SHREDDED DUCK ask for **GF** 6.75

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 **GF** 6.25

Roast pork belly in an achiote & tamarind glaze with pineapple salsa.

## JACKFRUIT TINGA **V** **VG** ask for **GF** 5.50

Pulled roasted jackfruit in a smoky beetroot chipotle sauce with avocado aioli.

## NEW CRISPY CAULIFLOWER **V** 5.50

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.

## GAMBAS ask for **GF** 7.75

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

## 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 **V** **VG** **GF** 5.50

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** **GF** 4.25

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



# MAINS FROM Argentina



It's all about the traditional tango, succulent grilled meats & a dash of chimichurri to take you from here to Buenos Aires with all the panache of a classic Parrilla (steakhouse).

With award-winning burgers & fiery marinated chicken, there are options guaranteed to suit everyone.

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GAUCHO STEAK

## 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.

13.50

## GAUCHO STEAK

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**

19.95

## 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 18.95 half 13.95

## 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.

## 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.

**V**

10.50

11.95

11.95

## MAKE YOUR BURGER *Dirty*

- Jalapeños, Smoky herb chimichurri, Guacamole or Emmental cheese **V** each 1.00
- Brie **V**, Halloumi **V**, Shredded chipotle beef, Smoked chipotle chicken, Chilli con carne or Smoky pork chorizo each 1.50

Prefer  
Sweet potato  
fries?  
JUST ADD  
50p



BUENOS AIRES BURGER



# MAINS FROM Brazil



Samba, Carnival, graceful football & endless white beaches set the scene for spicy, exciting food cooked from scratch by our skilled chefs.

Boldly spiced but often cooled with coconut, Brazil's remarkable dishes are inspired by the unique ingredients grown to a truly tropical beat in this vast country.

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BAHIAN COCONUT CHICKEN

## XINXIM

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

**N** ask for **GF** **14.95**

## 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.

**GF** **14.95**

## 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.

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.

**V** ask for **VG** ask for **GF** **13.50**

## CHEESY BUTTERNUT SQUASH MARACANÁ

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.

**V** **12.50**

## 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](http://iguanas.co.uk) & [latafoundation.org](http://latafoundation.org)



CHEESY BUTTERNUT SQUASH MARACANÁ



# MAINS FROM Mexico



Tantalising dishes with a kick conjure up the mood of Mexico with animated, colourful mariachi & non-stop margaritas.

It's holiday time with chillies simmering in speciality sauces, our unique sizzling fajita stack & an unrivalled range of richly seasoned classics that brings you the best of Mexico.

**ANY ALLERGIES/INTOLERANCES?**  
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## 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]**  
- Habanero & cayenne chilli **[HOT]**

ask for **GF** **12.75**

## NEW VEGGIE CHILLI

Sweet potato, butternut squash & chickpeas braised with spiced tomatoes, served with spring onion rice, crispy blue corn tortillas, sour cream & pink pickled onions.

**V** ask for **VG** ask for **GF** **9.95**

## 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.

**12.75**

## BURRITOS

Wheat tortilla stuffed with rice, refried beans, crunchy slaw & cheese with salad, sour cream, guacamole & roasted tomato salsa on the side.

## FAJITA STACKS

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

## NEW BURRITO BOWLS

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

### CHOOSE FROM:

ask for **GF**

- Chicken breast strips **16.95**
- Marinated steak strips **17.95**
- Shelled prawns **17.50**
- Portobello mushroom **13.95**  
**V** ask for **VG**

### CHOOSE FROM:

**GF**

- Smoked chipotle pulled jackfruit **V** ask for **VG** **9.95**
- Smoked chipotle chicken **10.95**
- Shredded beef braised in chipotle **10.95**

## 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.

**V** **9.95**

## ADD A Beer

**MALQUERIDA FRESH RED**  
Brewed with hibiscus & orange. Created by Ferran & Albert Adrià alongside the Damm brewmasters to pair perfectly with Mexican food.  
**Get your first bottle with any Mexican main course for £3.**



BURRITO BOWLS



MAINS FROM

# Peru & Beyond



Try our innovative take on remarkable dishes from further afield. Cuba gives us simple delights from its rich café culture & traditional staple diet.

The Peruvian food scene is one of the most varied & best in the world. It takes influences from Asia, Spain, Italy & West Africa & is the origin of many classic ingredients which our skilled chefs love to cook with.

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HAVANA CLUB & JERK BBQ RIBS

## NEW TRUFFLE MAC & CHEESE

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

**V**

**10.95**

## 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.

ask for **GF**

**13.95**

## HAVANA CLUB & JERK BBQ 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.

**A**

**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.

**V VG GF**

**8.95**

## NEW BONITA ENSALADA

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

**V VG GF**

**10.95**

## CUBAN SANDWICH

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

**11.95**

## Top YOUR SALAD **GF**

- Pan-fried halloumi **V**, Crayfish or Grilled chicken

each **2.50**

Prefer  
sweet potato  
fries?  
JUST ADD  
50p



BONITA ENSALADA



# Sides

- HUMITAS** V GF 2.95  
Argentine-style roasted sweetcorn purée.
- FRIES** V 3.75  
Curly or Straight-cut fries with creamy aioli.
- SWEET POTATO FRIES** V 4.25  
With creamy aioli.
- CASSAVA FRIES** V 3.95  
With roasted tomato salsa.
- NEW TRUFFLE MAC & CHEESE** V 5.50  
Macaroni with smoked cheese, flavoured with white truffle & topped with amarillo chilli, avocado aioli, crispy onions & chilli.
- REFRIED BEANS** V GF ask for VG 2.25  
With sour cream & cheese.
- SWEET PLANTAIN** V 2.50  
Deep-fried sweet plantain.
- SPRING GREENS** V GF ask for VG 2.00  
In a garlic & chilli butter.
- PATATAS BRAVAS IN BITS** V 3.95  
Deep-fried potato chunks served with smoky chipotle sauce & aioli.
- CREAMY SLAW** V GF Lime & coriander slaw. 2.50
- SPRING ONION RICE** V VG GF 2.00  
Lightly seasoned rice with garlic & spring onions.
- MIXED SALAD** V VG GF 3.75  
Mixed leaf salad with carrot & cucumber ribbons & roquito peppers, in a pequin pepper & agave dressing.

## Dips

V GF ask for VG each 75p any 3 1.50  
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.



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HABANERO & ROASTED RED PEPPER SALSA

# Desserts

- CREAMY CARAMEL CAKE** V ★ 5.25  
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** V GF 5.25  
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.
- DULCE DE LECHE MACADAMIA CHEESECAKE** V N 5.95  
Creamy cheesecake with roasted macadamia nuts & dulce de leche caramel sauce.
- COCONUT ICE CREAM** V VG GF 4.95  
Three scoops of our dairy-free coconut ice cream.
- MANGO SORBET** V VG GF 4.95  
Three scoops of our mango sorbet.
- CHOCOLATE COCONUT TART** 5.50  
V VG 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.

★ PIMP YOUR DESSERT! ADD 25ML OF HAVANA CLUB ESPECIAL RUM FOR £2 A

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

MEXICAN MESS



# "the Spirit of Brazil"



Our caipirinhas are made with our very own cachaça, Magnífica de Faria Las Iguanas.

At Fazenda do Anil we plant our own sugar cane, harvest it, juice it, distill it & bottle it, guaranteeing its purity & its origin. There is a lot of passion & hard work involved!

You won't find another cachaça like it, either in the UK or Brazil, just as you won't find another caipirinha like ours - it won three awards at the London Caipirinha Festival 2018.

Buy a bottle to take home today\*, or shop online & find recipes at [iguanas.co.uk/shop](https://iguanas.co.uk/shop)

**£21**  
1 litre

IGUANAS.CO.UK





# Niños Meal €7.95 Includes a main course, 2 sides and a dessert

For the tinies, we have free organic baby food and we can help to reheat baby bottles.

## Step 1: Pick a Main Course



**NEW CRISPY COD FINGERS**  
Golden breadcrumbed cod fingers.



**BEEF BURGER** ask for **GF** +  
Beef burger topped with or without cheese in a toasted brioche bun.



**NEW CHICKEN BURGER** ask for **GF** +  
Crispy chicken or plain char-grilled chicken in a toasted brioche bun with lettuce.



**CHICKEN CRUNCHIES**  
Chicken breast pieces coated in a crunchy corn crumb.



**NEW CALAMARES**  
Fried squid in a crisp cayenne and cassava spiced crumb.



**NEW ALBONDIGAS** (I'm spicy!)  
Lamb meatballs in a rich tomato, mint and mild chilli sauce, topped with cheese.



**WACKY TACOS** ask for **GF**  
Roll up, roll up! Soft wheat tortillas to roll and your choice of:  
- Butternut squash, peppers and onions **V VG**  
- Fajita spiced chicken breast strips, peppers and onions



**CRAZY QUESADILLA**  
Tortilla, folded, char-grilled and filled. Choose:  
- Cheese and cherry tomato **V**  
- Chicken and cheese  
- Garlicky chilli, thyme mushroom and melted cheese (I'm spicy!) **V ask for VG**

Pictured sides are suggestions only.

\*Burgers can be made gluten-free without their buns.



**MACARONI CHEESE** **V**  
Fantastically cheesy macaroni cheese.

## Step 2: Pick two Sides

### CHOOSE SIDE 1:

Rice **V VG GF**

Curly fries **V**

Straight fries **V**

### CHOOSE SIDE 2:

Peas **V VG GF**

Sweetcorn **V VG GF**

Baked beans **V VG GF**

Mixed salad **V VG GF**

## Step 3: Pick a Dessert

### NEW CHILLY IGGY STRAWBERRY AND APPLE ICE LOLLY **V VG GF**

100% real fruit ice lolly with no added sugar. 1 of your 5 a day, eat in or take away.

### RASPBERRY JELLY **V GF**

Wibble wobble, wibble wobble, raspberry jelly with vanilla ice cream in a bowl.

### VANILLA ICE CREAM CONE **V**

A crisp cone with a scoop of vanilla ice cream. Eat in or take away.

### FRESH FRUIT **V VG GF**

Blueberries and fresh strawberries.

### CHOCOLATE BROWNIE AND ICE CREAM **V GF**

Warm gooey chocolate brownie and a scoop of vanilla ice cream.

### CHURRO **V**

A dunky cinnamon-sugar dusted looped doughnut with a chocolate dip.

## Add a Drink

We have more drinks on our main menu, but here are a few of Iggy's favourites.

### JUICES 1.00

Apple, Pineapple or Orange juice.

### BELU STILL WATER 1.00

Mineral water with ethics. Belu give all of their profits to Wateraid. UK sourced and bottled in recycled glass.

### WHOLE MILK 1.00

### SQUASH 50p

Blackcurrant or Orange squash.

### ORANGE CAPRI-SUN 1.60

### RIBENA MINI 1.60

Brilliant blackcurrant or Amazing apple and mango.

### MINI MILKSHAKE 1.70

Home-made using fresh milk and Strawberry or Raspberry fruit purée.

