

# Veggie & Vegan

All of the following dishes are vegetarian. If they have a **VG** symbol, they are vegan-friendly. If a change to the dish is required, it is indicated with ask for **VG**.

We appreciate how important it is that the food we serve meets your dietary requirements, therefore please can we ask you to clearly tell your server that you require a vegetarian or vegan option.

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 • We may need to change or withdraw this menu from time-to-time due to local events • An optional 12.5% service charge will be added to your bill. 0918L iguanas.co.uk

## WHILE YOU CHOOSE

- CHEESY PERU FONDUE** Peruvian-style fondue - gooey cheese & amarillo chilli sauce with crispy patatas bravas. Perfect to share. **8.20**
- BREAD BOARD** Sliced ciabatta, jalapeño buttermilk cornbread & pão de queijo with dunking chipotle butter, olive oil & balsamic. **4.25**
- HOLY GUACAMOLE** ask for **VG** ask for **GF** Make your own & season as you choose, with spice dusted corn chips. **4.50**
- PÃO DE QUEIJO** **GF** Traditional Brazilian cheese doughballs served with chipotle butter. **3.95**
- PERUVIAN BOTIJA OLIVES** **VG GF** In a herby marinade. **2.25**
- TORTILLA CHIPS & DIPS** ask for **VG** ask for **GF** Spice-dusted corn chips with roasted tomato salsa, habanero & pepper salsa & green tomatillo & jalapeño salsa. **3.60**

## TAPAS & STARTERS

*Tapas Time* **3 DISHES 15.95 | 5 DISHES 25.95**  
OFFER AVAILABLE UNTIL 7PM EVERY DAY & ALL DAY SUNDAY & MONDAY.  
★ EXTRA CHARGE FOR NACHO TOPPINGS

- NACHOS** ask for **VG** ask for **GF** **7.60**  
Corn tortilla chips with melted cheese, topped with pico de gallo salsa, jalapeños, roasted tomato salsa, sour cream & guacamole.  
★ Add a topping: Refried black beans **VG** / Smoked chipotle pulled jackfruit & beetroot **VG**
- CHEESE & MANGO EMPANADAS** **2.00**  
Two brie & mango filled pasties with sticky chilli jam. **5.40**
- MUSHROOM QUESADILLA** **5.50**  
Tortilla, folded, pan-toasted & rammed with garlicky mushroom, chilli, thyme & cheese. Served with roasted tomato salsa
- NEW HALLOUMI SKEWERS** **GF** **5.00**  
Pan-fried halloumi skewers with oregano & sweet chilli sauce.
- QUINOA & AVO BOWL** **VG GF** **5.95**  
Full of goodness. Red & white quinoa supergrains tossed in fresh herb salsa with lime, spinach, okra & sultanas on crushed avocado. Topped with edible flowers, pink pickled onions, poppy seed dressing & roasted pumpkin seeds.
- FIESTA ENSALADA** **VG GF** **5.50**  
Roasted butternut squash, 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.
- DADINHOS** **5.60**  
Our take on a Brazilian favourite; crispy cheesy cubes with sticky chilli jam.

## BRAZIL & ARGENTINA

- MOQUECA DE PALMITOS** ask for **VG** ask for **GF** **13.25**  
Butternut squash, ethically sourced palm hearts & 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.
- CHEESY BUTTERNUT SQUASH MARACANÃ** **12.50**  
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.
- BEAN & BEETROOT BURGER** **9.95**  
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.
- Add Chimichurri, Jalapeños or Guacamole** **1.00**  
**Add Brie or Halloumi** **1.50**

## PERU & BEYOND

- CAULIFLOWER & CORN QUINOTTO** **GF** **9.95**  
A Peruvian-style quinoa risotto with smoked cheese, roasted cauliflower & charred baby corn, topped with puffed quinoa & crispy chilli.
- FIESTA ENSALADA** **VG GF** **8.95**  
Roasted butternut squash, 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.
- add Pan-fried halloumi** **GF** **2.00**
- QUINOA & AVO BOWL** **VG GF** **9.95**  
Full of goodness. Red & white quinoa tossed in a fresh herb salsa with lime, spinach, okra & sultanas. Topped with sliced avocado, pink pickled onions, poppy seed dressing, roasted pumpkin seeds & edible flowers.
- add Pan-fried halloumi** **GF** **2.00**

## SIDES

- PATATAS BRAVAS IN BITS** With smoky chipotle sauce & aioli. **3.95**
- HUMITAS** **GF** Argentine-style roasted sweetcorn purée. **2.95**
- SWEET PLANTAIN** **2.25**
- MIXED SALAD** **VG GF** **3.75**
- SPRING ONION RICE** **VG GF** **2.00**
- SPRING GREENS** **GF** ask for **VG** In a garlic & chilli butter. **2.00**
- NEW CASSAVA MASH** **GF** Buttery manioc root mash. **3.95**
- CREAMY SLAW** **GF** Lime & coriander slaw. **2.50**
- REFRIED BEANS** **GF** ask for **VG** With sour cream & cheese. **2.25**
- FRIES** Curly or Straight-cut fries with creamy aioli. **3.80**
- CASSAVA FRIES** (Manioc root) with tomato salsa. **3.95**
- SWEET POTATO FRIES** With creamy aioli. **3.95**

## MEXICO

- PORTOBELLO MUSHROOM FAJITA** ask for **VG** **14.95**  
Cooked to order in a mix of spices, mushrooms, onions & peppers. Dished up sizzling, with guacamole, grated cheese, sour cream, jalapeños, roasted tomato salsa & soft wheat tortillas.
- ENCHILADA** **9.95**  
Rolled tortilla with smoky chipotle sauce, filled with butternut squash, red peppers, spinach & cheese, on a bed of spring onion rice with refried beans.
- NEW PULLED JACKFRUIT BURRITO** **10.95**  
Beetroot wheat tortilla stuffed with smoked chipotle pulled jackfruit, rice, refried beans, crunchy slaw & cheese with salad, sour cream, guacamole & roasted tomato salsa on the side.
- VEGGIE CHILLI** ask for **VG** ask for **GF** **9.50**  
Sweet potato, butternut squash & chickpeas braised with spiced tomatoes, with spring onion rice, soft wheat tortillas, sour cream & pink pickled onions.

## DESSERTS

- CREAMY CARAMEL CAKE** ★ **5.00**  
Layers of soaked sponge drizzled with dulce de leche. Topped with caramelised cream & blueberries.
- CHURROS** 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).
- BANANA EMPANADA** ★ **5.25**  
Crisp pastry filled with banana, sweet plantain & dulce de leche. Served with vanilla ice cream & a drizzle of rum-flavoured syrup.
- NEW CHOCOLATE COCONUT TART** **VG** **4.95**  
A rich indulgent chocolate & coconut tart dusted with cocoa, served with a scoop of our dairy-free coconut ice cream.
- DULCE DE LECHE MACADAMIA CHEESECAKE** **N** **5.95**  
Creamy cheesecake with roasted macadamia nuts & dulce de leche caramel sauce.
- NEW COCONUT ICE CREAM** **VG GF** **4.95**  
Three scoops of our dairy-free coconut ice cream.
- MANGO SORBET** **VG GF** Three scoops of our mango sorbet. **4.95**
- TEMBLEQUE** **VG GF** **4.75**  
A creamy, set coconut pudding with mixed berries & mango purée.
- NEW BRAZILIAN BRIGADEIRO** **N** **4.95**  
Create your own Brazilian brigadeiro by combining malted nuts, chocolate ganache & vanilla ice cream.

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

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

# Gluten Free

We appreciate how important it is that the food we serve you meets your dietary requirements, therefore please can we ask you to clearly tell your server that you require a gluten free option.

## WHILE YOU CHOOSE

- TORTILLA CHIPS & DIPS** **V** ask for **VG** **3.95**  
Spice-dusted corn chips with roasted tomato salsa, habanero & pepper salsa & green tomatillo & jalapeño salsa.
- HOLY GUACAMOLE** **V** ask for **VG** **4.50**  
Make your own & season as you choose, with spice-dusted corn chips.
- PERUVIAN BOTIJA OLIVES** **V** **VG** **2.25**  
In a herby marinade.
- PÃO DE QUEIJO** **V** **3.95**  
Traditional Brazilian cheese dough balls served with chipotle butter.

## TAPAS & STARTERS

### Tapas Time 3 DISHES 16.95 | 5 DISHES 26.95

OFFER AVAILABLE UNTIL 7PM EVERY DAY & ALL DAY SUNDAY & MONDAY.  
★ EXTRA CHARGE FOR NACHO TOPPINGS & GAMBAS

- NACHOS** **V** ask for **VG** **7.60**  
Crispy corn tortilla chips with melted cheese, topped with pico de gallo salsa, jalapeños, roasted tomato salsa, sour cream & guacamole.  
★ Add a topping: Smoked chipotle chicken / Chilli con carne / Refried black beans **VG** / Smoked chipotle pulled jackfruit & beetroot **VG** **2.00**
- GAMBAS** **6.95**  
Butterflied shell-on prawns cooked in a garlic, lemon & chilli sauce, served with pão de queijo.  
★ add £1.00 to include in Tapas Time

- NEW 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.

- NEW HALLOUMI SKEWERS** **V** **5.00**  
Pan-fried halloumi skewers with oregano & sweet chilli sauce.

- FIESTA ENSALADA** **V** **VG** **5.50**  
Roasted butternut squash, mixed leaves, carrot, cucumber, pink pickled onions, oven-dried tomatoes & fresh avocado, in a poppy seed dressing. Topped with toasted pumpkin seeds, charred corn & roquito peppers.

- QUINOA & AVO BOWL** **V** **VG** **5.95**  
Full of goodness. Red & white quinoa supergrains tossed in fresh herb salsa with lime, spinach, okra & sultanas on crushed avocado. Topped with edible flowers, pink pickled onions, poppy seed dressing & roasted pumpkin seeds.

## ARGENTINA

- NEW BLAZING BIRD** whole **18.50** half **13.95**  
24 hour-marinated jerk chicken, served with slaw & salad. Sauced-up with your choice:  
- Lemon & herb peri-peri [MILD] - Honey peri-peri [WARM]  
- Spicy honey jerk glaze [HOTTER] - Vivo: Flaming hot habanero [HOTTEST]
- GAUCHO STEAK** **18.95**  
10oz sirloin steak sprinkled with ancho chilli salt, served with fresh herb chimichurri, Argentine-style roasted sweetcorn purée & salad.

## PERU & BEYOND

- DOMINICAN GOAT CURRY** **12.95**  
For those who like it hot. A spicy Dominican-style goat & scotch bonnet chilli curry with spring onion rice, shredded greens & pink pickled onions.
- CAULIFLOWER & CORN QUINOTTO** **V** **9.95**  
A Peruvian-style quinoa risotto with smoked cheese, roasted cauliflower & charred baby corn, topped with puffed quinoa & crispy chilli.
- FIESTA ENSALADA** **V** **VG** **8.95**  
Roasted butternut squash, 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.
- add Crayfish, Chicken or Pan-fried halloumi **V** **2.00**
- QUINOA & AVO BOWL** **V** **VG** **9.95**  
Full of goodness. Red & white quinoa tossed in a fresh herb salsa with lime, spinach, okra & sultanas. Topped with sliced avocado, pink pickled onions, poppy seed dressing, roasted pumpkin seeds & edible flowers.
- add Crayfish, Chicken or Pan-fried halloumi **V** **2.00**

## SIDES

- MIXED SALAD** **V** **VG** **3.75**
- REFRIED BEANS** **V** ask for **VG** **2.25**  
Refried black beans with sour cream & cheese.
- HUMITAS** **V** Argentine-style roasted sweetcorn purée. **2.95**
- SPRING GREENS** **V** ask for **VG** In a garlic & chilli butter. **2.00**
- NEW CASSAVA MASH** **V** Buttery manioc root mash. **3.95**
- CREAMY SLAW** **V** Lime & coriander slaw. **2.50**
- SPRING ONION RICE** **V** **VG** **2.00**
- DIPS** **V** each **75p** any three **1.50**  
Roasted tomato salsa, Habanero & roasted red pepper salsa, Green tomatillo & fire roasted jalapeño salsa, Spicy cranberry, Guacamole, Aioli, Sour cream, Herb chimichurri or Pico de gallo.

## BRAZIL

- XINXIM** **N** **14.95**  
A classic recipe from North Brazil. Chicken & crayfish in a creamy lime & peanut sauce. Served with spring onion rice, fine green beans, pico de gallo & coconut farofa.
- MOQUECA DE PEIXE** **14.95**  
Peeled prawns & white fish cooked in our homemade creamy coconut, fresh tomato & lime sauce with spring onion rice, fine green beans, pico de gallo & coconut farofa to sprinkle.
- BAHIAN COCONUT CHICKEN** **14.95**  
From Bahia on the northeast coast, chicken breast strips pan-fried in cumin, coriander & cayenne & cooked in a creamy coconut sauce with ginger, garlic, tomatoes & coriander. Served with spring onion rice & shredded greens.
- MOQUECA DE PALMITOS** **V** ask for **VG** **13.25**  
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, fine green beans, pico de gallo & coconut farofa.
- NEW CARNE DE SOL** **15.95**  
Slow-cooked salt cured beef top rib served with cassava mash, winter greens & a rich beef & caramelised onion jus.

## MEXICO

- CHILLI CON CARNE** **11.95**  
A rich chunky beef & black bean chilli, with spring onion rice & pão de queijo. Choose a spiced butter to melt into your chilli:  
- Cocoa & ancho chilli [MILD]  
- Smoky chipotle butter [MEDIUM]  
- Habanero & cayenne chilli [HOT]
- VEGGIE CHILLI** **V** ask for **VG** **9.50**  
Sweet potato, butternut squash & chickpeas braised with spiced tomatoes, with spring onion rice, corn tortillas, sour cream & pink pickled onions.

## DESSERTS

- MANGO SORBET** **V** **VG** **4.95**  
Three scoops of our mango sorbet.
- TEMBLEQUE** **V** **VG** **4.75**  
A creamy, set coconut pudding with mixed berries & mango purée.
- NEW COCONUT ICE CREAM** **V** **VG** **4.95**  
Three scoops of our dairy-free coconut ice cream.

Why not try our GF lager?

**DAMM DAURA** **4.60**  
**SPAIN 5.4%** Bottle

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 • 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. 0918L iguanas.co.uk

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