

# 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.




[WWW.IGUANAS.GI](http://WWW.IGUANAS.GI)




## FOR THE TABLE














Snacks & sharers to get the party started.

**Olives** 198kcal    **3.75**  
Green & black olives with garlic & red pepper.

**Mexican Poppadoms** 404kcal **4.95**  
 ask for  ask for  Crispy blue corn tortillas with tomato salsa, sour cream & guacamole for dipping.

**Taco Sharing Board** 1097kcal **22.95**  
 ask for  ask for  Tuck into tacos together; a board of blue corn & soft flour tortillas with guacamole, sour cream, tomato salsa, coriander & chilli salsa, pickled slaw, cheese, fresh lime, coriander & your choice of the below. Perfect for 2 or 3 to share.

Choose 3 fillings:

- Copacabana cauliflower bites 444kcal  
- Veggie chilli 56kcal   
- Smoky chipotle pulled jackfruit 96kcal   
- Garlicky chilli & thyme mushrooms 93kcal   
- Shredded chipotle beef 178kcal 
- Smoky chipotle chicken 211kcal 



## DESSERTS

Many Quattro Leches Cakes

### Churros

4.95

Three cinnamon-sugar dusted churros. Choose:

- **Chocolate ganache** 410kcal **V** **PB**

- **Dulce de leche** 513kcal **V**

### Brownie & Ice Cream

644kcal **V**

5.95

Warm gooey chocolate brownie pieces, vanilla ice cream & an alfajor; a Peruvian-style shortbread & dulce de leche biscuit sandwich.

### Dulce de Leche Cheesecake

719kcal

5.95

**V** Creamy cheesecake with caramel sauce.

### **NEW** Churros Grande

1284kcal **V**

7.95

Ten cinnamon-sugar dusted churros served with chocolate ganache, dulce de leche & tropical mango dips for dunking. Perfect for 2 to share.

### **NEW** Chocolate Truffle Bar

570kcal

5.99

**V** **VB** **GF** Chocolate salted caramel bar with mango & raspberry sauces.

### Tropical Ices

**V** **VB** **GF**

4.95

Choice of icecream.

### Lemon Pie

5.99

+ **PIMP** your dessert Add 25ml of Havana Club Especial Rum **A** 2.00

## PARTY INTO THE NIGHT

Book a table just for drinks and explore everything the bar menu has to offer, from shots to sharers & everything in between

[www.iguanas.gi](http://www.iguanas.gi)



## TAKE ME HOME

Have a Latin American feast in your home or office – click & collect, order over the phone or just pop in and ask for your favourites

[www.iguanas.gi](http://www.iguanas.gi)



## CHICAS' COCKTAIL CLUB

The perfect way to catch up & celebrate good company the Latin American way! Enjoy 4 cocktails (2 x 2FOR1) & 2 tapas each

[www.iguanas.gi](http://www.iguanas.gi)

T&Cs apply



ALLERGENS



**V** Vegetarian **VB** Vegan **PB** Plant based **GF** Gluten free **A** Alcohol **N** Nuts/peanuts **U** Mains under 600kcal

Any allergies/intolerances? Please let your server know. We haven't listed all of the ingredients in every dish. Adults need around 2000 kcal a day. Plant based dishes are made with vegan ingredients but cooked in the same fryer as dairy products.

Full allergen menus are available on our website or via the QR code. All dishes are prepared & cooked in kitchens where allergen ingredients (e.g. nuts, flour etc) are commonly used & we therefore cannot guarantee our dishes will be free from traces of these products • Some dishes may contain bones • Country of origin indicates style of cooking • Our chicken is Halal • We aren't responsible for stolen or lost items • We may need to substitute an equivalent ingredient subject to availability • We may need to change or withdraw this menu from time-to-time due to local events • Our policy is that only guests who can prove they are 18 & above can be served alcohol for their own consumption • 100% FSC-certified paper, printed with vegetable-based inks • An optional service charge may be applied to your bill dependent on party size & location. More details at [iguanas.co.uk/service-charge](http://iguanas.co.uk/service-charge) • 0323R

CELEBRATE THE  
FLAVOURS

OF

LATIN  
AMERICA

las  
IGUANAS

## TAPAS + STARTERS

Perfect for sharing with friends & family the Latin American way. We recommend 2-3 dishes each.

**Nachos** V ask for VB ask for GF single **7.50** grande **9.95**  
Corn tortilla chips with cheese, topped with pico de gallo, jalapeños, tomato salsa, sour cream & guacamole.  
Share the grande nachos 1083kcal with a friend, or go single 480kcal & keep them all to yourself.

**+ Add extra toppings:** each **3.50**

- Refried black beans 110kcal V VB GF,  
Smoky chipotle pulled jackfruit 96kcal V VB GF,  
Veggie chilli 56kcal V VB GF, Chilli con carne 161kcal GF,  
Shredded chipotle beef 178kcal GF,  
Smoky chipotle chicken 211kcal GF

**Albondigas** 620kcal **7.95**  
Meatballs in tomato & chipotle sauce with cheese & ciabatta.

**Brazilian Fried Chicken** 857kcal **8.50**  
Spicy, crispy coated chicken breast with agave aioli.

**Chicken Wings** **7.95**  
Marinated wings sauced-up with your choice:

- **Sticky guava glaze [mild]** 934kcal  
- **Honey peri-peri [warm]** 791kcal  
- **Spicy BBQ jerk [hotter]** 789kcal  
- **Vivo: Flaming hot habanero [hottest]** 855kcal

**NEW Calamares** 634kcal **7.95**  
Crispy calamares & sweet chilli popcorn squid with garlic aioli.

**NEW Gambas** 393kcal ask for GF **8.50**  
Shell-on prawns in a spiced ginger, pepper, coconut & lime sauce with ciabatta.

**Quesadillas**  
Cheese-loaded tortilla, pan-toasted & served with salsa.

- **Garlicky mushroom, chilli & thyme** 543kcal V **7.10**  
- **Spicy chicken, peppers & onion** 537kcal **7.10**  
- **Shredded chipotle beef** 522kcal **7.50**

**Fiesta Ensalada** 191kcal V VB GF **6.75**  
Spiced beans & chickpeas, mixed leaves, carrot, pink pickled onions, tomatoes, toasted pumpkin seeds & sweet chilli pearls in a simple dressing.

**Cheese & Mango Empanadas** 426kcal V **7.10**  
Two crispy brie & mango pasties with sticky chilli jam.

**Brazilian Beach Cheese** 589kcal V ask for GF **7.10**  
Cubes of fried squeaky cheese with chilli jam.

**Copacabana Cauliflower Bites** 765kcal V PB **7.50**  
Spicy, crispy coated cauliflower with agave aioli.

**+ Fancy a DIP?** **1.50**

- Agave aioli 195kcal, Creamy aioli 204kcal, V GF ask for VB  
Fresh herb chimichurri 213kcal, Guacamole 64kcal,  
Pico de gallo 23kcal, Sour cream 49kcal,  
Sticky chilli jam 96kcal, Tomato salsa 17kcal



Mixed Fajita Stack

## MEXICAN CLASSICS

### Fajita Stacks

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

- **NEW Mixed chicken, steak & prawn** 1326kcal **19.95**  
- **Marinated steak strips** 1393kcal **19.80**  
- **Chicken** 1181kcal ask for GF **17.95**  
- **Mushroom** 929kcal V ask for VB ask for GF **15.95**

### Enchiladas

Rolled tortilla with smoky chipotle sauce, on a bed of spring onion rice & refried beans, topped with cheese.

- **Spicy chicken, peppers, onion & cheese** 743kcal **14.95**  
- **Roast butternut squash, peppers, spinach & cheese** 578kcal V V **14.25**

**Chilli Con Carne** 661kcal ask for GF **14.50**

A rich chunky beef & black bean chilli with spring onion rice, corn tortilla chips, sour cream, guacamole & pink pickled onions.

### Burritos

Wheat tortilla stuffed with rice, refried beans, crunchy slaw & cheese served with salad, sour cream, guacamole & tomato salsa.

- **Smoky chipotle chicken** 884kcal **13.95**  
- **Shredded beef braised in chipotle** 908kcal **13.95**  
- **Sweet potato, butternut & chickpea chilli in a beetroot tortilla** 696kcal V ask for VB **12.50**

**+ Fancy some fries with that?** **from 4.25**

### Burrito Bowls

All the flavours without the tortilla. A loaded bowl of salad, spring onion rice, refried beans, guacamole, carrot, slaw & pico de gallo.

- **Copacabana chicken** 899kcal **13.95**  
- **Grilled chicken** 530kcal GF V **12.75**  
- **Shredded beef braised in chipotle** 583kcal GF V **12.75**  
- **Smoky chipotle chicken** 583kcal GF V **12.75**  
- **Smoky chipotle pulled jackfruit** 412kcal V VB GF V **12.75**

**Veggie Chilli** 419kcal V V ask for VB ask for GF **12.50**

Sweet potato, butternut squash & chickpeas braised with spiced tomatoes, served with spring onion rice, corn tortilla chips, sour cream, guacamole & pink pickled onions.

V Vegetarian

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Dirty Copacabana Burger

## BURGERS

With your choice of straight-cut fries 306kcal or salad 142kcal.

+ Upgrade to sweet potato wedges 300kcal, curly fries 333kcal or chunky cassava fries 431kcal **add 50p**

**Buenos Aires Burger** 1331kcal **16.95**

Our 100% prime beef patty, char-grilled & topped with creamy aioli, lettuce, smoky pork chorizo, caramelised onion, melted cheese & fresh herb chimichurri in a toasted brioche bun.

**Copacabana Burger** 1019kcal **15.75**

Buttermilk-marinated chicken breast in a crispy spice-crumb with cheese, pink pickled onions, fresh coriander & agave aioli in a toasted brioche bun.

### Classic Burgers

All served with tomato, lettuce & tomato-paprika mayo in a toasted brioche bun.

- Chicken with caramelised onion 630kcal **15.95**

- Beef with caramelised onion 888kcal **15.95**

- **NEW** Squeaky beach cheese with chilli jam 846kcal **15.95**

- Bean & beetroot with cheese 878kcal **14.95**

**Cuban Sandwich** 1254kcal **15.50**

Roasted pork belly, cheese & smoked ham with sweet mustard & sliced green pickle layered in a buttery toasted bun.

### + Make your burger **DIRTY**

- Jalapeños 5kcal **1.50**, Guacamole 73kcal **1.50**, Chimichurri 187kcal **1.50**

- Squeaky beach cheese 548kcal **3.50**, Brie 153kcal **1.50**, Smoky chipotle jackfruit 48kcal **1.50**, Chilli con carne 93kcal, Smoky pork chorizo 238kcal, Shredded chipotle beef 134kcal, Smoky chipotle chicken 148kcal



Xinxim

## BRAZILIAN CURRIES

All served with spring onion rice, shredded greens, coconut farofa & sweet plantain.

**Xinxim** 1562kcal **15.95**

Chicken & crayfish in our creamy lime & peanut sauce.

**Moqueca de Palmitos** 729kcal **14.95**

Squash, palm hearts & spinach in a creamy coconut curry with peppers, garlic & tomatoes.

**Bahian Coconut Chicken** 1079kcal **15.95**

Chicken pan-fried in cumin, coriander & cayenne & cooked in a coconut sauce with ginger, garlic, tomatoes & coriander.

+ Go big with cheesy garlic bread 559kcal **4.50**



Gaucha Grill

## ARGENTINIAN GRILL

With your choice of straight-cut fries 306kcal or salad 142kcal.

+ Upgrade to sweet potato wedges 300kcal, curly fries 333kcal or chunky cassava fries 431kcal **add 50p**

**NEW Gaucha Grill** 2045kcal **29.90**

8oz steak, grilled chicken breast, pan-fried pork belly & chorizo, chimichurri, tomato & pink pickled onion salad & buttery Mexican-style corn.

**NEW Gaucha Steak** 1021kcal **20.95**

8oz steak with ancho chilli salt, chimichurri, tomato & pink pickled onion salad & buttery Mexican-style corn.

+ Go surf 'n' turf - add garlic & chilli prawns 179kcal **4.50**

**Blazing Bird** **20.95** whole **16.00** half

Spice-rubbed & marinated chicken. Choose:

- Sticky guava glaze [mild] 2002kcal / 1001kcal

- Honey peri-peri [warm] 2225kcal / 1112kcal

- Spicy BBQ jerk [hotter] 2185kcal / 1092kcal

- Vivo: Flaming hot habanero [hottest] 2336kcal / 1168kcal

+ Perfect with buttery Mexican-style corn 194kcal **3.75**

## ORDER ON YOUR PHONE

Keep the food & drink flowing!  
Add more at any time.  
Pay at the end.

If you can't see a QR code & table number, just ask your server.





## SUMMER FAVOURITES

**NEW** **Fiesta Ensalada** 379kcal V VG GF ♡ **12.95**

Spiced beans & chickpeas, mixed leaves, carrot, pink pickled onions, tomatoes, toasted pumpkin seeds & sweet chilli pearls in a simple dressing.

### + TOP your salad

- Cheese & mango empanada 342kcal V, Squeaky beach cheese 548kcal V ask for GF each **3.50**
- Grilled chicken 214kcal GF, Crayfish 60kcal GF each **4.50**
- Buttermilk fried chicken 583kcal each **5.50**

## ON THE SIDE

- Straight-cut Fries** 306kcal V PB **4.25**
- Curly Fries** 333kcal V PB **4.75**
- Sweet Potato Fries** 300kcal V PB **4.75**
- NEW Dirty Jerk Fries** 525kcal V **5.00**
- Mixed Salad** 142kcal V VG GF **4.50**
- NEW Cheesy Garlic Bread** 559kcal V **4.50**
- Garlic Bread** 466kcal V **4.00**
- Mexican-style Corn** 194kcal V GF **3.75**
- Refried Beans** 212kcal V GF ask for VG **3.50**
- Shredded Greens** 123kcal V GF ask for VG **3.50**
- Spring Onion Rice** 116kcal V VG GF **3.25**
- Sweet Pickled Slaw** 33kcal V VG GF **2.95**