

NIBBLES

NEW Mexican Poppadoms 352kcal 4.50
 V PF ask for VB ask for GF Crispy blue corn tortillas with roasted tomato salsa, green jalapeño & coriander salsa & pea guacamole, a fresh & sustainable alternative to traditional guacamole.

NEW Peamole & Corn Chips 564kcal 4.50
 V PF ask for VB ask for GF Corn tortilla chips with pea guacamole, a fresh & sustainable alternative to traditional guacamole.

Taco Sharing Board 998kcal 19.95
 V ask for VB ask for GF Tuck into tacos together; a board of blue corn & soft flour tortillas with guacamole, sour cream, roasted tomato salsa, jalapeño & coriander salsa, pickled slaw, cheese, fresh lime, coriander & your choice of the below. Perfect for 2-4 to share.

- Choose 3 fillings:
- **NEW** Copacabana cauliflower bites 353kcal V PF
 - Veggie chilli 82kcal V VB GF
 - Smoked chipotle pulled jackfruit 65kcal V VB GF
 - Garlicky chilli & thyme mushrooms 66kcal V VB GF
 - Shredded chipotle beef 134kcal GF
 - Smoked chipotle chicken 142kcal GF

ON THE SIDE

Fries V PF Served with creamy aioli. Choose:

- Straight-cut fries 667kcal 3.95
- Curly fries 770kcal 3.95
- Sweet potato fries 619kcal 4.75

Sweet Potato Mash 260kcal V VB 3.95
 Seasoned with salt & pepper.

Spring Onion Rice 160kcal V VB GF 2.95
 Lightly seasoned rice with garlic & spring onions.

Refried Beans 237kcal V PF ask for VB 2.95
 With sour cream & cheese.

Sweet Plantain 350kcal V PF 3.25
 Deep-fried sweet plantain.

Shredded Greens 119kcal V GF ask for VB 3.25
 Brazilian-style greens in a garlic & chilli butter.

Sweet Pickled Slaw 32kcal V VB GF 2.95
 Pickled shredded carrot, cabbage, parsley & pink pickled onion with chilli, lime & coriander.

Mixed Salad 127kcal V VB GF 4.25
 With carrot curls, baby tomatoes, sweet chilli pepper pearls & pink pickled onions, in a poppy seed dressing.

Dips V GF ask for VB each 75p any three 1.50
 Roasted tomato salsa 23kcal, Sticky chilli jam 96kcal, Jalapeño & coriander salsa 33kcal, Agave aioli 221kcal, Peamole 43kcal, Fresh herb chimichurri 186kcal, Guacamole 94kcal, Creamy aioli 211kcal, Sour cream 71kcal, Pico de gallo 23kcal

STARTERS AND TAPAS

Pick & mix little dishes & starters, an easy way to explore new flavours. Perfect for sharing with friends & family the Latin way.

Nachos 1055kcal V ask for VB ask for GF 8.95
 Corn tortilla chips with melted cheese, topped with pico de gallo salsa, jalapeños, roasted tomato salsa, sour cream & guacamole.
Add toppings: each 2.25

- Smoked chipotle pulled jackfruit 65kcal V VB
- Refried black beans 135kcal V VB
- Shredded chipotle beef 134kcal
- Smoked chipotle chicken 142kcal
- Chilli con carne 137kcal

Brazilian Beach Cheese 605kcal V ask for GF 6.50
 Halloumi slices, pan-fried & served with chilli jam & oregano.

Cheese & Mango Empanadas 634kcal V 6.25
 Two crispy brie & mango pasties served with sticky chilli jam.

Calamares 674kcal 7.50
 Crispy squid served with garlic aioli.

NEW Fiesta Ensalada 164kcal V VB GF 6.25
 Minted watermelon, mixed leaves, carrot curls, pink pickled onions, oven-dried tomatoes, tossed in a poppy seed dressing. With toasted pumpkin seeds, green chickpeas, sliced radish & sweet chilli pepper pearls.

Albondigas 462kcal 7.50
 Patagonian-style lamb meatballs with apple, mint, cheese & a pinch of nutmeg. Braised in a rich tomato, mint & mild chilli sauce & served with sourdough.

Brazilian Fried Chicken 875kcal 7.50
 Buttermilk-marinated chicken breast in a crispy spice-crumb, sliced & served with agave aioli.

NEW Corn Rib Elotes 585kcal V PF ask for PF 6.50
 Corn pieces dressed in a chilli seasoning, with garlic aioli, ancho chilli salt, Italian hard cheese & lime.

NEW Copacabana Cauliflower Bites 834kcal V PF 6.25
 Spicy, crispy coated cauliflower with agave aioli.

Quesadillas
 Tortilla with your choice of filling & cheese, folded, pan-toasted & served with roasted tomato salsa.

- Garlicky mushroom, chilli & thyme 539kcal V 6.50
- Spicy chicken, peppers & onion 552kcal 6.95
- **NEW** Shredded chipotle beef 835kcal 6.95

Chicken Wings 7.25
 Marinated wings sauced-up with your choice:

- Sticky guava glaze [mild] 934kcal
- Honey peri-peri [warm] 1020kcal
- Spicy BBQ jerk [hotter] 795kcal
- **Vivo: Flaming hot habanero [hottest] 855kcal**

Gambas 428kcal ask for GF 8.50
 Butterflied shell-on prawns cooked in a garlic, lemon & chilli sauce, served with sourdough.

THE PERFECT GIFT

Give the gift of Las Iguanas with our new e-gift cards. Shop online now and send gift cards and experiences straight to their inbox.

iguanas.co.uk/shop



MEXICO



An unrivalled range of richly seasoned classics with a kick, conjuring up the mood of Mexico with animated, colourful mariachi & non-stop margaritas.

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

- Sweet potato, butternut & chickpea chilli in a beetroot tortilla 833kcal V ask for VB 11.95
- Smoked chipotle chicken 1052kcal 12.95
- Shredded beef braised in chipotle 925kcal 12.95

Burrito Bowls
 All the flavours without the tortilla. A loaded bowl of salad, spring onion rice, refried beans, fresh sliced avocado, carrot curls, slaw & pico de gallo.

- Smoked chipotle pulled jackfruit 324kcal V VB GF V 10.95
- Grilled chicken 475kcal GF V 11.75
- Smoked chipotle chicken 451kcal GF V 11.75
- **NEW** Copacabana chicken 982kcal 11.75
- Shredded beef braised in chipotle 447kcal GF V 11.75

Veggie Chilli 517kcal V V ask for VB ask for GF 10.95
 Sweet potato, butternut squash & chickpeas braised with spiced tomatoes, served with spring onion rice, crispy blue corn tortillas, sour cream & pink pickled onions.

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

- Spicy chicken, pepper, onion & cheese 802kcal 13.95
- Roast butternut squash, red peppers, spinach & cheese 669kcal V 13.25

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

- Chicken breast strips 1257kcal 16.95
- Marinated steak strips 1322kcal 18.95
- Portobello mushroom 1000kcal V ask for VB 13.95

Chilli Con Carne 733kcal ask for GF 13.75
 A rich chunky beef & black bean chilli served with spring onion rice, crispy blue corn tortillas, sour cream & pink pickled onions.

ADD a beer Pairs perfectly with Mexican main courses.
Malquerida Fresh Red 5.0% 4.95

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).

NEW Gaucho Steak 775kcal ask for GF 20.95
 8oz sirloin steak with ancho chilli salt, fresh herb chimichurri, corn rib elotes & a choice of straight fries 456kcal or salad 121kcal.

Add extras:

- Garlic & chilli prawns 189kcal 3.95
- Half rack of jerk BBQ glazed ribs 669kcal 6.95

Blazing Bird ask for GF whole 18.95 half 14.75
 Spice-rubbed & marinated chicken served with straight fries 456kcal or salad 121kcal. Choose:

- Sticky guava glaze [mild] 2002kcal / 1001kcal
- Honey peri-peri [warm] 2034kcal / 1017kcal
- Spicy BBQ jerk [hotter] 2010kcal / 1005kcal
- **Vivo: Flaming hot habanero [hottest] 2336kcal / 1168kcal**

Buenos Aires Burger 1359kcal 14.75
 Our 100% prime beef patty, char-grilled & topped with creamy aioli, lettuce, smoky pork chorizo, caramelised onion, Emmental cheese & fresh herb chimichurri in a toasted brioche bun. Served with straight fries 456kcal or salad 121kcal.

Bean & Beetroot Burger 926kcal V ask for PF 12.25
 Black bean & beetroot burger with melted Emmental, beef tomato, lettuce & tomato-paprika mayo in a toasted brioche bun. Served with straight fries 456kcal or salad 121kcal.

Copacabana Burger 1220kcal 13.75
 A Brazilian twist; Buttermilk-marinated chicken breast in a crispy spice-crumbs with Emmental, pink pickled onions, beef tomato, lettuce, fresh coriander, agave aioli & tomato-paprika mayo in a toasted brioche bun. Served with straight fries 456kcal or salad 121kcal.

Classic Burgers 12.75
 Caramelised onions, pink pickled onions, beef tomato, lettuce & tomato-paprika mayo in a toasted brioche bun. Served with straight fries 456kcal or salad 121kcal.

- 100% prime beef patty 885kcal
- Char-grilled chicken breast 604kcal

Make your burger DIRTY

- Jalapeños 3kcal V VB, Guacamole 94kcal V VB, Fresh herb chimichurri 186kcal V VB each 75p
- Emmental cheese 75kcal V, Applewood slice 76kcal V VB each 1.00
- Halloumi 350kcal V, Brie 153kcal V, Smoked chipotle jackfruit 36kcal V VB, Shredded chipotle beef 97kcal, Chilli con carne 69kcal, Smoky pork chorizo 321kcal, Smoked chipotle chicken 100kcal each 2.00

Prefer Sweet Potato Fries? 408kcal add 80p

BRAZIL



Samba, Carnival, graceful football & endless white beaches set the scene for lightly spiced exotic dishes cooked from scratch by our skilled chefs.

Bahian Coconut Chicken 1161kcal GF 14.95
 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.

Shellfish Moqueca 955kcal ask for GF 17.50
 Prawns, mussels, clams & peppers cooked in our homemade creamy coconut, fresh tomato & lime sauce with spring onion rice, sweet plantain, pico de gallo & coconut farofa to sprinkle.

Moqueca de Palmitos 996kcal V ask for VB ask for GF 13.95
 Butternut squash, ethically sourced palm hearts & spinach in a creamy coconut curry with peppers, garlic & fresh tomatoes. Served with spring onion rice, sweet plantain, pico de gallo & coconut farofa to sprinkle.

Bahian Jackfruit Curry 679kcal V GF ask for VB 13.95
 Roasted pulled jackfruit & ethically sourced palm hearts cooked in a coconut sauce with ginger, garlic, cumin, cayenne, coriander & tomatoes. Served with spring onion rice & shredded greens.

Xinxim 1688kcal N ask for GF 14.95
 A classic recipe from North Brazil. Chicken & crayfish in our creamy lime & peanut sauce. Served with spring onion rice, shredded greens, coconut farofa & sweet plantain.

CUBA AND BEYOND



Try our innovative take on remarkable dishes from further afield. The rest of Latin America serves up simple delights from its rich culture.

Glazed Ribs ask for GF 19.95
 Whole rack of fall-off-the-bone pork ribs, topped with crispy onion & chilli. Served with straight fries 456kcal or salad 121kcal. Choose:

- Sticky guava glaze 1462kcal
- Jerk BBQ glaze 1371kcal

Cuban Sandwich 1303kcal 13.50
 Roasted pork belly, Emmental cheese & smoked ham with sweet mustard & sliced green pickle layered in our buttery toasted bun. Served with straight fries 456kcal or salad 121kcal.

NEW Fiesta Ensalada 354kcal V VB GF V 10.50
 Minted watermelon, mixed leaves, carrot curls, pink pickled onions, oven-dried tomatoes, tossed in a poppy seed dressing. With toasted pumpkin seeds, green chickpeas, sliced radish & sweet chilli pepper pearls.

TOP your salad

- Halloumi 415kcal V GF, Crayfish 29kcal GF each 2.50
- Cheese & mango empanada 232kcal V each 2.95
- Grilled chicken breast 223kcal GF each 3.95
- Buttermilk fried chicken 727kcal each 4.95

V Vegetarian VB Vegan PF Plant based GF Gluten free A Alcohol N Nuts/peanuts V 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.

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.

IGUANAS.CO.UK



DESSERTS

Inspired by classic Latin puddings and exotic ingredients, these sweet treats are the perfect finishing touch.

Churros	Cinnamon-sugar dusted churros served with your choice of dip for dunking (or both, if you order six).		
- Three churros with chocolate ganache	678kcal	5.25	
- Three churros with dulce de leche	634kcal	5.25	
- Six churros		7.95	
Tropical Ices	Three scoops of your choice:	4.95	
- Vegan coconut ice cream	375kcal		
- Mango sorbet	253kcal		
NEW Chocolate Truffle Bar	573kcal	6.75	
Chocolate salted caramel bar topped with Oatly Creamy Oat Fraiche, vegan chocolate sauce & popcorn.			
Dulce de Leche Cheesecake	621kcal	6.95	
Creamy cheesecake with dulce de leche caramel sauce.			
Brownie & Ice Cream	808kcal	6.75	
Warm gooey chocolate brownie pieces, vanilla ice cream & an alfajor; a Peruvian-style shortbread & dulce de leche biscuit sandwich.			
NEW Pornstar Martini Sundae	442kcal	6.50	
Mango sorbet & vanilla ice cream topped with passion fruit, vanilla & prosecco sauce, with crushed meringue, fresh passion fruit & mint.			
NEW OGGGS® Sticky Toffee Pudding	423kcal	6.95	
A melt-in-the-middle toffee sponge served with a scoop of vegan coconut ice cream.			
.....			
★ PIMP your dessert			
- Add 25ml of Havana Club Especial Rum		2.00	

COCKTAILS FROM £6.95

Check out the drinks menu for our range of tropical cocktails

iguanas.co.uk/our-menu



GRAB A BITE WITH IGGY

Kids meals include a main, 2 sides and a dessert for £7.95

iguanas.co.uk/kids-menu

Vegetarian **Vegan** **Plant based** **Gluten free** **Alcohol** **Nuts/peanuts** **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.

ALLERGENS Plant based dishes are made with vegan ingredients but cooked in the same fryer as dairy products. Let us know if you'd like to see our dedicated veggie & vegan menu.

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 & lamb are 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 • 0322C



CELEBRATE THE FLAVOURS OF LATIN AMERICA

las **IGUANAS**

COCKTAILS

HAPPY DAYS!
COCKTAILS FROM £6.95
ALL DAY EVERY DAY

Old favourites, classics with a twist, Latin-inspired tipples & Las Iguanas originals, expertly crafted by our bartenders with premium spirits.

Try the famous Brazilian Caipirinha made with our very own Magnifica Cachaça, an award-winning spirit distilled in the hills near Rio de Janeiro by the de Farias, who have been making cachaça for over thirty years.

PLASTIC STRAWS SUCK! Most drinks are not served with straws, but if you need a paper straw, just ask.



Horchata Colada

- 🍹 **Caipirinha** 6.95
 Our award-winning signature cocktail; Las Iguanas Magnifica Cachaça, lime, sugar. For a twist, ask for a Caipiroska with Absolut Vodka.
- 🍹 **Strawberry Caipirinha** 6.95
 Las Iguanas Magnifica Cachaça, lime, Funkin strawberry, sugar.
- 🍹 **Mango Collins** 7.95
 Absolut Mango Vodka, triple sec, orange, mango, lemonade.
- 🍹 **Long Island Iced Tea** 9.50
 Vodka, Havana Club Especial Rum, Beefeater Gin, Olmeca Altos Blanco 100% Agave Tequila, triple sec, lemon, Coke Zero.
- 🍹 **Vanilla Mai Tai** 6.95
 Havana Club Especial Rum, Absolut Vanilia Vodka, lime, nut-free orgeat syrup, bitters.
- 🍹 **Huana Party** 7.95
 Beefeater Gin, Huana, Funkin passion fruit, bottlegreen elderflower, apple.
- 🍹 **Watermelon Margarita** 8.95
 Olmeca Altos Blanco 100% Agave Tequila, watermelon, lime, sherbet.
- 🍹 **Raspberry Collins** 7.95
 Absolut Raspberri Vodka, Funkin raspberry, hibiscus, sherbet, soda.
- 🍹 **NEW Horchata Colada** 7.95
 Malibu, plant-based Oatly Barista milk, cinnamon & nutmeg syrup, popcorn. **Contains gluten**



- 🍹 **Passion Sour Bomb** 6.95
 Malibu Passion Fruit, sherbet, orange, soda.

- 🍹 **Tommy's Margarita** 8.95
 Olmeca Altos Blanco 100% Agave Tequila, agave, lime.
- 🍹 **Espresso Martini** 8.95
 Absolut Vanilia Vodka, Rainforest Alliance cold brew coffee, gomme.
- 🍹 **Passion Fruit Zombie** 9.95
 Wray & Nephew Overproof Rum, Lamb's Navy Strength Rum, Havana Club 7 Yr Rum, Havana Club 3 Yr Rum, Havana Club Especial Rum, falernum, passion fruit, lime, pineapple, bitters.
- 🍹 **Tutti Frutti** 7.95
 Absolut Raspberri Vodka, mango, passion fruit, lime.



- 🍹 **Mojito** 9.50
 Havana Club Especial Rum, mint, sugar, lime, soda.

- 🍹 **Pornstar Martini** 9.50
 Our twist on a classic. Sailor Jerry's Spiced Rum, apricot, Funkin passion fruit, vanilla, pineapple, with a shot of cava.
- 🍹 **Apple & Pear Margarita** 9.75
 Patron Silver Tequila, Xanté Pear Liqueur, apple, lime.
- 🍹 **Berry Colada** 7.95
 Malibu, Funkin Strawberry, blackcurrant, coconut, pineapple.
- 🍹 **NEW Strawberry Daiquiri** 7.95
 Havana Club 3 Yr Rum, lime, Funkin strawberry.
- 🍹 **Piña Colada** 6.95
 Malibu, coconut cream, pineapple.

MOCKTAILS

All of your favourite flavours without the alcohol.

- 🍹 **Citrus Cooler** 4.50 47kcal
 Fresh citrus, lemonade.
- 🍹 **Berry Fizz** 4.95 41kcal
 Funkin raspberry, bottlegreen elderflower, soda.
- 🍹 **Tropical Cooler** 4.95 64kcal
 Mango, pineapple, lime, lemonade.
- 🍹 **NEW Spiced Oat Milkshake** 4.95 81kcal
 Plant-based Oatly Barista milk, cinnamon & nutmeg syrup, popcorn. **Contains gluten**
- 🍹 **Apple Mojo-less** 5.25 66kcal
 Mint, lime, apple, soda.
- 🍹 **Coconut Cooler** 5.25 133kcal
 Pineapple juice, coconut cream.
- 🍹 **Passion Fruit Cooler** 5.25 102kcal
 Passion fruit, lemon, orange.

CARBON-FRIENDLY COCKTAILS

Cocktails that help the planet.

We'll plant a tree in Latin America for every 10 carbon-friendly cocktails sold, in partnership with MOOSE & Wild-Arbor.

- 🍹 **Clear Batida** 9.75
 Wild-Arbor vegan clear cream liqueur, white cacao, Las Iguanas Magnifica Cachaça.
- 🍹 **Moose Mai Tai** 9.75
 MOOSE Alpine Spirit, Wray & Nephew Rum, pineapple, lime, nut-free orgeat syrup, bitters.
- 🍹 **Raspberry Martini** 9.75
 MOOSE Alpine Spirit, raspberry, lime, aquafaba, gomme.

Read more at
iguanas.co.uk/carbon-friendly

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

There are also smaller portions of our favourite grown-up dishes available from the main menu if you prefer, at half price or less. For the tinies, we can help to reheat baby bottles.

Step 1: Pick a Main Course



Crispy Cod Fingers
Golden breadcrumb cod fingers.



Beef Burger ask for GF
Beef burger topped with or without cheese in a toasted brioche bun.



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.



Calamares
Flour-dusted crispy squid pieces.



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 VB
- Fajita spiced chicken breast strips, peppers and onions



Crazy Quesadilla
Tortilla, folded, char-grilled and filled. Choose:
- Chicken and cheese
- Cheese and cherry tomato V ask for VB
- Garlicky mushroom, chilli and thyme and cheese (I'm spicy!) V

Pictured sides are suggestions only.



For each Niños Meal ordered we donate to the LATA Foundation, funding social and environmental projects throughout Latin America and Mexico including support for the kids at Projeto Vidançar dance school in Rio. Find out more at latafoundation.org



Step 2: Pick two Sides

Peas V VB GF

Sweetcorn V VB GF

Baked beans V VB GF

Mixed salad V VB GF

Rice V VB GF

Curly fries V PB

Straight fries V PB

Step 3: Pick a Dessert

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 VB GF

Fresh blueberries and 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 options on our drinks menu, but here are a few of Iggy's favourites.

Juices 1.00

Apple, Pineapple or Orange.

Still Water 1.00

Whole Milk 1.00

Squash 50p
Blackcurrant or Orange.

Orange Capri-Sun 1.60

Mini Milkshake 1.70
Home-made using fresh milk and Strawberry or Raspberry fruit purée.

NEW Fruity Seltzers

Sugar free fizzy coolers mixed in house.

Iggy Punch 1.95

Passion fruit, pineapple, vanilla.

Mischief Fizz 1.95

Watermelon.

Santiago Spritz 1.95

Mango, strawberry.

