

**AUTUMN
WINTER**

LAS IGUANAS

EAT LATIN • DRINK LATIN

LUNCH & EARLY EVENING DEAL available until 6.30pm

MAIN COURSE 6.90

STARTER & MAIN COURSE 7.90

STARTERS

CHAMPIÑONES (v)

Button mushrooms cooked in a creamy smoked chipotle sauce served with tortillas

SOPA DE CALABAZA (v)

(n) (ask for gf)

Roast butternut squash & coconut milk soup with soured cream

CRAYFISH COCKTAIL (ask for gf)

Shredded sweet romaine, diced cucumber & crayfish, topped with smoked paprika & tomato mayonnaise, served with bread

ADD A DRINK

first glass/bottle only

WINE add 1.50

Chenin Chardonnay or Merlot, 175ml

BEER add 1.50

San Miguel bottle

MINERALS add 1.00

Glass of Coke, Diet Coke or Lemonade

MAIN COURSES

WRAPS

Large tortilla wraps served with your choice of quinoa, orange & basil salad or fries.

Choose from:

Hot chicken fajita with bell pepper, onion & cheese

NEW Hot roast squashes, broccoli, mixed bean & cheese (v)

ENCHILADA (ask for v option)

Rolled tortilla filled with spiced chicken, bell peppers & cheese, smothered in smoked chilli sauce & melted cheese, served with rice & salad

CAESAR (v)

Sweet romaine tossed with creamy garlic dressing & croutons, sprinkled with parmesan shavings

CHILLI CON CARNE (ask for gf)

Rich chilli of steak, tomatoes & black beans, served with rice, tortillas & soured cream

NEW BAHIAN RISOTO (gf) (a)

Brazilian-style risotto cooked in white wine with parsley & parmesan, drizzled with hot chilli oil. Choose from:

Palm heart, asparagus & artichoke (v)

Salmon, mussel & prawn

PERI-PERI ASADO (ask for gf)

Half a slow roast chicken, smothered in hot Brazilian-style garlic, lemon & chilli sauce, served with fries or salad

BUENOS AIRES BURGER

Flame-grilled, 100% beef burger topped with mozzarella, tomatoes, smoked paprika mayonnaise & rocket in a toasted bun, served with salad or fries

MAIN COURSES

GOURMET FAJITAS

Hot sizzling platters of bell peppers & onions, served with soured cream, pickled jalapeños and warmed tortillas for rolling. Choose from:

Shitake, Portobello, button & oyster mushrooms (v)

(c) 10.50

& leeks with blue cheese guacamole & home-made salsa

Chicken fillet strips

(c) 12.50

with lemon & paprika, creamy guacamole & home-made salsa

Flame-grilled sirloin steak

13.50

with horseradish guacamole & salsa Criollo

ENCHILADA

Filled, rolled tortilla smothered in red chilli sauce, melted cheese & soured cream, with rice & refried beans. Choose from:

Roast squashes, broccoli, mixed bean & cheese (v)

8.50

Chicken, sweet bell peppers & cheese

8.90

Shredded duck & caramelised onion

9.50

CHIMICHANGA

Crisp tortilla parcel served with salsa, soured cream, guacamole, rice & refried beans. Choose from:

Roast butternut, zucchini & cheese (v)

8.50

Spiced chicken, chilli sauce & cheese

8.90

NEW GRILLS (ask for gf)

Simply seasoned & flame-grilled, served with Spinach & parmesan salad or Cumin roast butternut squash & sweet potato, & your choice of Latin dip (see sides below). Choose from:

Half a slow-roast chicken

7.90

Chicken fillet

(c) 8.90

Yellowfin Tuna

10.50

Seabass

13.50

Lamb rump

12.50

7oz Pichana Brazilian-style rump steak

13.50

8oz 21-day matured sirloin steak

14.50

PUERTO RICAN PAELLA (ask for gf)

Traditional paella rice with saffron, peppers, peas, coriander & cayenne. Choose from:

Butternut, asparagus & Portobello mushroom (v)

(c) 8.90

Chicken, chorizo, squid, salmon, tiger prawn & mussels

(c) 10.00

NEW CORDERO ASADO (a) (gf)

Roast lamb rump with a light merlot & cocoa jus served with cumin roast butternut squash & sweet potato

12.50

TAPAS DEAL available until 6.30pm

choose 3 dishes for 12.60 or 5 dishes for 21.00 from the TAPAS & STARTERS section below

BREAD & NIBBLES (v)

BREAD & OLIVES Bread & marinated olives

3.00

TOTOPOS Home-made corn chips with salsa, guacamole or soured cream

2.00

PAN AJILLO Toasted country bread with fresh garlic & chilli butter

2.90

TAPAS & STARTERS

NACHOS (v)

Home-fried corn chips with melted cheese, jalapeños, salsa, soured cream & guacamole

5.50

Choose a topping: Refried beans (v), Mixed mushrooms (v), Chilli con carne, Chorizo, Chicken

1.60

NEW RIOJA CHORIZO

Rich garlic & paprika pork chorizo & onions braised in rioja, served with bread

4.80

GAMBAS (ask for gf)

Four split tiger prawns cooked in lemon & chilli butter, served with bread

5.20

NEW EMPANADAS

Crisp filled parcels. Choose from:

4.70

Brie & mango served with mango, ginger & coriander salsa (v)

Salmon, haddock, prawn & mussel served with chilli oil

BOLINHOS

Brazilian-style fish, potato & parsley fritters with hot chilli salsa

4.50

PATO TAQUITO

Char-grilled tortilla filled with shredded duck & caramelised onion, with sweet chilli jam

5.00

NEW ENSALADA PALMITO (v) (gf)

Hearts of palm, baby spinach & rocket tossed in a fresh passionfruit & red pepper vinaigrette

4.50

CALAMARES

Crisp fried baby squid with fresh garlic & chilli aioli

4.80

QUESADILLA (v)

Char-grilled tortilla filled with Portobello mushroom & melted brie, with home-made tomato, garlic & coriander salsa

4.30

PERI-PERI POLLO

Crisp cassava-coated chicken with Brazilian-style hot garlic, chilli & lemon sauce

5.00

TAPAS SHARING PLATTERS

NEW VERDURAS (v)

Quesadilla, Pan ajillo, Corn chips, Champiñones, Ensalada palmito & Brie & mango empanada

12.50

NEW MIXTO

Calamares, Bolinhos, Quesadilla, Corn chips, Chilli con carne & Peri-peri pollo

12.50

NEW GAMBAS GRANDE

12 split tiger prawns cooked in lemon, garlic & chilli, served with bread

15.50

CHILDREN

Look for the (c) symbol for smaller portions of our main courses at half price or less for the under-12's

Organic baby food is FREE for tiny guests and ask for our NEW menus for toddlers and the under-12's, packed full of activities

PARTIES

Feast on some of our favourite Fiesta dishes with our party menu. We'd love to help you with your next event - ask us how we can!

- A deposit is required for parties of 10+
- 10% optional service charge will be added to parties of 5+

INFO

(n) nuts (v) vegetarian (gf) gluten-free, please ask (a) contains alcohol

We can't guarantee our dishes are 100% nut free. Some dishes may contain bones. We are GM free as far as we know. Any specific dietary needs? Let us know! We aren't responsible for stolen or lost items. All items will be presented on a single bill

BRAZILIAN DISHES

MOQUECA (n) (ask for gf)

A light Brazilian coconut curry of peppers, tomatoes, garlic & palm oil, with rice, sweet plantain, coconut farofa & hot chilli salsa. Choose from:

Sweet potato, palm hearts & sugar snap peas (v)

(c) 8.50

Salmon

(c) 10.50

XINXIM (n) (ask for gf)

Pele's favourite; Brazilian lime chicken in a creamy crayfish & peanut sauce with rice, fine beans, coconut farofa & sweet plantain

(c) 10.00

NEW ENSOPADO DE CARNE (n) (ask for gf)

A rich warming casserole of beef & beef chorizo, cooked in tomatoes, spices & coconut milk, served with rice & sweet plantain

8.50

PESCADO CON COCO

Fresh haddock fillets & Chilean blue mussels in a light saffron & coconut broth of new potatoes, crayfish, white beans & baby plum tomatoes

(c) 10.50

SALADS

NEW ENSALADA ASADO (v) (gf)

Mixed salad leaves tossed with avocado, artichoke, asparagus & baby plum tomatoes topped with roast butternut & sweet potatoes

7.50

SMOKED SALMON (gf)

Poached fillet of smoked salmon & free-range egg over tossed leaves, fine beans, baby plum tomatoes, cucumber & black olives with a dill & lemon dressing

8.00

CAESAR (v)

Sweet romaine tossed with creamy garlic dressing & croutons, sprinkled with parmesan shavings. Choose a topping: Grilled chicken fillet or Crayfish tails

6.90

ATUN (gf)

Flame-grilled Yellowfin tuna steak over peppery rocket, radicchio, tomatoes, quinoa & fine beans tossed in a fresh orange, olive oil & basil dressing

1.60

8.50

SIDES (v)

ENSALADA (gf) Mixed salad, Spinach & parmesan or Quinoa, chilli, orange & basil

2.70

PATATAS Patatas Bravas, Fries with aioli or Cassava fries with salsa

2.70

EXTRAS (gf) Refried black beans, Rice or Cheese

from 1.00

LATIN DIPS (gf)

Salsa, Aji, Guacamole, Horseradish guacamole, Blue cheese guacamole, Aioli, Jalapeños, Chilli jam, Soured cream, Salsa Criollo, Mango salsa

each 0.70

choose any 3 dips

1.50

DESSERTS (v)

CHOCOLATE BANOFFEE PIE Rich & smooth

4.80

****NEW** APPLE EMPANADA** Toffee apple & raisin filled pastry

4.20

BREVAS (gf) Toffee-stuffed black figs in sugar cane syrup

3.80

IPANEMA MESS (gf) Guava, meringue & mascarpone

3.90

TRIO OF SORBETS Lemon, mango & blackcurrant sorbets

4.00

****NEW** IGUANA BANANA (a)** in cachaça & butterscotch sauce

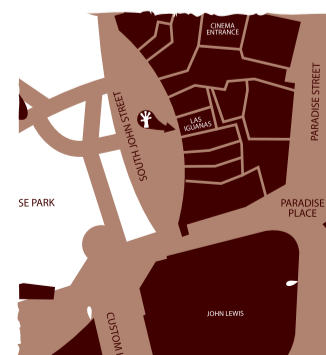
4.50

AZTEC CHOCOLATE FUDGE CAKE Spiced orange

4.80

CHEESECAKE (a) With mango & cachaça sauce

4.30



WHITE WINES

AROMATIC & EASY GOING

	175ml	250ml	bottle
CHENIN, CHARDONNAY Viña Plata. Argentina	3.10	4.40	13.00
Dripping with ripe tropical lushness			★ 9.50
PINOT GRIGIO Graffigna. Argentina	3.30	4.70	14.00
Red apple, peaches & a touch of nuttiness			
CHARDONNAY Miolo. Brazil			16.50
Rich, buttery oak			

LIGHT & ZESTY

	175ml	250ml	bottle
RIOJA BLANCO Don Jacobo. Spain	3.30	4.80	14.00
Lemony fresh with no oak			
SAUVIGNON BLANC Errázuriz. Chile	3.60	5.10	15.00
Vibrant gooseberry & passion fruit			
TORRONTES Etchart. Argentina	3.80	5.30	15.50
Tangy grapefruit & citrus fusion			
SAUVIGNON BLANC Catamayor. Uruguay			16.50
Clean, stylish & fresh			

ROUND & SMOOTH

			bottle
VIIGNIER Las Altas. Argentina			16.50
Intensely rich with apricot & floral notes			
CHARDONNAY WILD FERMENT Errázuriz. Chile			17.50
Full-on tropical fruits			

ROSE WINES

PERFECTLY PINK

	175ml	250ml	bottle
MALBEC ROSÉ Etchart. Argentina	3.50	5.10	14.80
Full tasting, mixed summer berries			
MALBEC-SHIRAZ ROSÉ Finca Flichman. Argentina	3.60	5.20	15.00
Slightly off dry, balanced by spicy finish			

BUBBLES

DECEDENT & ELEGANT

	125ml	bottle
ANNA DE CORDORNIU Chardonnay Reserva Brut. Cava. Spain	3.30	18.50
Stylish fizz bursting with lemony freshness		★ 15.00
BOUCHÉ PÈRE ET FILS Cuvée Reservée Brut	4.70	27.50
Light and youthful Champagne		
PIPER HEIDSIECK Brut		32.50
Refined & elegant soft red apples		
DUVAL-LEROY Rosé de Saignée Fleur de Champagne Brut		35.00
Awesome rose fizz		
BOLLINGER Special Cuvée Brut		47.50
Deep, full apple silver medal winner		

RED WINES

SOFT & JUICY

	175ml	250ml	bottle
MERLOT Valle Andino. Chile	3.10	4.40	13.00
Smooth & silky plum, damson & chocolate			★ 9.50
MALBEC-CABERNET SAUVIGNON Etchart. Argentina	3.20	4.60	13.50
Mellow & moreish with ripe red & black fruit			
RIOJA TINTO Faustino VII. Spain	3.70	5.30	15.50
Suave, smooth blackcurrants with soft oak			
PINOT NOIR, WILD FERMENT Errázuriz. Chile			17.50
Intense wild raspberry dusted with exotic spice			

LUSH & EXOTIC

	175ml	250ml	bottle
MERLOT-CABERNET SAUVIGNON Errázuriz. Chile	3.60	5.10	15.00
Soft Merlot teamed with cassis drenched Cabernet			
PETIT SIRAH L.A. Cetto. Mexico	3.80	5.40	16.00
Deep core of black fruits lifted by light spice			
MERLOT-TANNAT Catamayor. Uruguay			16.50
Dry, fruity & unique			

BIG & BOLD

			bottle
CABERNET SAUVIGNON Miolo. Brazil			16.50
Bold cassis with smooth mellow tannins			
MALBEC-CABERNET-MERLOT Etchart, Arnaldo B. Argentina			20.00
Complex rich Bordeaux style			

BEER & CIDER



BOTTLED BEERS

CUSQUEÑA Peru 5%	3.20
BRAHMA Brazil 4.8%	3.10
CORONA Mexico 4.6%	3.20
NEGRA MODELO Mexico 5.3%	3.40
SAN MIGUEL Spain 5%	3.10

DRAUGHT BEER

SAN MIGUEL Spain 5%	½ pint	pint	2pt jug
	1.80	3.30	6.20

CIDER

WESTONS ORGANIC West Country 6.5%	500ml	4.00
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NON ALCOHOLIC COOLERS



★ RASPBERRY COOLER	2.70
Long & refreshing with raspberries & elderflower	
NEW GINGER FRUIT SMOOTHIE	3.50
Fresh pineapple, banana & raspberry blended with ginger, ice & orange juice	
CITRUS COOLER	2.30
Crushed fresh lemon & lime, topped with lemonade & ice	
PASSIONFRUIT & ORANGE COOLER	2.70
Passionfruit, lemon juice, sugar & mineral water shaken with ice & topped with orange juice	
COCA-COLA ICON GLASS BOTTLE	2.00
Coke or Diet Coke 330ml	
CARVALHELOS MINERAL WATER	2.00
Portuguese Sparkling or Still 500ml	
MINERAL & JUICES Coke, Diet Coke, Lemonade	from 1.60
Pineapple, Apple, Cranberry, Tomato, Freshly squeezed orange, Pomegranate	

CACHAÇA, CAIPIRINHAS & CACHAÇA COCKTAILS

We are the only restaurant to produce cachaça from our own sugar cane plantation near Rio. João Luiz oversees the process from harvesting the cane, to bottling the cachaça.

LAS IGUANAS MAGNIFICA CACHAÇA	2.70
Our own clean, dry & powerful crystal cachaça	
LAS IGUANAS MAGNIFICA AGED CACHAÇA	3.20
Rich & sweet, butterscotch & vanilla medal winner	

CAIPIRINHAS

with cachaça, or caipiroskas with Wyborowa vodka

★ CLASSIC CAIPIRINHA – The Brazilian cocktail	5.00
A whole lime muddled with sugar, topped with crushed ice & cachaça	
NEW LEMON Fresh lemon, cachaça & sugar	5.00
NEW PINEAPPLE & BASIL Fresh pineapple, basil, lime, cachaça & sugar	5.60
NEW SPICY GINGER Ginger, lime, cachaça, sugar & ginger beer	5.60
POMEGRANATE Fresh lime, cachaça & sugar, topped with pomegranate juice	5.60
TROPICAL Fresh pineapple, lime, cachaça, Malibu & sugar	5.60
WATERMELON Fresh lime, cachaça, sugar & watermelon juices	5.60

CACHAÇA COCKTAILS

CANA ROYALE Magnifica cachaça, raspberry liqueur & elderflower, topped with Cava	6.00
NEW BRASILIA Cachaça & chocolate liqueur shaken with ice & cream	5.00

CLASSIC COCKTAILS

Please ask your server for alternatives

NEW GINGER PIMMS	4.50
Pimms with ginger beer & fresh fruit	pitcher 13.50
★ CLASSIC SANGRIA	4.20
Red wine, brandy, fresh lemon & orange juice with fruit, sugar & lemonade	pitcher 11.90
★ IGUANA-WANA	4.80
Vodka, peach schnapps & orange juice over ice	pitcher 13.50
★ LONG ISLAND ICED TEA	5.00
Vodka, triple sec, rum, gin, tequila & lemon juice topped with Coke	pitcher 14.00
★ IPANEMA BREEZE	4.50
Vodka & cranberry juice over ice, with fresh orange & watermelon juices	pitcher 12.50
★ TEQUILA SUNRISE	4.80
Tequila, orange & pomegranate juices, shaken & served over ice with grenadine	pitcher 13.50
★ ACAPULCO CREAM	4.50
Tia Maria, vodka & Baileys shaken with ice & fresh cream	
★ MARGARITA	4.50
Gold tequila & triple sec shaken with fresh lime, served over ice, with a salt rim	
<i>Why not try Raspberry or Passionfruit</i>	5.20
COSMOPOLITAN	5.20
Vodka, Cointreau, lime & cranberry juices shaken with ice	
RASPBERRY MARTINI	5.20
Vodka & raspberry liqueur shaken with raspberries	
PISCO SOUR	5.00
Pisco, lemon juice, sugar & bitters	



HAVANA CLUB RUM MOJITOS & COCKTAILS

MOJITO ESPECIAL	5.90
Fresh mint leaves crushed with sugar, fresh lime juice & rum, topped with Cava	
MOJITO	5.50
Fresh mint crushed with sugar & ice topped with rum, lime juice & soda	
NEW PINEAPPLE & BASIL	5.80
Fresh mint, pineapple & basil crushed with sugar & ice topped with rum, lime & soda	
NEW VANILLA MOJITO	5.80
Fresh mint crushed with vanilla, sugar & ice topped with rum, lime & soda	
RASPBERRY DAIQUIRI	5.60
Raspberry liqueur & rum shaken with fresh lime, raspberries & sugar	
PINA COLADA (n)	4.80
Havana Club rum blended with pineapple, coconut, cream & ice	
DAIQUIRI	5.00
Classic rum, lime & sugar	
MAI TAI	5.50
Dark & gold rums, orange curaçao, almond & orange juice	
APPLE MOJO	5.80
Fresh mint crushed with sugar & ice, with rum, lime, apple juice & soda	
★ CUBA LIBRE	4.50
Free Cuba! Rum, Coke & lime over ice	pitcher 12.50
<i>or why not try:</i>	
SPICED MOJITO	5.80
Morgans Spiced rum, mint, lime, sugar & soda	



MEASURES

• All our wines are between 11% and 14.5% ABV. Please ask your server for further information
 • All spirits and liqueurs are served in 25ml measures