

# CARDIFF

Allergen Info

## WHILE YOU CHOOSE

### **3.95 MEXICAN POPPADOMS**

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

### **8.50 CHEESY PERU FONDUE**

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



### **3.95 GARLIC FLATBREAD**

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

- 50p Add cheese

### **4.25 PÃO DE QUEIJO**

Traditional Brazilian cheese dough balls served with chipotle butter.

### **4.75 HOLY GUACAMOLE** ask for ask for ask for

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

### **2.50 PERUVIAN BOTIJA OLIVES**

In a herby marinade.

## 2.95 CHICHARRONES

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

## 4.25 NEW TEQUEÑOS

A popular Venezuelan street food; cheese filled fried bread sticks served with chipotle butter.

# TAPAS TIME

TAPAS TIME: SHARE 3 DISHES FOR 16.95 OR 5 DISHES FOR 26.95. Available until 7pm every day & all day Sunday & Monday.  
(Nacho toppings & Gambas extra)

## 8.25 NACHOS

ask for ask for ask for  
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 2.00 Shredded chipotle beef / Smoked chipotle chicken / Chilli con carne
- Add 2.00 Refried black beans / Smoked chipotle pulled jackfruit



## 6.95 CHICKEN WINGS

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]**

### **5.50** NEW **FIESTA ENSALADA**

Butternut squash, mixed leaves, carrot curls, pink pickled onions, pickled beetroot slices, oven-dried tomatoes & fresh avocado, tossed in a poppy seed dressing. With candied seeds, charred corn & sweet chilli pepper pearls.

### **5.75** **BRAZILIAN BEACH CHEESE** ask for

Pan-fried halloumi-style cheese with oregano & sweet chilli sauce.



### **6.95** **CALAMARES**

Crispy squid sprinkled with seaweed salt & served with aioli.

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

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

### **5.95** **MUSHROOM QUESADILLA**

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

### **5.95** **CHICKEN QUESADILLA**

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

### **6.25** NEW **BRAZILIAN FRIED CHICKEN**

Buttermilk-marinated chicken breast in a crispy spice-crumb, sliced & served with amarillo aioli.

### **6.50** **ALBONDIGAS**

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

### **5.95 DADINHOS**

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

### **5.95 <sup>NEW</sup> SMOKED SALMON TIRADITO**

Smoked salmon slices in a fresh ginger & beetroot dressing, with avocado aioli, amarillo chilli, sweet chilli pepper pearls & pickled beetroot & onion, topped with candied seeds.

### **4.95 CRISPY CAULIFLOWER BITES**

Spicy, crispy coated cauliflower with amarillo aioli.

### **5.75 CHICKEN TINGA TACOS** ask for

Two soft tacos with smoky chipotle chicken, pink pickled onions & guacamole. Choose from grilled corn & flour tortillas or grilled blue corn tortillas.

### **7.95 GAMBAS** ask for

Butterflied shell-on prawns cooked in a garlic, lemon & chilli sauce, served with sourdough. \*add £1 to include in Tapas Time



### **6.75 SHREDDED DUCK TACOS** ask for

Two soft tacos with roast duck & caramelised onion with spicy cranberry salsa. Choose from grilled corn & flour tortillas or grilled blue corn tortillas.

### **6.50 BAJA FISH TACOS**

Two soft tacos with crispy battered sea bass, sour cream & avocado aioli. Choose from grilled corn & flour tortillas or grilled blue corn tortillas.

**6.25 <sup>NEW</sup> PORK PIBIL TACOS** ask for

Two soft tacos with pulled roasted pork in an achiote, oregano, orange & lime glaze, pink pickled onions, soured cream & crumbled chicharróns. Choose from grilled corn & flour tortillas or grilled blue corn tortillas.

**5.50 JACKFRUIT TINGA TACOS** ask for

Two soft tacos with pulled roasted jackfruit in a smoky beetroot chipotle sauce with avocado aioli. Choose from grilled corn & flour tortillas or grilled blue corn tortillas.

**5.50 CRISPY CAULIFLOWER TACOS**

Two soft tacos with spicy, crispy coated cauliflower & amarillo aioli. Choose from grilled corn & flour tortillas or grilled blue corn tortillas.

## BRAZIL

**14.95 XINXIM** ask for

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



**12.50 CHEESY BUTTERNUT SQUASH MARACANÃ**

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. Served with shredded greens.

### **14.95<sup>NEW</sup> PEANUT & PRAWN MARACANÃ**

Prawns cooked in a peanut, chilli, coconut, lime & coriander sauce served in our sourdough bread bowl inspired by the famous Maracanã Stadium in Rio. Served with shredded greens.

### **14.95MOQUECA DE PEIXE** ask for

Peeled prawns, white fish & peppers cooked in our homemade creamy coconut, fresh tomato & lime sauce with spring onion rice, sweet plantain, pico de gallo & a coconut farofa to sprinkle.

### **13.75MOQUECA DE PALMITOS** ask for ask for ask for

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.

### **14.95BAHIAN COCONUT CHICKEN** ask for ask for

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.

### **11.50<sup>NEW</sup> BAHIAN JACKFRUIT CURRY** ask for ask for

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.

### **15.95<sup>NEW</sup> CARNE DE SOL** ask for

Slow-cooked salt cured beef top rib served with a sweet potato mash, sweet potato crisps, shredded greens & a rich beef & caramelised onion jus.

## **MEXICO**

### **12.75CHICKEN 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.

### **9.95VEGGIE CHILLI** ask for ask for ask for

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

## **FAJITA STACKS** ask for

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

- **16.95Chicken Breast Strips**
- **17.95Marinated Steak Strips**
- **17.50Shelled Prawns**
- **13.95Portobello Mushroom** ask for ask for



## **9.95VEGGIE 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.

## **BURRITO BOWLS** ask for

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.

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

## **BURRITOS**

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

- **10.95 Sweet potato, butternut & chickpea chilli in a beetroot tortilla** ask for ask for
- **11.95 Smoked chipotle chicken**
- **11.95 Shredded beef braised in chipotle**

**12.75 CHILLI CON CARNE** ask for

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]**

## ARGENTINA

Prefer Sweet Potato Fries? Just add 75p

**Half 13.95 Whole 18.95 BLAZING BIRD** ask for

Spice-rubbed & marinated chicken & 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]**

**12.50 NEW COPACABANA BURGER**

Buttermilk-marinated chicken breast in a crisp spice-crumb with Emmental, pink pickled onions, beef tomato, lettuce, fresh coriander, amarillo aioli & tomato-gherkin mayo in a toasted brioche bun. Served with a choice of fries or salad.





**19.95 GAUCHO STEAK** ask for

10oz sirloin steak sprinkled with ancho chilli salt, served with smoky herb chimichurri, Argentine-style roasted sweetcorn purée & a choice of fries or salad.

**13.50 BUENOS AIRES BURGER**

Our 100% prime short rib & chuck beef patty, char-grilled & topped with aioli, lettuce, smoky pork chorizo, caramelised onion, Emmental cheese & smoky herb chimichurri in a toasted brioche bun with a choice of fries or salad.

**11.95 BEAN & BEETROOT BURGER**

Black bean & beetroot burger with melted Emmental, beef tomato, lettuce & tomato-gherkin mayo in a toasted brioche bun. Served with a choice of fries or salad.

**11.95 BEEF BURGER**

100% prime short rib & chuck beef patty with caramelised onions, pink pickled onions, beef tomato, lettuce & tomato-gherkin mayo in a toasted brioche bun. Served with a choice of fries or salad.

**11.95 CHICKEN BURGER**

Char-grilled chicken breast with caramelised onions, beef tomato, lettuce & tomato-gherkin mayo in a toasted brioche bun. Served with a choice of fries or salad.

## CUBA & BEYOND

**Whole Rack 18.95 HAVANA CLUB & JERK BBQ PORK RIBS**

Whole rack of fall-off-the-bone pork ribs covered in a sticky rum glaze, topped with crispy onion & chilli, served with a choice of fries or salad.



### **8.95** NEW **FIESTA ENSALADA**

Butternut squash, mixed leaves, carrot curls, pink pickled onions, pickled beetroot slices, oven-dried tomatoes & fresh avocado, tossed in a poppy seed dressing. With candied seeds, charred corn & sweet chilli pepper pearls.

- **2.50** add **Brie & Mango Empanada, Crayfish, Grilled Chicken or Halloumi-style cheese** ask for
- **1.50** add **Smoky Streaky Bacon**

### **11.95 CUBAN SANDWICH**

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

### **13.95 DOMINICAN GOAT CURRY** ask for

For those who like it hot. A spicy Dominican-style goat & Scotch bonnet chilli curry with spring onion rice, fried plantain & pink pickled onions.

## **SIDES**

### **2.95 HUMITAS**

Argentine-style roasted sweetcorn purée.

### **3.75 FRIES**

Curly or Straight-cut fries with creamy aioli.

### **4.50 SWEET POTATO FRIES**

With creamy aioli.

### **3.95 CASSAVA FRIES**

With roasted tomato salsa.

### **5.50 TRUFFLE MAC & CHEESE**

Macaroni cheese drizzled with white truffle flavoured oil, amarillo chilli, avocado aioli, crispy onions & chilli.

### **2.25 REFRIED BEANS** ask for ask for

With sour cream & cheese.

### **2.50 SWEET PLANTAIN**

Deep-fried sweet plantain.

### **2.00 SHREDDED GREENS** ask for ask for

Brazilian-style greens in a garlic & chilli butter.

### **4.25 PATATAS BRAVAS IN BITS**

Deep-fried potato chunks served with smoky chipotle sauce & aioli.

### **2.50 <sup>NEW</sup> SWEET PICKLED SLAW**

Pickled shredded carrot, cabbage, parsley & pink pickled onion with chilli, lime & coriander.

### **2.00 SPRING ONION RICE**

Lightly seasoned rice with garlic & spring onion.

### **3.95 MIXED SALAD**

With carrot curls, pickled beetroot, sweet chilli pepper pearls & pink pickled onions, in a pequin pepper & agave dressing.

## **DESSERTS**

\*Pimp your dessert! Add 25ml Havana Club Especial Rum for £2

### **5.50 CREAMY CARAMEL CAKE\***

Layers of soaked sponge drizzled with dulce de leche. Topped with caramelised cream & blueberries.

### **three 4.95 six 7.95 CHURROS**

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).

### **5.50 CHOCOLATE COCONUT TART**

A rich indulgent chocolate & coconut tart on a nutty base dusted with cocoa, served with a scoop of our dairy-free coconut ice cream.

### **4.95 BROWNIE & ICE CREAM**

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

### **5.95 NEW PORNSTAR SUNDAE** ask for ask for

Our twist on the classic cocktail. Mango sorbet & coconut ice cream with a passion fruit, prosecco & vanilla purée, crushed meringue, fresh mango & passion fruit.



### **5.95 DULCE DE LECHE MACADAMIA CHEESECAKE**

Creamy cheesecake with roasted macadamia nuts & dulce de leche caramel sauce.

### **5.25 NEW BANANA STICKY TOFFEE PUDDING**

Warm banana sticky toffee pudding with toffee sauce, fried plantain & vanilla ice cream.

### **4.95 DAIRY-FREE ICES**

Choose from three scoops of our dairy-free coconut ice or mango sorbet.

**V**Vegetarian **VG**Vegan **GF**Gluten Free **DF**Dairy Free **N**Contains Nuts/Peanuts **A**Contains Alcohol

We haven't listed all of the ingredients in every dish. Any allergies/intolerances? Please let your server know • Country of origin indicates style of cooking • Some dishes may contain bones. Olives may contain stones • Our chicken, duck, goat & lamb are Halal • 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 •

For parties of 5 or more, an optional 10% service charge will be added to your bill.

[\*\*DOWNLOAD ALLERGEN INFO\*\*](#)

FIND OUT MORE





[BOOK FOR BUBBLES](#)

[FIND OUT MORE](#)



HAPPY DAYS!



- -

- [About](#)
- [Contact Us](#)
- [Join The Team](#)
  - [Feedback](#)
- [Terms & Conditions](#)
  
- [Allergen Info](#)
- [Tips Policy](#)
- [Ethical Trading](#)
  - [Franchise](#)
  - [Property](#)
  
- [Gift Cards](#)
- [Our Cachaça](#)
- [Parties & Packages](#)
- [Bottomless Brunch](#)
- [Privacy Policy](#)

© Las Iguanas 2020

THIS WEBSITE USES COOKIES. BY USING OUR WEBSITE, YOU AGREE WITH OUR [PRIVACY POLICY](#). I UNDERSTAND