We haven't listed all of the ingredients in every dish.

Our dishes are freshly prepared to order so if you have any specific dietary requirements or allergies, there are many dishes we can change for you so they are suitable.

Please phone ahead to the restaurant or drop them an email and they will be only too happy to help.

las IGUANAS Allergens	Cereals cont. gluten	TreeNut	Soybean	SO2	Sesame	Peanut	Mustard	Mollusc	Milk	Lupin	Fish	Eggs	Crustacea	Celery
STARTERS AND TAPAS														
ALBONDIGAS	●		●	●					●					●
BRIE & MANGO EMPANADAS	●	◊	◊	◊			◊		●			◊		◊
CALAMARES	●	◊	◊	◊	◊		●	●	◊		◊	●	◊	●
CHICKEN QUESADILLA	●		●	●					●					
CHICKEN WINGS & BBQ SAUCE	●	◊	●	◊	◊		●	◊	◊		◊	◊	◊	●
CHICKEN WINGS & HONEY PERI SAUCE	●	◊	◊	●	◊		●	◊	◊		◊	◊	◊	●
CHICKEN WINGS & VIVO SAUCE	●	◊	●	●	◊		●	◊	◊		◊	◊	◊	●
CORN & HABANERO FRITTERS	●	◊	◊	◊			◊		◊			◊		◊
DADINHOS	●	◊	●	◊			●		●			●		◊
FIESTA ENSALADA STARTER	◊	◊	◊	●	●	◊	●		◊		◊	◊		◊
GAMBAS	●		●	●	◊				●				●	
GAMBAS GF			●	●					●			●	●	
HAVANA CLUB & BBQ JERK RIBS STARTER	●	◊	●	◊			◊		◊			◊		◊
LAMB EMPANADAS	●	◊	●	●	◊		◊	◊	●		◊	◊	◊	●
MUSHROOM QUESADILLA	●			●					●					
NACHOS	●	◊	◊	●					●					◊
NACHOS GF				●					●					
NACHOS & BEEF	●	◊	●	●					●					●
NACHOS & CHICKEN TINGA	●	◊	◊	●					●					●
NACHOS & CHICKEN TINGA GF				●					●					●
NACHOS & CHILLI CON CARNE	●	◊	◊	●					●					●
NACHOS & CHILLI CON CARNE GF				●					●					●
NACHOS & REFRIED BEANS	●	◊	◊	●					●					●
NACHOS & REFRIED BEANS GF				●					●					●
PATO TAQUITO	●		●	●										●
TACO PLATTER	●	◊	◊				◊		◊		◊	◊		◊
Choice: Beef	●	◊	●	●			◊		●			◊		●
Choice: Prawn	●			●			●		●			●		
Choice: Chicken	●			●					●					●
Choice: Pork	●	◊	◊	◊			◊		◊			◊		◊
Choice: Squash	●			●										
TACO PLATTER GF		◊	◊				◊		◊		◊	◊		◊
Choice: Prawn				●			●		●			●		
Choice: Chicken				●					●					●
Choice: Squash				●			●					●		
SALT SUGAR CURED BEEF (RFH & STRATFORD)														
SIDES														
AIOLI DIP							●					●		
BREAD BOARD	●		●		◊				●			●		
CASSAVA FRIES	◊	◊	●	●			◊		●			◊		◊
CHILLI SUGAR SNAPS	●													
CHIMICHURRI DIP				●										
CHIPOTLE BUTTER									●					
CHIPOTLE RICE SIDE PORTION				●					●					●
CRANBERRY SALSA DIP				●										
CURLY FRIES	●	◊	◊	◊			●		◊			●		◊
GARLIC CHIPOTLE SAUCE DIP				●										●
GUACAMOLE DIP														
HOLY GUACAMOLE	◊	◊	◊	◊					◊					◊
HOLY GUACAMOLE GF & VEGAN														
JALAPENOS														
MIXED SALAD		◊	◊	◊			◊		◊		◊	◊		◊
MOLHO A CAMPANHA DIP				●										
PATATAS BRAVAS IN BITS	◊	◊	◊	●			●		◊			●		●
PICO DE GALLO DIP														
PAO DE QUEIJO			●						●			●		
PERUVIAN OLIVES														
REFRIED BEANS									●					●
RICE GARLIC & SPRING ONION SIDE														
SLAW SIDE							●					●		
SOURED CREAM DIP									●					
STRAIGHT FRIES PORTION	◊	◊	◊	◊			●		◊			●		◊
SWEETCORN & SWEET CHILLI SALSA														
SWEET PLANTAIN SIDE	◊	◊	◊	◊			◊		◊			◊		◊
SWEET POTATO FRIES PORTION	◊	◊	◊	◊			●		◊			●		◊
TOMATO SALSA DIP				●										
TORTILLAS SIDE	●													
TOTOPOS & SALSA	◊	◊	◊	●					◊					◊
TOTOPOS & SALSA GF & VEGAN				●										
MAINS														
AVOCADO & CRANBERRY SALAD MAIN		●		●	●	◊	●		●					
BEAN & BEETROOT BURGER	●	◊	◊	●			●		●		◊	●		●
BEEF BURRITO	●	◊	●	●			◊		●		◊	◊		●
BLAZING BIRD BBQ JERK (Half or Whole)	●	◊	●	●			●		◊		◊	●		◊
BLAZING BIRD HONEY PERI (Half or Whole)	●	◊	◊	●			●		◊			●		◊
BLAZING BIRD HONEY PERI GF (Half or Whole)		◊	◊	●			●		●		◊	●		◊
BLAZING BIRD VIVO (Half or Whole)	●	◊	●	●			●		◊			●		◊

Key	
●	Contains
◊	May contain
	Does not contain

las IGUANAS Allergens

Key	
●	Contains
◊	May contain
	Does not contain

	Cereals cont. gluten	TreeNut	Soybean	SO2	Sesame	Peanut	Mustard	Mollusc	Milk	Lupin	Fish	Eggs	Crustacea	Celery
BLAZING BIRD VIVO GF (Half or Whole)		◊	●	●			●		●		◊	●		◊
MAINS														
BAHIAN CHICKEN														◊
BUENOS AIRES BURGER	●	◊	◊	●			●		●		◊	●		◊
CHICKEN BURRITO	●	◊	◊	●			◊		●		◊	◊		●
CHICKEN BURGER	●	◊	●	●			●		●		◊	●		◊
CHICKEN ENCHILADA	●		●	●					●					●
CHICKEN FAJITA	●		●	●					●					
CHILLI CON CARNE	●		●						●			●		●
CHILLI CON CARNE GF			●						●			●		●
CHILLI CON VERDURAS	●	◊	◊	●			◊		●		◊	◊		◊
CHILLI CON VERDURAS GF		◊	◊	●			◊		●		◊	◊		◊
CLASSIC BURGER	●	◊	●	●			●		●		◊	●		◊
FIESTA ENSALADA	◊	◊	◊	●	●	◊	●		◊		◊	◊		◊
HALLOUMI CHURRASCO	◊	◊	●	●			◊		●		◊	◊		◊
HALLOUMI CHURRASCO GF		◊	◊	●			◊		●		◊	◊		◊
MUSHROOM FAJITA	●		●	●					●					
PICANHA & FRIES	◊	◊	●	●			◊		●					◊
PICANHA GF		◊	◊	●			◊		●		◊	◊		◊
PRAWN FAJITA	●		●	●					●				●	
QUINOA SALAD	◊	◊	◊	●			◊		◊			◊		◊
QUINOA SALAD GF				●										
RIBEYE ON THE BONE & FRIES	●	◊	●	●			◊		●			◊		◊
RIBEYE ON THE BONE GF		◊	◊	●			◊		●		◊	◊		◊
SEA BASS WITH CRAB & PRAWN									●		●		●	
MOQUECA DE PEIXE	◊	◊	●	●			◊		●		●	◊	●	●
MOQUECA DE PEIXE GF			●	●					●		●		●	●
HAVANA JERK BBQ RIBS (WHOLE)	●	◊	●	●			●		●		◊	●		◊
STEAK FAJITA	●		●	●					●					
VEG CHILLI BURRITO	●	◊	◊	●			◊		●		◊	◊		●
VEGETABLE ENCHILADA	●		●						●					●
VEGETABLE MOQUECA	◊	◊	◊	●			◊		●			◊		●
VEGETABLE MOQUECA GF				●					●					●
XINXIM	◊	◊	◊	●		●	◊		●			◊	●	●
XINXIM GF				●		●			●				●	●
DESSERTS														
AZTEC CHOCOLATE FUDGE CAKE	●	◊	●	◊		◊			●			●		
CORTADO	●	◊	●	◊			◊		●			◊		◊
CHURROS (add choice)	●	◊	●	◊			◊		●			◊		◊
CREAMY CARAMEL CAKE	●								●			●		
DULCE DE LECHE & MACADAMIA CHEESECAKE	●	●	◊	◊		●			●			●		
MANGO SORBET		◊												
SHAKE AND DUNK CHURROS	●	◊	◊	◊			◊		●			◊		◊
TEMBLEQUE				●										
LUNCH														
ALBONDIGAS	●			●	●				●					●
AVOCADO & CRANBERRY SALAD		●		●	●	◊	●		●					
BEAN & BEETROOT BURGER	●	◊	◊	●			●		●		◊	●		●
BLAZING BIRD BBQ JERK	●	◊	●	●			●		◊		◊	●		◊
BLAZING BIRD HONEY PERI GF		◊	◊	●			●		◊		◊	●		◊
BLAZING BIRD HONEY PERI	●	◊	◊	●			●		◊			●		◊
BLAZING BIRD VIVO GF		◊	●	●			●		◊		◊	●		◊
BLAZING BIRD VIVO	●	◊	●	●			●		◊			●		◊
BRIE & MANGO EMPANADAS	●	◊	◊	◊			◊		●			◊		◊
CHICKEN BURRITO	●	◊	◊	●			◊		●		◊	◊		●
CHICKEN ENCHILADA	●		●	●					●					●
CHICKEN QUESADILLA	●		●	●					●					
SOUTH AMERICAN TORTA & FRIES	●	◊	◊	●	◊		●		●		◊	●		●
CHICKEN WINGS BBQ JERK	●		●	◊	◊		●	◊	◊		◊	◊	◊	●
CHICKEN WINGS HONEY PERI	●	◊	◊	●			●	◊	◊		◊	◊	◊	●
CHICKEN WINGS VIVO	●	◊	●	◊	◊		●	◊	◊		◊	◊	◊	●
CHILLI CON CARNE		◊	●				◊		●		◊	◊		●
CHILLI CON VERDURAS		◊	◊	●			◊		●		◊	◊		◊
CLASSIC BURGER	●	◊	●	●			●		●		◊	●		◊
CUBAN SANDWICH	●	◊	◊	◊	◊	◊	●		●		◊	◊		◊
DADINHOS	●	◊	●	◊			●		●			●		◊
FIESTA ENSALADA	◊	◊	◊	●	●	◊	●		◊		◊	◊		◊
HAVANA JERK BBQ RIBS (HALF)	●	◊	●	●			●		●		◊	●		◊
LAMB EMPANADA	●	◊	●	●	◊		◊	◊	●		◊	◊	◊	●
MUSHROOM QUESADILLA	●			●					●					
NACHOS	●	◊	◊	●					●					◊
NACHOS GF				●					●					
PAO DE QUEIJO			●						●			●		
QUINOA SALAD	◊	◊	◊	●			◊		◊			◊		◊
QUINOA SALAD GF				●										
VEG CHILLI BURRITO	●	◊	◊	●			◊		●		◊	◊		●
TRIPLE TACOS (add choices)	●													
Choice: Prawn				●					●		●	●		
Choice: Chicken		◊	◊	●			◊		●		◊	◊		●
Choice: Beef	●		●	●					●					●
Choice: Squash		◊	◊	●			◊		●		◊	◊		◊
Choice: Mushroom		◊	◊				◊		●		◊	◊		◊
TRIPLE TACOS GF (add choices)														
Choice: Prawn				●					●		●	●		

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	Cereals cont. gluten	TreeNut	Soybean	SO2	Sesame	Peanut	Mustard	Mollusc	Milk	Lupin	Fish	Eggs	Crustacea	Celery
Choice: Chicken		◊	◊	●			◊		●		◊	◊		●
Choice: Squash		◊	◊	●			◊		●		◊	◊		◊
LUNCH														
Choice: Mushroom		◊	◊				◊		●		◊	◊		◊
VEGETABLE ENCHILADA	●		●						●					●