



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



Vegetarian Vegan Plant based Gluten free
Nuts/peanuts Mains under 600kcal

ALLERGENS 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 & 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 • 1022C_RED

NIBBLES

- New Olives** 198kcal V VG GF
Green & black olives with garlic & red pepper. 3.75
- New Mexican Poppadoms** 343kcal V PB ask for VG ask for GF
Crispy blue corn tortillas with tomato salsa, sour cream & guacamole for dipping. 5.25

STARTERS AND TAPAS

- New Nachos** V ask for VG ask for GF single 7.25 grande 11.25
Corn tortilla chips with cheese, topped with pico de gallo salsa, jalapeños, tomato salsa, sour cream & guacamole. Now in two sizes; try our biggest ever grande nachos & share with a friend 988kcal, or go single & keep them all to yourself 451kcal.
Add toppings:
 - Smoky chipotle pulled jackfruit 70kcal V VG, each 2.50
 - Refried black beans 112kcal V VG, Veggie chilli 56kcal V VG GF,
 - Chilli con carne 137kcal, Shredded chipotle beef 134kcal,
 - Smoky chipotle chicken 211kcal
- Brazilian Beach Cheese** 609kcal V ask for GF 6.75
Halloumi slices, pan-fried & served with chilli jam & oregano.
- Chicken Wings** 7.75
Marinated wings sauced-up with your choice:
 - Honey peri-peri [warm] 843kcal
 - Spicy BBQ jerk [hotter] 794kcal
 - Vivo: Flaming hot habanero [hottest] 960kcal
- New Cha Cha Chorizo** 467kcal A ask for GF 8.25
Slow-braised smoky chorizo in a tomato & chipotle sauce with sourdough bread.
- Brazilian Fried Chicken** 653kcal 8.25
Buttermilk-marinated chicken breast in a crispy spice-crumb, sliced & served with agave aioli.
- New Fiesta Ensalada** 215kcal V VG GF 6.75
Beetroot, mango, roasted butternut squash, mixed leaves, carrot curls, pink pickled onions & oven-dried tomatoes tossed in a simple dressing. With toasted pumpkin seeds, sliced radish & sweet chilli pepper pearls.

ON THE SIDE

- Fries** V PB
Served with creamy aioli.
 - Straight-cut fries 558kcal 4.25
 - New Sweet potato fries 508kcal 4.75
- Spring Onion Rice** 160kcal V VG GF 3.25
Lightly seasoned rice with garlic & spring onions.
- Refried Beans** 214kcal V GF ask for VG 3.50
With sour cream & cheese.
- Sweet Plantain** 334kcal V PB 3.25
Deep-fried sweet plantain.
- Sweet Pickled Slaw** 32kcal V VG GF 3.00
Pickled shredded carrot, cabbage, parsley & pink pickled onion with chilli, lime & coriander.
- Mixed Salad** 129kcal V VG GF 4.50
With carrot curls, baby tomatoes, sweet chilli pepper pearls & pink pickled onions in a simple dressing.

BRAZIL

- Bahian Coconut Chicken** 1311kcal ask for GF 16.50
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, coconut farofa & sweet plantain.

- Moqueca de Palmitos** 806kcal V ask for VG ask for GF 15.00
Butternut squash, ethically sourced palm hearts & spinach in a creamy coconut curry with peppers, garlic & fresh tomatoes. Served with spring onion rice, shredded greens, coconut farofa & sweet plantain.

- Xinxim** 1562kcal N ask for GF 16.50
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.

ARGENTINA

- New Gaucho Steak** 909kcal ask for GF 21.50
8oz sirloin steak with ancho chilli salt, chimichurri, roasted baby tomatoes, Argentine-style roasted sweetcorn purée & a choice of straight fries 349kcal or salad 126kcal.

- Add grilled chicken breast 176kcal 4.00
- Blazing Bird** ask for GF whole 20.50 half 15.75
Spice-rubbed & marinated chicken served with straight fries 349kcal or salad 126kcal. Choose:
 - Honey peri-peri [warm] 2174kcal / 1087kcal
 - Spicy BBQ jerk [hotter] 2144kcal / 1072kcal
 - Vivo: Flaming hot habanero [hottest] 2476kcal / 1238kcal

- Buenos Aires Burger** 1143kcal 15.75
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. Served with straight fries 349kcal or salad 126kcal.

- Bean & Beetroot Burger** 775kcal V ask for PB 13.50
Black bean & beetroot burger with melted cheese, beef tomato, lettuce & tomato-paprika mayo in a toasted brioche bun. Served with straight fries 349kcal or salad 126kcal.

- New Halloumi Burger** 866kcal V 14.00
Pan-fried halloumi cheese slices with chipotle chilli jam, lettuce & tomato-paprika mayo in a toasted brioche bun.

- Copacabana Burger** 1030kcal 15.50
A Brazilian twist; Buttermilk-marinated chicken breast in a crispy spice-crumb with melted cheese, pink pickled onions, beef tomato, lettuce, fresh coriander, agave aioli & tomato-paprika mayo in a toasted brioche bun. Served with straight fries 349kcal or salad 126kcal.

- Classic Burgers**
Caramelised onions, pink pickled onions, beef tomato, lettuce & tomato-paprika mayo in a toasted brioche bun. Served with straight fries 349kcal or salad 126kcal. Choose:
 - 100% prime beef patty 812kcal 14.00
 - Char-grilled chicken breast 612kcal 14.00

Make your burger DIRTY

- Jalapeños 3kcal V VG, Guacamole 84kcal V VG, Chimichurri 186kcal V VG each 75p
- Cheese slice 74kcal V, Applewood slice 76kcal V VG each 1.00
- Halloumi 356kcal V, Brie 153kcal V, Smoky chipotle jackfruit 35kcal V VG each 2.50
- Chilli con carne 69kcal, Shredded chipotle beef 97kcal, Smoky pork chorizo 204kcal, Smoky chipotle chicken 148kcal

MEXICO

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

- Sweet potato, butternut & chickpea chilli in a beetroot tortilla 792kcal V ask for VG 13.25
- Smoky chipotle chicken 1160kcal 14.25
- Shredded beef braised in chipotle 920kcal 14.25

- New Veggie Chilli** 445kcal V V ask for VG ask for GF 11.50
Sweet potato, butternut squash & chickpeas braised with spiced tomatoes, served with spring onion rice, corn tortilla chips, sour cream, guacamole & 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 838kcal 15.25
- Roast butternut squash, red peppers, spinach & cheese 669kcal V 14.50

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

- Chicken breast strips 1197kcal 18.00
- Portobello mushroom 977kcal V ask for VG 15.00

- New Chilli Con Carne** 585kcal ask for GF V 14.50
A rich chunky beef & black bean chilli served with spring onion rice, corn tortilla chips, sour cream, guacamole & pink pickled onions.

CUBA AND BEYOND

- New Jerk BBQ Boneless Rib** 939kcal ask for GF 18.50
Slow cooked pork belly strip in a smoky jerk BBQ glaze topped with crispy chilli & onion. Served with straight fries 349kcal or salad 126kcal.

- New Fiesta Ensalada** 456kcal V VG GF V 11.95
Beetroot, mango, roasted butternut squash, mixed leaves, carrot curls, pink pickled onions & oven-dried tomatoes tossed in a simple dressing. With toasted pumpkin seeds, sliced radish & sweet chilli pepper pearls.

TOP your salad

- Halloumi 548kcal V GF, Crayfish 29kcal GF each 3.00
- Grilled chicken breast 176kcal GF each 4.00
- Buttermilk fried chicken 583kcal each 5.00

DESSERTS

- Dulce de Leche Cheesecake** 619kcal V 7.25
Creamy cheesecake with dulce de leche caramel sauce.

- New Chocolate Truffle Bar** 698kcal V VG GF A 7.25
Chocolate salted caramel bar topped with Sailor Jerry Spiced Rum & salted caramel sauce with vegan coconut ice cream.

- Tropical Ices** V VG GF Three scoops of your choice: 5.25
 - Vegan coconut ice cream 375kcal
 - Mango sorbet 253kcal

BEER AND CIDER

Draught

Corona 4.5%	half 3.00 pint 6.00
Orchard Pig Reveller 4.5%	half 3.00 pint 6.00

Bottled

Corona 4.5%	one 4.95 six 23.00
Pacifico Clara 4.5%	one 4.75 six 21.00
Damm Daura 5.4% GF	5.00
Rothhammer Nazca IPA 4.7%	5.00
Refreshing craft beer with delicate hops.	
Rothhammer Brave Red Ale 4.5%	5.00
Full-bodied rich craft beer. Perfect with meat.	
Rothhammer Real Golden Ale 5.0%	5.00
Light & fruity craft beer.	
Motim Hell de Janeiro 5.0%	5.00
Refreshing & aromatic Carioca hopped lager.	
Free Damm 0% 66kcal	4.25
Alcohol-free lager from Estrella.	
Stella Cidre 4.5%	5.50
Rekorderlig 4.0%	5.50
Passion fruit or Mango & raspberry cider.	

SOFT DRINKS

Coca-Cola

- By the glass 117kcal	3.45
- By the bottle 138kcal	3.60

Diet Coke

- By the glass 1kcal	3.35
- By the bottle 1kcal	3.50

Coke Zero 0kcal By the glass.

Lemonade 51kcal By the glass.

Ting 53kcal Grapefruit soda.	3.35
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Vita Coco 49kcal Coconut water.

Appletiser 129kcal Sparkling apple juice.	3.35
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Juices Pineapple 148kcal, Cranberry 157kcal, Mango 164kcal, Pomegranate 238kcal, Orange 168kcal, Apple 132kcal.	3.35
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Water 0kcal Sparkling or still bottled water.	small 2.85 large 4.65
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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



WITH TONIC

Star of Bombay Gin	9.25
With tonic & orange.	
Absolut Raspberri Vodka	8.75
With tonic & mint.	
Olmeca Altos Blanco 100% Agave Tequila	8.25
With tonic & grapefruit.	



Las Iguanas x Poetic License Tropical Gin	8.75
This unique small batch gin combines the award-winning craftsmanship of the Master Distillers at Poetic License & our passion for big tropical flavours, created with all-natural ingredients & the finest botanicals. Served with tonic, grapefruit & a physalis.	

MOCKTAILS

All of your favourite flavours without the alcohol.

■ Citrus Cooler 52kcal	5.25
Fresh citrus, lemonade.	
■ Berry Fizz 67kcal	5.25
Funkin raspberry, bottlegreen elderflower, soda.	
■ Tropical Cooler 80kcal	5.25
Mango, pineapple, lime, lemonade.	
■ Apple Mojo-less 54kcal	5.25
Mint, lime, apple, soda.	
■ Passion Fruit Cooler 67kcal	5.25
Passion fruit, lemon, orange.	

TEA AND COFFEE

Espresso 14kcal	2.40
Americano 76kcal	2.75
Cappuccino 177kcal	2.95
Latte 136kcal	2.95
Mocha 201kcal	2.95
Flat White 107kcal	2.50
Hot Chocolate 304kcal	2.95
Tea 49kcal	2.40
Fresh Mint Tea 1kcal	2.40
Iced Latte 177kcal	2.95

COCKTAILS

HAPPY DAYS! COCKTAILS
FROM £6.95 ALL DAY EVERY DAY



Red Wine

175ml | 250ml | bottle

Tempranillo	5.75		7.75		18.50
Ayrum, Spain	Deep & vibrant with aromas of cherry.				
Rioja Crianza VV	8.25		10.25		27.75
Marqués de Morano, Spain	Full of vibrant red summer fruits.				
Merlot	7.25		9.75		23.75
Tekena, Chile	Cherry flavours with a full & smooth aftertaste.				
Malbec VV	8.25		10.25		27.75
Luna del Sur, Argentina	Bursting with blackberry & plum, hints of spice & chocolate on the finish.				

White Wine

175ml | 250ml | bottle

Airen-Sauvignon	5.75		7.75		18.50
Talavera, Spain	Light & dry with citrus hints.				
Pinot Grigio VV	7.25		9.25		23.75
Penedenza, Italy	Refreshing with citrus, apple & pear.				
Sauvignon Blanc VV	7.25		9.25		23.75
Casa Vista, Chile	Brimming with citrus & tropical fruits.				
Chardonnay VV	7.25		9.25		23.75
Espirito de Chile, Chile	Rich & complex, well balanced with sweet honeysuckle notes.				
Albariño VV	27.75				
Pulpo, Spain	Balanced with complex tropical flavours.				

Rosé Wine

175ml | 250ml | bottle

Pinot Grigio Blush VV	7.25		9.25		23.75
Penedenza, Italy	Light & refreshing with soft summer berries & a crisp finish.				

Bubbles

125ml | bottle

Galanti Prosecco VV	5.50		26.75
Stylish dry fizz, refreshingly racy.			
Galanti Rose Prosecco VV	31.00		
Beautiful fizz with hints of summer fruit.			
Piper-Heidsieck Brut Champagne VV	56.75		
Fresh with citrus notes of grapefruit, apple & pear.			



PARTIES + GROUPS

Did you know we have restaurants located across the UK? We'd love to see you again after your Center Parcs break is over!

Planning a party?
Celebrate the Latin American way with package menus and private event spaces. From Bottomless Brunch to Chicas' Cocktail Club, we've got exciting packages suitable for all occasions. Get in touch with our bookings team now.

iguanas.co.uk/parties

125ml measures of wine available on request.

Ninos Meal £8.95 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 321kcal
Golden breadcrumbed cod fingers.



Beef Burger 652kcal ask for GF
Beef burger topped with cheese in a toasted brioche bun.



Chicken Burger ask for GF
Crispy chicken 620kcal or plain char-grilled chicken 356kcal in a brioche bun with lettuce.



Chicken Crunchies 290kcal
Chicken breast pieces coated in a crunchy corn crumb.



NEW Chilli Con Carne 279kcal GF
Rich chunky beef & black bean chilli.
(I'm spicy!)



NEW Veggie Chilli 68kcal V VG GF
Sweet potato, butternut squash, chickpea and tomato chilli. (I'm spicy!)



Wacky Tacos ask for GF
Roll up, roll up! Soft wheat tortillas to roll and your choice of:
- Butternut squash, peppers and onions 384kcal V VG
- Fajita spiced chicken breast strips, peppers and onions 464kcal



Crazy Quesadilla
Tortilla, folded, char-grilled and filled. Choose:
- Chicken and cheese 662kcal
- Cheese and cherry tomato 340kcal ask for VG
- Garlicky mushroom, chilli and thyme and cheese (I'm spicy!) 485kcal V



Calamares 271kcal
Flour-dusted crispy squid pieces.

Pictured sides are suggestions only and are not included in the calorie count shown.



Step 2: Pick two Sides

Peas 40kcal V VG GF

Sweetcorn 39kcal V VG GF

Baked beans 73kcal V VG GF

Mixed salad 17kcal V VG GF

Rice 80kcal V VG GF

Curly fries 317kcal V PB

Straight fries 291kcal V PB

Step 3: Pick a Dessert

Raspberry Jelly 202kcal V GF

Wibble wobble, wibble wobble, raspberry jelly with vanilla ice cream in a bowl.

Vanilla Ice Cream Cone 142kcal V

A crisp cone with a scoop of vanilla ice cream. Eat in or take away.

Fresh Fruit 22kcal V VG GF

Fresh blueberries and strawberries.

Chocolate Brownie and Ice Cream 307kcal V GF

Warm gooey chocolate brownie and a scoop of vanilla ice cream.

Churro 194kcal 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 96kcal, Pineapple 108kcal or Orange 168kcal.

Still Water 0kcal 1.00

Whole Milk 124kcal 1.00

Squash 50p

Blackcurrant 3kcal or Orange 10kcal.

Orange Capri-Sun 135kcal 1.60

Mini Milkshake 1.70

Home-made using fresh milk and Strawberry 122kcal or Raspberry 140kcal fruit purée.

Iata Foundation For each Ninos 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 Vidancar dance school in Rio. Find out more at latafoundation.org

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IGUANAS

Grab a bite with **IGGY AND FRIENDS**

Kids Menu

