

LUNCH & EARLY EVENING SET MENU until 6.30pm, Mon-Fri from **6.90**

STARTERS add 1.00	MAINS 6.90
CREAMY MUSHROOMS (v) Thick-sliced button mushrooms in a creamy smoked chilli sauce, served with warmed soft wheat tortillas	BURRITO Baked tortilla parcel with soured cream & salsa, served with salad. Filled with rice, slaw, cheese & a choice of: Mixed mushrooms (v) Chicken, onion & pepper with fajita spices
CHICKEN WINGS Hot, spicy lemon & garlic chicken wings	HALF A SLOW-ROAST PERI-PERI CHICKEN (ask for gf) Half a marinated slow-roast chicken, smothered in your choice of Mildly spiced or Hot Brazilian peri-peri sauce. Served with Fries or Salad
NEW SPICY CHICKEN QUESADILLA Folded tortilla filled with spiced chicken & cheese, toasted on the char-grill, served with homemade salsa	NEW SWEET POTATO FISHCAKES Sustainable whiting, crayfish, lime, chilli & coriander sweet potato fishcakes in a light corn crumb, with creamy aioli & Fries or Salad
NEW SOPA DE CALABAZA (v) (n) (ask for gf) Creamy butternut squash & coconut milk soup, with soured cream, sprinkled with fresh coriander & corn tortilla strips	CHILLI (ask for gf) Warming chilli braised in spiced tomatoes, served with garlicky rice, soft wheat tortillas, soured cream & corn tortilla chips Sweet potato, butternut squash & chickpeas (v) Chunky beef steak & beans
ADD A DRINK first glass or bottle only	NACHOS GRANDE (ask for v option) Home-fried corn tortilla chips with melted cheeses, jalapeños, sour cream, homemade salsa, topped with Grilled chicken strips or Mixed mushrooms
WINE 175ml add 1.50 Chenin Chardonnay or Merlot	CHICKEN & MUSHROOM FAJITA (ask for v option) Chicken breast & mushrooms, cooked with mixed bell peppers & onions tossed in our own fajita seasoning, served on a hot sizzling skillet with warmed tortillas, soured cream & salsa
BEER add 1.50 San Miguel bottle	NEW ASPARAGUS SALAD (v) (n) (gf) Asparagus, feta & warmed new potatoes tossed with piquant chillies & hazelnut dressing over baby spinach & romaine leaves, scattered with toasted hazelnuts
MINERALS add 1.00 Glass of Coke, Diet Coke or Lemonade	

WHILE YOU CHOOSE (v)

BREAD BASKET With olive oil & balsamic vinegar for dipping	2.00
OLIVES Plump olives in a spicy marinade	2.00
TOTOPOS Crispy corn tortilla chips with Homemade salsa, Guacamole or Soured cream	2.10
GARLIC BREAD Toasted ciabatta rubbed with fresh garlic, coriander & chilli butter	2.90

TAPAS TASTING PLATTERS

NEW VERDURAS (v) Corn chips, Creamy mushrooms, Sweet potato & chickpea chilli, Portobello mushroom quesadilla, Pan ajillo & Beetroot & quinoa salad	11.90
NEW MIXTO Corn chips, Calamares, Portobello mushroom quesadilla, Bolinhos St. Paulo, Peri-peri pollo & Chilli con carne	12.90

TAPAS & STARTERS

TAPAS DEAL choose 3 DISHES for **12.60** or 5 DISHES for **21.00**
available until 7pm every day & all day Sunday & Monday *nacho toppings extra

NACHOS (v) Home cooked corn tortilla chips smothered with melted cheeses & topped with jalapeños, salsa, soured cream & guacamole. Add a topping: Refried beans (v), Creamy mushrooms (v), Chilli con carne, Pork chorizo or Chicken	(c) 5.30 *each 1.70
PATATAS BRAVAS (v) Fried potatoes in a spicy tomato, garlic & smoked chilli sauce with aioli	3.90
RIOJA CHORIZO (a) Traditionally made smoked pork & garlic chorizo, braised in rich Faustino Rioja wine, served with bread to mop up the juices	4.90
GAMBAS (ask for gf) Four fat whole prawns, split & cooked in a garlic, lemon & chilli sauce, served with bread	5.40
CHICKEN WINGS Hot, spicy lemon & garlic chicken wings	4.50
LAMB EMPANADA Two homemade crispy pasties; popular street food all over South America. Stuffed with slow-braised juicy lamb rubbed in smoky chilli & garlic, served with fresh papaya & mint salsa	4.90
NEW CREAMY MUSHROOMS (v) Thick-sliced button mushrooms in a creamy smoked chilli sauce, served with warmed soft wheat tortillas	4.00
BOLINHOS St. PAULO Salt cod & potato fritters with a spicy tomato salsa & sticky balsamic	4.70
CALAMARES Sliced whole baby squid in our crisped cassava crumb, with creamy aioli	(c) 5.00
QUESADILLA Folded tortilla toasted on the char-grill, Mexican-style, served with homemade salsa. Choose a filling: Garlicky portobello mushroom & cheese (v)	(c) 3.90
NEW Spicy chicken & cheese	4.10
PERI-PERI POLLO Fresh chicken breast, coated in crispy crumbed cassava, with a garlic, chilli & lemon sauce	4.90
PATO TAQUITO Shredded roast duck & caramelised onion rolled in a flour tortilla & char-grilled, with sticky chilli jam	5.00
NEW ASPARAGUS SALAD (v) (n) (gf) Asparagus, feta & warmed new potatoes tossed with piquant chillies & hazelnut dressing over baby spinach & romaine leaves, scattered with toasted hazelnuts	4.10
ALBONDIGAS Authentic & indulgent Patagonian-style lamb meatballs with apple, nutmeg & mint, braised in a light tomato & red chilli sauce, served with grated parmesan	5.10

FIND US

The Boardwalk, Lakeside Shopping Centre, Thurrock, Essex RM20 2ZH
01708 680 466 • lakeside@iguanas.co.uk

TAKE HOME A LITTLE LATIN LIFE

Did you know? We sell a range of Latin treats & ingredients for you to take home including our own cachaça & organic chilli sauces. Ask for details



FAJITAS

Our renowned fajitas are cooked to order in our own blend of coriander, lime, paprika & a touch of cumin with onions & peppers. Served sizzling **hot** to your table with warmed soft wheat tortillas, chunky guacamole, soured cream, jalapeños & homemade tomato salsa

Chicken breast strips	(c) 12.90
Flame-grilled rump steak	13.90
NEW Shelled king prawns Created by our Bristol Harbourside Team	13.50
NEW Asparagus & artichoke in a honey-soy marinade (v)	(c) 10.70

FROM THE CHAR-GRILL

Simply seasoned & flame-grilled, served with roasted baby tomatoes, your choice of Latin dip & Baked sweet potato with cumin soured cream or Salad or Fries

Half a slow-roast Farm Assured spring chicken	8.90
Fresh chicken breast & thigh	(c) 8.90
10oz rump steak	10.90
South American sirloin, aged for at least 21 days (8oz)	14.70
Delicately smoked Yellowfin tuna steak	13.50

BURGERS

Our burgers are served up in a toasted bread bun with beef tomato, rocket, along with crunchy homemade slaw & your choice of Fries or Salad, served with chipotle ketchup

BEEF BURGER Our butcher's special recipe mildly spiced beef burger with melted mozzarella	single 8.90 double 10.90
CHICKEN BURGER Fresh chicken breast coated in a crisp crumb with mayonnaise	7.50
PORTOBELLO MUSHROOM BURGER (v) Portobello mushroom pan-fried in garlic with melted mozzarella	6.90

BRAZILIAN-STYLE CURRIES & STEWS

MOQUECA (n) (ask for gf) Traditional & indulgent; a creamy coconut curry with peppers, garlic & sweetened with tomatoes, made popular by Brazilian Chef Dada. Served with rice, sweet chunks of plantain, spicy salsa & crunchy coconut farofa (toasted manioc flour) to sprinkle over Sweet potato, palm hearts & sugar snap peas (v)	(c) 9.20 10.90 (c) 10.20
NEW Salmon, mussels, crayfish & king prawns Chicken	10.20 10.20
XINXIM (n) (ask for gf) Brazilian lime chicken in a creamy crayfish & peanut sauce with rice, fine green beans, coconut farofa (toasted manioc flour) to sprinkle over & sweet plantain, said to be Pele's favourite	9.20
NEW ENSOPADO DE CARNE (n) (ask for gf) Tender slow-braised goat in coconut milk & tomatoes with chillies, carrot & cassava, served with garlic & coriander rice, farofa (toasted manioc flour) to sprinkle over & sweet plantain	12.50
NEW SEA BASS CON COCO (n) (ask for gf) Fresh sea bass fillet, fat Chilean blue mussels in their shell, wilted spinach, crayfish tails in a light, fragrant saffron & coconut broth with little new potatoes, cannelloni beans & baby tomatoes	12.50

MEXICAN & LATIN SPECIALTIES

BURRITO Baked tortilla parcel with homemade salsa, soured cream, guacamole & served with crisp salad. Filled with rice, slaw, cheese & your choice of: Mixed mushrooms (v) Chicken, onion & pepper with fajita spices Beef steak & caramelised onion	(c) 7.90 (c) 9.40 9.40
ENCHILADA Hand-rolled tortilla smothered in a homemade smoked chilli & tomato sauce with melted cheese, served with garlic & coriander rice & refried black beans Roast butternut squash, iron-rich spinach & chickpeas (v) Spiced chicken, sweet peppers & cheese Roast duck & caramelised onion	7.90 9.40 9.70
CHIMICHANGA Crisp, handmade tortilla parcel; a Mexican favourite, served with homemade salsa, guacamole, soured cream, garlic & coriander rice & refried black beans Roast squashes, courgette & cheese (v) Spiced chicken breast & cheese	7.90 9.40
PUERTO RICAN PAELLA (ask for gf) Traditional dish of rice in a sofrito of tomato, garlic, saffron, onion, peppers & cayenne Butternut squash, asparagus, courgette & mushroom (v) Chicken, smoked pork & garlic chorizo, squid, salmon, prawn & mussels	8.90 10.70
NEW POLLO CAESAR (ask for gf) Flame-grilled chicken thigh & fillet with romaine leaves tossed in a creamy caesar dressing with sweet piquant chillies, fresh grated parmesan, crunchy cayenne & parmesan croutons	(c) 9.50
NEW BEETROOT & QUINOA SALAD (v) (gf) Chunky beetroot, cucumber & mixed leaves tossed in a fresh orange & basil leaf dressing around a mound of quinoa (a South American high protein grain) & citrus raisins	7.60
NEW CRAYFISH & SWEET CHILLI SALAD (gf) Crayfish, spinach & mixed leaves tossed with chunky cucumber & crunchy coriander slaw tossed with ginger, sherry vinegar & sweet chilli dressing	8.00

DESSERTS (v)

IPANEMA MESS (gf) Layers of guava, mascarpone, raspberries & crushed meringue	(c) 4.00
MANGO & PASSIONFRUIT CHEESECAKE (a) Light & fruity with mango & cachaça sauce	4.60
CHOCOLATE BANOFFEE PIE Goopy chocolate over banana drizzled with toffee sauce	4.60
AZTEC CHOCOLATE FUDGE CAKE Warmed spiced chocolate orange sponge cake	4.60
NEW CHOCOLATE POT (a) Layers of dark chocolate, kahlua sponge & mocha custard	4.60
NEW SUMMER BERRY SUNDAE (n) (ask for gf) Vanilla ice cream with a summer fruit compote, cocoa tortilla wedges & brazil nut farofa	(c) 4.20
NEW FRUIT FAJITA Created by our Soho Team A 'sweeter fajita'; fruits in cinnamon butter, served with cajeta sauce, vanilla ice cream, chocolate crumbles, creamy mascarpone & warmed crêpes	for two to share 7.50

INFO حلال our chicken & goat is Halal

(v) veggie (n) nutty (a) contains alcohol (gf) gluten-free, please ask
We can't guarantee our dishes are 100% nut free. Some dishes may contain bones. 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. We may need to change or withdraw this menu due to local events.

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

CHILDREN

(c) smaller versions of dishes for children, at half price or less
FREE organic baby food is available for our tiny guests
Ask for our inbetweens menu for the under 12's