

LAS IGUANAS SUMMER 2020 ALLERGY MENU		Please inform your server before ordering, of any specific dietary requirements that you may have. All our dishes are prepared and cooked in kitchens where allergen ingredients (e.g. nuts, flour, etc.) are commonly used, and we therefore cannot guarantee our dishes will be free from traces of these products. Allergen information will be kept up to date and should be checked each time you visit, as we may update recipes from time to time.													
Version: 7 Valid From 14-12-2020															
Tapas & Starters	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	
Nachos - Plain	may	no	may	no	no	may	yes	may	may	may	no	yes	no	no	
Nachos - Gluten-Free	no	no	no	no	no	no	yes	no	no	no	no	yes	no	no	
Nachos - Gluten-Free & Vegan	no	no	no	no	no	no	no	yes - cashews	no	no	no	yes	no	no	
Nacho Topping: Refried Beans	no	no	no	no	no	no	no	no	yes	no	no	no	no	no	
Nacho Topping: Shredded Beef	yes - Wheat	no	no	no	no	yes	no	no	yes	no	no	yes	no	no	
Nacho Topping: Smoked Chicken	no	no	no	no	no	no	no	no	yes	no	no	yes	no	no	
Brie & Mango Empanada	yes - Wheat	no	may	no	no	may	yes	may	may	may	no	may	no	no	
Quesadilla with Chicken	yes - Wheat	no	no	no	no	yes	yes	no	no	no	no	yes	no	no	
Quesadilla with Mushrooms	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	yes	no	no	
Brazilian Beach Cheese	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	
Albondigas	yes - Wheat	no	may	no	no	no	yes	may	yes	may	may	yes	no	no	
Brazilian Fried Chicken	yes - Wheat	may	yes	may	may	may	yes	may	yes	may	no	yes	no	may	
Calamares	may	may	yes	may	may	may	may	may	may	may	no	yes	no	may	
Chicken Wings & Amarillo Sauce	may	may	may	may	may	yes	may	may	may	may	no	yes	no	may	
Chicken Wings & BBQ Sauce	yes - Wheat	may	may	may	may	yes	may	may	may	may	no	may	no	may	
Chicken Wings & Honey Peri-Peri Sauce	may	may	may	may	may	may	may	may	may	may	no	yes	no	may	
Chicken Wings & Vivo Sauce	may	may	may	may	may	yes	may	may	may	may	no	yes	no	may	
Dadinhos	yes - Wheat	no	yes	no	no	yes	yes	may	may	yes	no	may	no	no	
Fiesta Ensalada Tapas	may	no	no	no	no	no	may	may	no	yes	yes	yes	no	no	
Mains - Brazil	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	
Xinxim	may	no	may	yes	yes	may	yes	may	yes	may	no	yes	no	no	
Xinxim - Gluten-Free	no	yes	may	yes	yes	no	yes	no	yes	no	no	yes	no	no	
Moqueca de Palmitos	may	no	may	no	no	may	yes	may	yes	may	no	yes	no	no	
Moqueca - Gluten-free	no	no	no	no	no	no	yes	no	yes	no	no	yes	no	no	
Moqueca - Vegan	no	no	no	no	no	no	no	no	yes	no	no	yes	no	no	
Bahian Coconut Chicken	no	no	no	no	no	no	yes	no	yes	no	no	yes	no	no	
Bahian Jackfruit Curry	no	no	no	no	no	no	yes	no	yes	no	no	yes	no	no	
Bahian Jackfruit Curry - Vegan	no	no	no	no	no	no	no	no	yes	no	no	yes	no	no	
Mains - Mexico	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	
Vegetable enchilada	yes - Wheat	no	no	no	no	no	yes	no	yes	no	no	yes	no	no	
Chicken Enchilada	yes - Wheat	no	no	no	no	yes	yes	no	yes	no	no	yes	no	no	
Beef Burrito	yes - Wheat	no	no	no	no	yes	yes	no	yes	yes	yes	yes	no	no	
Chicken Burrito	yes - Wheat	no	no	no	no	no	yes	no	yes	yes	yes	yes	no	no	
Vegetarian Chilli Burrito	yes - Wheat	no	no	no	no	no	yes	no	yes	yes	yes	yes	no	no	
Vegan Chilli Burrito	yes - Wheat	no	no	no	may	no	no	yes - cashews	yes	yes	yes	yes	no	no	
Chilli con Carne	may	no	may	no	no	may	may	may	may	may	no	may	no	no	
Chilli con Carne - Gluten-Free	no	no	no	no	no	no	no	no	no	no	no	no	no	no	
Chilli con Verduras	may	no	may	no	no	may	yes	may	may	may	no	yes	no	no	
Chilli con Verduras - Gluten-Free	no	no	no	no	no	no	yes	no	no	no	no	yes	no	no	
Chilli con Verduras - Gluten-Free and Vegan	no	no	no	no	no	no	no	yes - cashews	no	no	no	yes	no	no	
Fajita Stacks - Mushrooms	yes - Wheat	no	no	no	no	yes	yes	no	no	no	no	yes	no	no	
Fajita Stacks - Mushrooms - Gluten-Free	no	no	no	no	no	yes	yes	no	no	no	no	yes	no	no	
Fajita Stacks - Mushrooms - Vegan	yes - Wheat	no	no	no	no	yes	no	yes - cashews	no	no	no	yes	no	no	
Fajita Stacks - Mushrooms - Gluten-Free & Vegan	no	no	no	no	no	yes	no	yes - cashews	no	no	no	yes	no	no	
Fajita Stacks - Chicken	yes - Wheat	no	no	no	no	yes	yes	no	no	no	no	yes	no	no	
Fajita Stacks - Chicken - Gluten-Free	no	no	no	no	no	yes	yes	no	no	no	no	yes	no	no	

Mains - Argentina	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Bean & Beetroot Burger	yes - Wheat	no	yes	no	no	may	yes	may	may	no	may	yes	no	no
Buenos Aires Burger	yes - Wheat	no	yes	no	no	no	yes	no	no	no	may	yes	no	no
Copacabana Chicken Burger	yes - Wheat	may	yes	may	may	may	yes	may	yes	yes	may	yes	no	may
Classic Burger	yes - Wheat	no	yes	no	no	no	yes	no	no	yes	may	yes	no	no
Chimichurri Dip	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
Extra Hash Brown	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Extra Bacon	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Extra Brie	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Extra Emmental	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Extra Guacamole	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Extra Jalapenos	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
Extra Chorizo	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Extra Halloumi	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Extra Chicken Tinga	no	no	no	no	no	no	no	no	yes	no	no	yes	no	no
Extra Chilli Con Carne	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Extra Shredded Beef	yes - Wheat	no	no	no	no	yes	no	no	yes	no	no	yes	no	no
Curly Fries Option	yes - Wheat	no	may	no	no	may	may	may	may	may	no	may	no	no
Mixed Fries Option	may	no	may	no	no	yes	yes	may	may	may	no	may	no	no
Straight Fries Option	may	no	may	no	no	may	may	may	may	may	no	may	no	no
Sweet Potato Fries Option	may	no	may	no	no	may	may	may	may	may	no	may	no	no
Mixed Salad Option	no	no	no	no	no	no	no	no	no	yes	yes	yes	no	no
8 oz Sirloin - Gaucho Style	no	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
8 oz Sirloin - Gaucho Style - Gluten-Free	no	no	no	no	no	no	yes	no	yes	yes	yes	yes	no	no
Half Blazing Bird - Amarillo Sauce	no	no	no	no	no	yes	no	no	no	no	no	yes	no	no
Half Blazing Bird - BBQ Jerk Sauce	yes - Wheat	no	no	no	may	yes	no	may	no	no	no	no	no	no
Half Blazing Bird - Honey & Peri Peri Sauce	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
Half Blazing Bird - Vivo Sauce	no	no	no	no	no	yes	no	no	no	no	no	yes	no	no
Whole Blazing Bird - Amarillo Sauce	no	no	no	no	no	yes	no	no	no	no	no	yes	no	no
Whole Blazing Bird - BBQ Jerk Sauce	yes - Wheat	no	no	no	may	yes	no	may	no	no	no	no	no	no
Whole Blazing Bird - Vivo Sauce	no	no	no	no	no	yes	no	no	no	no	no	yes	no	no
Whole Blazing Bird - Honey & Peri Peri Sauce	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
Slaw Dip Option	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Mains - Cuba & Beyond	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Fiesta Ensalada	no	no	no	no	no	no	no	no	no	yes	yes	yes	no	no
Bacon Topping	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Brie Empanada Topping	yes - Wheat	no	may	no	no	may	yes	may	may	may	no	may	no	no
Chicken Topping	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Crayfish Topping	no	yes	no	yes	no	no	no	no	yes	no	no	no	no	no
Halloumi Topping	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Slaw Pot	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Sides	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Straight Fries	may	no	may	no	no	may	may	may	may	may	no	yes	no	no
Sweet Plantain	may	no	may	no	no	may	may	may	may	may	no	may	no	no
Sweet Potato Fries	may	no	may	no	no	may	may	may	may	may	no	yes	no	no
Curly Fries	yes - Wheat	no	may	no	no	may	may	may	may	may	no	yes	no	no
Mixed Salad	no	no	no	no	no	no	no	no	no	yes	yes	yes	no	no
Garlic & Spring Onion Rice	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Refried Beans	no	no	no	no	no	no	yes	no	yes	no	no	no	no	no
Refried Beans Vegan	no	no	no	no	no	no	no	yes - cashews	yes	no	no	no	no	no
Humitas	no	no	no	no	no	no	yes	no	yes	no	no	no	no	no
Sweet Pickled Slaw	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
Tortillas	yes - Wheat	no	no	no	no	no	no	no	no	no	no	no	no	no
Chipotle Butter Dip	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Pico de Gallo Dip	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Habanero Salsa Dip	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
Smoky Chimichurri Dip	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
Tomatillo & Jalapeno Salsa Dip	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Aioli Dip	no	no	yes	no	no	no	no	no	no	no	no	yes	no	no
Amarillo Sauce Dip	no	no	yes	no	no	no	no	no	no	no	no	yes	no	no
Avocado Aioli Dip	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Cocoa & Ancho Butter Dip	no	no	may	no	no	yes	yes	no	no	no	no	no	no	no
Cranberry Salsa Dip	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
Guacamole Dip	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Habanero Chilli Butter Dip	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Jalapeno Dip	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
Soured Cream Dip	no	no	no	no	no	no	yes	no	no	no	no	no	no	no

Tomato Salsa Dip	no	no	yes	no	no	no	no	no	no	no	no	yes	no	no
Extra Bread	yes - Wheat	no	may	no	no	no	may	may	no	no	may	no	no	no

Brunch	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Chicken Quesadilla	yes - Wheat	no	yes	no	-	yes	yes	no	no	no	no	yes	no	no
Huevos Divorcados	may	no	yes	no	no	may	may	may	may	may	no	yes	no	no
Breakfast Burrito Carne	yes - Wheat	no	yes	no	no	no	yes	no	no	no	no	no	no	no
Breakfast Burrito Vegetarian	yes - Wheat	no	yes	no	no	no	yes	no	no	no	no	no	no	no
Extra Bacon	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Huevos Rancheros - Carne	yes - Wheat	no	yes	no	no	no	yes	no	yes	no	no	yes	no	no
Huevos Rancheros - Vegetarian	yes - Wheat	no	yes	no	-	no	yes	no	yes	no	no	yes	no	no
Dessert	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Dulce de Leche Cheesecake	yes - Wheat	no	yes	no	no	no	yes	yes - Macadamia, cashews	no	no	no	no	no	no
Chocolate & Coconut Tart	no	no	no	no	may	yes	may	yes - Almonds, Hazelnut, Walnut, Cashews	no	no	no	yes	no	no
Banana Sticky Toffee Pudding	yes - Wheat	no	yes	no	may	yes	yes	may	may	may	no	may	no	no
Brownie & Ice Cream	yes - Wheat	no	yes	no	may	yes	yes	may	no	no	no	yes	no	no
Churros	yes - Wheat	no	may	no	no	may	may	may	may	may	no	may	no	no
Chocolate Sauce	no	no	may	no	no	yes	yes	no	no	no	no	no	no	no
Dulce de Leche sauce	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
Mango Sorbet	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Vegan Coconut Ice Cream	no	no	no	no	may	yes	no	may	no	no	no	no	no	no
KIDS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Calamares	may	may	may	may	may	may	may	may	may	may	no	may	-	may
Albondigas	yes - Wheat	no	may	no	no	no	yes	may	yes	may	no	yes	no	no
Chicken Crunchies	yes - Wheat, Barley	may	may	may	may	may	may	may	yes	may	no	may	no	may
Cod Fish Fingers	yes - Wheat	may	may	yes	may	may	yes	may	may	may	no	may	no	may
Crispy Chicken Burger	yes - Wheat, Barley	may	yes	may	may	may	yes	may	yes	may	may	may	no	may
Grilled Chicken Burger	yes - Wheat	no	yes	no	no	no	yes	no	no	no	may	no	no	no
Quesadilla Cheese & Tomato	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	no	no	no
Quesadilla Chicken & Cheese	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	no	no	no
Quesadilla Mushrooms	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	no	no	no
Mac N Cheese	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	no	no	no
Wacky Taco - Fajita Chicken	yes - Wheat	no	no	no	no	yes	no	no	no	no	no	no	no	no
Wacky Taco - Fajita Chicken Gluten Free	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Wacky Taco - Squash	yes - Wheat	no	no	no	no	no	no	no	no	no	no	yes	no	no
Wacky Taco - Squash Gluten-Free	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
Baked Beans	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Kids Burger	yes - Wheat	no	yes	no	no	no	yes	no	no	no	may	yes	no	no
Curly Fries	yes - Wheat	no	may	no	no	may	may	may	may	may	no	may	no	no
Sweet Potato Mash	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Garlic & Spring Onion Rice	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Mixed Salad Side	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Peas Side	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Straight Fries	may	no	may	no	no	may	may	may	may	may	no	may	no	no
Sweetcorn	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Churros	may	no	may	no	no	yes	yes	may	may	may	no	may	no	no
Ice cream cone	yes - Wheat	no	yes	no	may	yes	yes	may	no	no	no	no	no	no
Ice Lolly	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Fresh Fruit	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Chocolate Brownie	no	no	yes	no	may	yes	yes	may	no	no	no	no	no	no
Jelly & Ice Cream	no	no	yes	no	may	no	yes	may	no	no	no	no	no	no

