



Eating out is fun for families at

If you're little, Iggy says try the Niños menu for kiddie friendly food.

Under 12's can choose from smaller portions of our favourite grown up main courses on here but don't forget you can also order from the big menu if you like.

For the tinies, we have **free** organic baby food, we can mash up a banana or help to reheat baby bottles. Grown ups can just ask the server.

If you love Las Iguanas you're sure to love our bright and colourful t-shirts. They're just for kids and feature Iggy. You can take one home for free when you collect 3 tokens. Just tell us what size you'd like.

NIÑOS 4.95

Main course, dessert and one drink (refill for 1.00)

MAIN COURSE

All Niños' dishes are served with a small salad of lettuce, cucumber, baby tomatoes, pepper & carrot sticks to help you on your way to five a day. You can also choose one of these with your main course:

Boiled new potatoes, Fine beans, Curly fries
or **Straight-cut fries**

NIÑOS CRUMBED CHICKEN

Fresh chicken breast strips in a crisp golden crumb

NIÑOS GRILLED CHICKEN (ask for gf)

Lightly seasoned & grilled chicken breast strips

NIÑOS PESCADO

Golden fish fingers, a great source of omega-3

NIÑOS BURGER

Char-grilled beef burger in a toasted burger bap with a big slice of tomato

NIÑOS WRAPS

Roll your own wraps from two soft wheat tortillas with mayonnaise & ketchup. *Choose from:*

Seasonal vegetables (v) or
Grilled chicken fingers

DESSERT (v)

STRAWBERRY JELLY (gf)

Sugar free jelly with vanilla ice cream

CHOCOLATE CAKE

Chocolate cake with vanilla ice cream & chocolate sauce

FRESH FRUIT (gf)

Simply fresh fruit, ready to eat, with chocolate dipping sauce.

Choose from: Pineapple or Banana

ICE LOLLY (gf)

A 'Mini Milk' lolly, which you can take away.

Choose from: Chocolate, Strawberry or Vanilla

ICE CREAM CONE

A crisp cone with a scoop of ice cream, which you can take away.

Choose from: Chocolate, Strawberry or Vanilla

DRINK

refill for 1.00

JUICES

Freshly squeezed orange or Apple juice

SEMI-SKIMMED MILK

MINERALS

Diet Coke, Coca-cola or Lemonade

(n) nutty (v) veggie (gf) gluten-free, please ask

UNDER 12's

Smaller portions of our favourite grown up main courses

STARTER

SOUP (v) (n) (ask for gf) Butternut squash & coconut milk soup with soured cream, fresh coriander & corn tortilla strips **2.25**

NACHOS (v) Tortilla chips with melted cheese, salsa, soured cream & guacamole **2.65**

SQUID RINGS Crumbed squid rings with garlic & chilli mayonnaise **2.50**

MUSHROOM QUESADILLA (v) Folded tortilla filled with mushroom & cheese with tomato salsa **1.95**

MAIN COURSE

FAJITAS

Our fajitas are cooked to order in our own blend of lime, paprika & a touch of cumin with onions & peppers. *Choose from:*

Asparagus & artichoke in a honey-soy marinade (v) **5.35**
Chicken **6.45**

BURRITO

Baked tortilla parcel with soured cream & salsa, served with salad. Filled with rice, slaw, cheese & a choice of:

Mixed mushrooms (v) **3.95**
Spiced chicken & sweet peppers **4.70**

CHILLI (ask for gf)

Warming chilli braised in spiced tomatoes, served with garlicky rice, soft wheat tortillas, soured cream & corn chips. *Choose from:*

Sweet potato, butternut squash & chickpeas (v) **3.95**
Chunky beef steak & beans **4.45**

MOQUECA (n) (ask for gf)

A mild tomato & coconut curry with peppers, rice & sweet plantain (it's like banana). *Choose from:*

Sweet potato, palm hearts & sugar snaps (v) **4.60**
Chicken **5.10**

GRILLED CHICKEN (ask for gf)

Flame-grilled seasoned chicken breast, roasted baby tomatoes, fries & salad with dip. *Choose from:*

Salsa, Papaya & mint salsa, Guacamole, Chilli jam, Soured cream or Ketchup **4.45**

CHICKEN CAESAR SALAD (ask for gf)

Lettuce, creamy garlic dressing, croutons, parmesan & grilled chicken **4.75**

BURGER

Beef burger in a toasted bun with melted mozzarella cheese, beef tomato, rocket & chipotle ketchup & Fries or Salad **4.45**

DESSERT (v)

CHOCOLATE CAKE with vanilla ice cream & chocolate sauce **1.50**

SUMMER BERRY SUNDAE (n) (ask for gf) Vanilla ice cream with summer fruit sauce, cocoa tortilla wafer wedges & brazil nut sprinkles **2.10**

IPANEMA MESS (gf) Layers of sweet guava, creamy mascarpone & crushed meringue **2.00**

ICE CREAM (gf) *Choose from:* **2.00**
Chocolate, Strawberry or Vanilla

DRINKS

JUICES Freshly squeezed orange, Pineapple or Apple juice **1.90**

CAPRISUN Tropical or Apple & Blackcurrant **1.50**

MINERALS Appletiser, Fruitiser, *from* **1.90**
Diet Coke, Coca-cola or Lemonade

You'll also find smoothies & non-alcoholic fruity coolers on our main menu