

# Gluten at Wahaca

We've designed the following gluten-free menu to help you choose dishes based on your own special relationship with The Big G. We've split out items that are gluten-free and those which have no gluten in their ingredients but have a higher risk of cross contamination in our kitchens or from our suppliers' production environments, for those with milder intolerances.

## Our kitchen policy

We prepare the vast majority of dishes on our menu from scratch in the kitchen and while we make every possible effort to avoid cross-contamination of ingredients and we religiously follow Tommi's recipes, we would like to advise you that it is not a factory production environment and we cannot guarantee with absolute certainty that your dishes will not have come into contact with a wheat based product.

If you are at all concerned about the preparation of your food please notify your waiter who will notify the kitchen supervisor on duty of your requirements.

The supervisor will ensure:

- All chefs on the cook line are aware of your order/orders.
- Totally clean and un-used utensils, mixing bowls, frying pans, serving spoons, will be used.
- Any grilled food will be cooked on a grill that has not had any wheat products cooked on it or the grill will be cleaned prior to your dish being cooked.
- The chefs put on clean and un-used food preparation gloves while preparing your order.
- Your order will be assembled with care and supervision to ensure there is no cross contamination at this stage.

Please let your waiter know if our policy doesn't cover everything and we will make every effort to go that extra mile for you.

## For those with milder gluten intolerances

Some dishes - whilst not containing any gluten in their ingredients - are cooked in our fryers. Unfortunately, whilst our fryers are cleaned and filled with fresh oil regularly, they will have also been used to cook products containing gluten during a service. Some dishes contain ingredients that our suppliers cannot guarantee contain no traces of gluten as a result of their production environment. Dishes in a grey box should be avoided if this level of cross contamination may affect you or if you suffer with coeliac disease.

## Street food

### Pork pibil taco £4.30 ●

5-hour-braised shoulder of pork cooked in our special Yucatecan marinade with fiery pink pickled onions

### Chicken tinga taco £4.35

Poached & shredded chicken thigh in a sweet & smoky chipotle & tomato sauce

### Grilled British steak taco £4.65

Flash-grilled skirt steak with chipotle & tomatillo salsas

### With crisp grilled cheese: £4.95

### Winter vegetable taco £4.15 v

Savoy cabbage, mushrooms & borlotti beans sautéed in a rich pasilla salsa with roast chipotle & feta

### NEW Black bean soup £4.75 v

A warming slow-cooked black bean soup, spiked with jalapeño & avocado leaf, topped with feta. *Ask your waiter for it without the tortillas*

## For those with milder gluten intolerances

### Plantain tacos £4.20 v

Crispy plantain with an addictively sweet and spicy chipotle adobo and a crumble of feta

### Sweet potato & feta taquito £4.15 v

Roasted sweet potato, feta & caramelised red onion wrapped in crispy blue corn and dotted with salsas and chipotle mayo

### Tender, marinated chicken taquito £4.45

Poached chicken seasoned with lime & black pepper, topped with Lancashire cheese & chipotle salsa

### Corn, black bean & guacamole tostadas £3.80 v

Our signature guacamole, black bean & corn salsa, topped with ancho chilli oil & feta

### Smoky chicken & avocado tostadas £4.25

Chargrilled chicken, guacamole, chipotle mayo & fresh slaw

### Mexico City style salmon sashimi tostada £5.40

Sustainably-sourced raw salmon with a squeeze of fresh lime & soy, tobacco onions, chipotle salt, avocado & chipotle mayo

### NEW Crispy prawn tacos £5.25

Corn tortillas stuffed with chopped prawn, chillies, spring onion & coriander, cooked until crispy, served with guacamole, tomato salsa & chipotle mayo

**V** = Vegetarian **N** = Contains nuts

**All dishes may contain traces of nuts**

● = Can be spicy. For those with milder tastes or children, please ask your waiter for help.

### NEW Cricket Brownie £5.50 N

Bringing insect-eating to your pudding plates. A deliciously rich chocolate brownie, made with gluten-free ground cricket flour, served with a scoop of vanilla ice cream

## For those with milder gluten intolerances

### Coconut-crumbed plantain £4.50 v

Crispy fried coconut-rolled plantain served with vanilla ice-cream & our caramel "cajeta" sauce

## Bigger food

### Pastor-marinated grilled

### chicken £12.25 ●

Chargrilled chicken breast marinated in Yucatecan spices & pineapple juice. Served with green rice, salad & spicy pickled onions. *Ask your waiter for no tortilla strips on your salad.*

### MSC grilled cod fillet £12.25

A grilled fillet of sustainably caught cod, dressed with guajillo & parsley pesto salsas, with green rice & salad. *Ask your waiter for no tortilla strips on your salad.*

### British steak, the Mexican way £12.95

Bavette steak marinated overnight, served medium rare with grilled crisp cheese, green rice & smoky chipotle salsa. *Ask your waiter for no tortilla strips on your salad.*

### Mexico City-style chicken

### enchiladas £10.45

Two classic enchiladas, with grilled chicken & tomato salsa roja, topped with melted cheese

### Winter veg enchiladas £9.45 v

Two grilled enchiladas filled with sautéed mushroom, savoy cabbage & a rich pasilla salsa, bathed in a lightly spiced tomato sauce

### The Sonora salad

Char-grilled steak: £9.75

Grilled achiote chicken: £9.45

*Ask your waiter for it without the flour tortilla bowl or spelt*

### Super charged salad £8.95 v

Avocado, feta, pumpkin seeds & jalapeño-pickled carrot in a crispy tortilla bowl *Ask your waiter for it without the flour tortilla bowl or spelt*

## Sides & nibbles

### Guacamole v

Served with our fennel pork scratchings £4.95 or certified gluten-free tortilla chips (contains dairy) £5.05

### Fresh tomato salsa £4.05 v

Served with certified gluten-free tortilla chips (contains dairy)

### Rice n' beans £2.45 v

Green rice blitzed with coriander, onion & garlic. Served with black beans & Lancashire cheese

### Frijoles £2.60 v

Rich, creamy black beans cooked twice for flavour. Served with crumbled cheese & crema

### Frijoles with chorizo £3.95

Frijoles topped with a Mexican style sobrasada & chorizo oil

### Corn & bean salad £3.95 v

Mixed salad leaves tossed with diced avocado, corn & bean salsa topped with toasted pumpkin seeds

### Spicy slaw £2.45 v

Fresh crunchy slaw mixed with our chipotle dressing

### Curly Kale £3.95 v N

Steamed curly kale, dressed in ancho oil with a crumble of feta & toasted almonds

## For those with milder gluten intolerances

### Guacamole £4.50 v

Served with home cooked tortilla chips

### Fresh tomato salsa & chips £3.50 v

Served with home cooked tortilla chips

### Sweet potato £3.60 v

Crispy fried chunks of sweet potato, dressed with smoky caramelised mojo de ajo

## Desserts

### Salted caramel ice-cream £4.25 v

With shavings of Original Beans chocolate

### Vanilla ice-cream £4.25 v

With toasted pumpkin seeds, drizzled with our caramel "cajeta" sauce

### Mango or Passion fruit sorbet £4.25 v

Cool & refresh with a hit of fruity sorbet