

Gluten at Wahaca

We've designed the following 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 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 mild 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 wheat products during a service, and the following dishes should be avoided if this level of cross contamination will affect you.

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.

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

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 mild 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 Hibiscus glazed wings £4.95

Crisp & juicy chicken wings tossed in a sticky hibiscus & pasilla chilli glaze

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

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 mild 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

MSC grilled cod fillet £12.25

A grilled fillet of sustainably caught cod, dressed with guajillo & parsley pesto salsas, with green rice & salad

British steak, the Mexican way £12.95

Bavette steak marinated overnight, served medium rare with grilled crisp cheese, green rice & smoky chipotle salsa

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

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**

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

Guacamole V

Served with our fennel pork scratchings £4.95

or certified gluten free tortilla chips £5.05

Fresh tomato salsa £4.05 **V**

Served with certified gluten free tortilla chips

For those with mild gluten intolerances

Sweet potato £3.60 **V**

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

Guacamole £4.50 **V**

Served with home cooked tortilla chips

Fresh tomato salsa & chips £3.50 **V**

Served with home cooked tortilla chips