

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. 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.

NIBBLES & SIDES

Guacamole ▼

Freshly made every day with Hass avocados, and served with Chicarron style pork scratchings £4.95 **or** certified gluten-free tortilla chips (chips contain dairy) £4.50

Salsa & tortilla chips £3.75 ▼

Diced tomatoes, fresh lime & a touch of chilli served with certified gluten-free tortilla chips (chips contain dairy)

Rice n' beans £2.55 ▼

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

Frijoles £2.75 ▼

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 ▼

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

Spicy slaw £2.60 ▼

Fresh crunchy slaw mixed with our chipotle dressing

Grilled summer corn £4.25 ▼

With fresh lime, crema, Lancashire cheese & piquin chilli-sugar-salt

For those with milder gluten intolerances

Guacamole £4.50 ▼

Freshly made every day using Hass avocados, served with home cooked tortilla chips

Salsa & tortilla chips £3.75 ▼

Diced tomatoes, fresh lime & a touch of chilli served with home cooked tortilla chips

Sweet potato £3.75 ▼

Crispy fried chunks, dressed with smoky caramelised mojo de ajo

STREET FOOD

Pork pibil tacos £4.45 **s**

Slow braised shoulder of pork cooked in Yucatecan spices & orange, with fiery pink pickled onions

Grilled ancho chicken tacos £4.95

Chicken thigh with sweet ancho chilli, fresh guacamole & tomatillo salsa

Grilled British steak tacos £4.95

Flash-grilled skirt steak with chipotle salsa

with grilled cheese: +30p

Fire-roasted cactus & courgette £4.25 ▼

With crushed new potatoes, tarragon & mint. Topped with grilled cheese & ancho mayo

NEW Hibiscus-roasted aubergine

salad £4.60 ▼

Roast serrano hummus, mint vinaigrette & salsa macha.

Ask your waiter for no tortillas

For those with milder gluten intolerances

Corn & black bean tostada £3.95 ▼

With creamy guacamole, ancho oil & feta on a crisp tortilla base

NEW Devon crab tostada £5.75

With cucumber, ancho mayo, avocado & lime ash on a crisp tortilla base

Plantain tacos £4.30 **v s**

With sweet & spicy chipotle adobo & a crumble of feta

Sweet potato & feta taquito £4.45 ▼

Roast sweet potato, feta & caramelised onion wrapped in a crispy blue corn tortilla with salsas & chipotle mayo

V = Vegetarian

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

All dishes may contain traces of nuts

BIGGER FOOD

Yucatecan grilled chicken £12.45

Chargrilled chicken breast marinated in achiote, citrus & oregano. Served with rice, salad & pink pickled onions

British steak, the Mexican way £13.45

Marinated bavette steak, served medium rare with green rice & smoky chipotle salsa

Grilled MSC cod "al pastor" £12.75

Brushed with achiote & pineapple. Served with a roasted pineapple & lime salsa, green rice & salad

Mexico City style chicken

enchiladas £10.75

Two corn tortillas stuffed with grilled chicken & bathed in a spiced tomato sauce, topped with melted cheese. Served with green rice & black beans

The Sonora salad

Avocado, pumpkin seeds, black beans & Cos lettuce, tossed in a chipotle dressing & served in a tortilla bowl with:

Chargrilled steak: £10.45

Yucatecan grilled chicken: £10.25

NEW Hibiscus-roasted

aubergine £9.45 ▼

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

DESSERTS

NEW Leo's coconut flan £5.50 ▼

Mexican flan with toasted coconut flakes & dark mezcil caramel

Salted caramel ice-cream £4.45 ▼

With shavings of Original Beans chocolate

Vanilla ice-cream & cajeta sauce £4.45 ▼

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

Mango or Passion fruit sorbet £4.45 ▼

Cool & refresh with a hit of fruity sorbet