





NON-GLUTEN

GLUTEN AT WAHACA

We've designed this menu to help you choose dishes based on your sensitivity to gluten.

OUR KITCHEN POLICY

While we make every possible effort to avoid cross-contamination, our kitchen is not a factory production environment and we cannot guarantee your dishes will not have come into contact with a gluten-based ingredient.

If you are at all concerned please notify a manager who will explain our procedures and do everything we can to go the extra mile.

FOR THOSE WITH MILDER GLUTEN SENSITIVITY

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 also contain ingredients that our suppliers cannot guarantee contain no traces of gluten as a result of their production environment.

Dishes marked with a black dot (●) should be avoided by people with coeliac disease or if this level of cross-contamination may affect you.

If the fried element can be removed from the dish on request, it is marked with a blue dot (●).

We don't list everything on the menu so please let us know if you're allergic, intolerant or sensitive to anything, or concerned about cross-contamination. All dishes may contain traces of nuts.

V = vegetarian VG = vegan N = contains nuts
VGO = vegan option available

● / ● = fried dishes, please see the note above on gluten in our kitchen

FROM FARMS TO TABLES

We cook with high quality, sustainably sourced ingredients:

- Regeneratively reared grass-fed British beef from **Grassroots** and **Farm Wilder** farms
- **Nice Rice's** single origin rice
- **Hodmedod's** pulses and grains
- **Blanco Niño** artisanal corn tortillas
- **Riverford Organic** squash and carrots

CARBON LABELS ON OUR MENU

Here's our simple guide to help you make more planet-friendly, low-carbon choices:

- = **Low carbon impact**
- = **Medium carbon impact**
- C = **High carbon impact**

We've partnered with the experts at My Emissions to share the carbon impact of our dishes.

Find out more at: **www.wahaca.co.uk/sustainability**

CERTIFIED CARBON NEUTRAL company
CarbonNeutral.com

An optional 12.5% service charge is added to bills for easy tipping. 100% of tips go to the restaurant team.

ENTRADAS

PLEASE SEE OUR NOTE ON GLUTEN BEFORE PLACING YOUR ORDER

Butter Bean & Confit Garlic Dip ●
Butter beans and crispy chickpeas, served with gluten free tortilla chips
Topped with:
Jalapeño oil VG 6.75 *570kcal*
Trealy Farm sobrasada chorizo 7.25 *630kcal*

Guacamole VG 7.50
Avocado, lime and coriander, served with gluten free tortilla chips *608kcal*
Add chilli oil VG +25p *49kcal*

House Nachos V VGO 10.95
Black beans, crema, guacamole, pink pickled onions, queso cheese sauce, fresh tomato salsa and jalapeño *642kcal*

Chorizo Nachos 11.95
Trealy Farm chorizo, black beans, crema, guacamole, pink pickled onions, queso cheese sauce, fresh tomato salsa and jalapeño *821kcal*

TACOS & SMALL PLATES

We recommend 2-3 dishes per person

Pork Pibil Tacos 7.95
Free range, slow-cooked in citrus and achiote, a Mexican classic *279kcal* C

Grilled Chicken & Avocado Tacos 8.25
With a warming Yucatecan salsa *326kcal*

Beef Gringa Tacos 9.50
Grass-fed, slow-cooked, with grilled cheese and salsa fresca *343kcal* C

'Halloumi' Al Pastor Tacos V 8.25
Grilled, with tomatillo and pineapple salsas and dressed slaw *418kcal*

Roast Ancho Mushroom Tacos VG N ● 7.75
White bean and garlic purée, salsa and jalapeño oil *325kcal*

Riverford Organic Squash V VGO N 7.75
Roasted butternut squash, cashew and herb mole, salsa macha and crumbled feta *304kcal*

Avocado, Cos & Rocket Salad VG N 6.25
Fresh herbs, toasted almonds, house dressing *279kcal*

Grilled Tenderstem Broccoli VG N 6.25
Smoky caramelised garlic mojo de ajo, toasted almonds *254kcal*

Frijoles Crema V VGO 4.75
Creamy black beans, crumbled cheese and crema *137kcal*

Frijoles Chorizo 5.25
Creamy black beans and Trealy Farm sobrasada chorizo *240kcal*

GRILLED SEABASS TACO BOARD

Fillet of Achiote Marinated Seabass N ● 18.95
Served with charred pineapple salsa, salsa macha and five warm tortillas to craft your perfect tacos. Ideal for one, or to share *792kcal* C

SALSAS

Trio of Fresh Salsas VG N 2.50 *430kcal*
Tomatillo Mild with citrusy green apple
Habanero Fresh, fruity and fiery
Macha Nutty, toasted chilli oil

House Hot Sauce VG 1.00 *10kcal*
Burnt cucumber, tomatillo and scotch bonnet

FOR THOSE WITH MILDER GLUTEN SENSITIVITY

Plantain Tacos V VGO ● 7.25
Chipotle hibiscus glaze, crema and crumbled feta *496kcal*

Yellowfin Tuna Tostadas N ● 10.50
Raw line-caught tuna, marinated in tamari and lime, with avocado, tomato salsa and salsa macha, on crispy tortillas *383kcal*

Sweet Potato & Feta Taquito V ● 7.95
Caramelised onion, salsas and chipotle mayo in a crisp blue corn tortilla *385kcal*

Corn, Bean & Feta Tostadas V VGO N ● 6.95
With refried beans and tomato salsa, on two crispy fried tortillas *336kcal*

Smoky Pork Belly Skewer ● 8.95
Free range, with tamarind sauce, pink pickled onions and crispy onions *493kcal* C

Sweet Potato VG ● 5.75
Smoky caramelised garlic mojo de ajo *310kcal*

Sweet Potato 'Bravas' V ● 6.75
Crisp chunks dressed in jalapeño allioli with hibiscus salsa *642kcal*

SUNSHINE BOWLS

Sunshine Bowl VG N ● 11.95
Avocado, corn esquites, black beans, quinoa, rocket and agave chipotle dressing *605kcal*

With:

'Halloumi' Al Pastor V N ● 14.95 *828kcal*
Grilled Chicken N ● 14.95 *749kcal*

FOR THOSE WITH MILDER GLUTEN SENSITIVITY

Sunshine Bowl with Mojo Sweet Potato VG N ● 13.95 *793kcal*

DESSERT

Ice Cream 2.75
Served by the scoop:
Mango Sorbet dusted with Tajín VG *56kcal*
Agave-Lime Sorbet VG *65kcal*
Vanilla Ice Cream V *72kcal*
Salted Caramel Ice Cream V *88kcal*
Chocolate Ice Cream VG *80kcal*

Adults need around 2000kcal a day