

GLUTEN AT WAHACA

We've designed the following gluten information 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 gluten based product.

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 gluten 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, lime & coriander, served with Chicharrón-style puffed pork scratchings £5.45 **or** certified gluten-free tortilla chips £5.55. Add arbol oil & chilli flakes to your guacamole for an extra kick +30p

Roast tomato salsa £4.55 ▼

Charred & mashed with fresh lime & a touch of chilli, served with gluten-free tortilla chips

Frijoles

Creamy twice-cooked black beans with crumbled Lancashire cheese & crema £4.55 **or** with sobrasada, a Mexican style chorizo £5.35. Served with gluten-free tortilla chips

Rice n' beans £2.70 ▼

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

Avocado, corn & bean salad £4.20 ▼

With diced avocado, corn & bean salsa topped with toasted pumpkin seeds

Wahaca slaw £2.85 ▼

Finely shredded kohlrabi, white cabbage & onion with buttermilk dressing

Chargrilled tenderstem broccoli £3.95 ▼

With our grilled spring onion salsa & fresh lime

For those with milder gluten intolerances

Guacamole £4.95 ▼

Freshly made every day with Hass avocados, lime & coriander, served with home cooked tortilla chips

Roast tomato salsa £3.95 ▼

Charred & mashed with fresh lime & a touch of chilli, served with home cooked tortilla chips

Sweet potato £3.95 ▼

Crispy fried chunks, dressed with smoky caramelised mojo de ajo

Frijoles & tortilla chips

Creamy twice-cooked black beans with crumbled Lancashire cheese & crema £3.95 **or** with sobrasada, a Mexican style chorizo £4.75

STREET FOOD

Pork pibil tacos £4.85 **s**

The original, and still the best! Slow-braised shoulder of pork cooked in Yucatecan spices & orange, with fiery pink pickled onions

Grilled chicken & avocado tacos £4.95

Chicken thigh with arbol chilli, fresh guacamole & tomatillo salsa

Grilled British steak tacos £5.10

Flash-grilled skirt steak with chipotle salsa

with grilled cheese: +30p

Fire-roasted poblano pepper & corn

tacos £4.25 ▼

Sautéed with crushed potatoes, herbs & ancho mayo

with grilled cheese: +30p

Smoky cauliflower cheese £4.75 ▼

Roasted cauliflower covered in a chipotle cheese sauce & grilled until golden

For those with milder gluten intolerances

Plantain tacos £4.60 **v s**

With sweet & spicy chipotle adobo & a crumble of feta

Corn & black bean tostadas £4.15 ▼

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

Smoked salmon tostadas £5.85

Loch Duart salmon with cucumber, chipotle mayo, white slaw & avocado on crisp tortillas

Sweet potato & feta taquitos £4.75 ▼

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 £12.85

Chargrilled chicken breast marinated in achiote, citrus & oregano. Served with green rice, pink pickled onions & our fresh house slaw

British steak, the Mexican way £13.75

Marinated bavette steak, served medium rare with green rice, grilled spring onion salsa & our fresh house slaw

Grilled MSC cod with olive & herb salsa £12.95

Sustainably-sourced cod, flash-grilled, served with our fresh house slaw, green rice & lime

Winter vegetable enchiladas £9.50 ▼

Fire-roasted poblano peppers & crushed potato folded into 2 corn tortillas, with a tomato salsa & grilled cheese. Served with a green leaf salad

Chicken & tomato enchiladas £10.85

Two corn tortillas wrapped around grilled chicken in a spiced tomato sauce, topped with melted cheese. Served with a green leaf salad

The Sonora salad

Avocado, pumpkin seeds, black beans & Cos lettuce, tossed in a chipotle dressing with one of the toppings below.

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

Chargrilled steak: £10.45

Yucatecan grilled chicken: £10.25

Roasted winter vegetables £9.45 ▼

DESSERTS

Salted caramel ice-cream £4.95 ▼

With shavings of Original Beans chocolate

Vanilla ice-cream £5.10 ▼

Simple but delicious. Served with a shot of chocolate sauce

Mango or Passion fruit sorbet £4.95 ▼

A cool & refreshing hit of fruity sorbet