

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

Market ethos

As in the markets, some plates may be delivered at slightly different times. We think the freshness is worth it.

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.

Street food

Explore your way through the market. Choose 2-3 dishes per person or share lots with friends

Pork pibil corn taco £4.10 ●

Slow cooked pork in our special Yucatecan marinade with fiery pickled onions

Chicken tinga taco £4.25

Chicken with sweet onion, smoky chipotle & ripe red tomatoes

Cactus and corn taco £3.95 v

Sautéed cactus, courgette & tomato with summer herbs, shaved corn & feta

Grilled British steak taco

With smoky smoky chipotle salsa: £4.50
With grilled cheese & salsa: £4.85

For those with milder gluten intolerances

Plantain tacos £3.95 v ●

Sweet crispy plantain, frijoles, crema, feta and our hot chipotle adobo

Tender, marinated

chicken taquito £3.95

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

Sweet potato & feta taquito £4.00 v

Wrapped in blue corn tortillas, topped with shredded lettuce, crema, salsa fresca and chipotle mayo

Salmon tostada £4.50

Sustainable salmon, served raw, with crispy onions, avocado & creamy chipotle mayo

Black bean tostada £3.80 v

Re-fried beans with avocado salsa, crema, cheese & fresh tomato salsa

Chicken Caesar tostada £4.20

Invented in Mexico, adapted by us: shredded chicken coated in a creamy Caesar dressing with crisp Cos

MSC Crab tostada £5.25

MSC certified British crab with chipotle mayo & sliced avocado

Broccoli w/ green goddess

dressing £4.50

Charred tenderstem broccoli & toasted pumpkin seeds

Grilled corn on the cob £3.95

Grilled British corn with mojo de ajo, chipotle mayo, lime & feta

Puddings

Vanilla ice-cream £4.25 v

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

Salted caramel ice-cream £4.25 v

Salted caramel ice-cream with shavings of Original Beans chocolate

Mango or Passion fruit sorbet £3.95 v

Served as in the markets of Mexico

Bigger food

Bigger plates

Grilled MSC haddock £10.50

Grilled fresh haddock with a parsley & oregano salsa verde & caramelized garlic, served with green rice & salad

British steak, the Mexican way £10.25

British bavette steak marinated in a pasilla rub, served with grilled cheese, green rice & smoky chipotle salsa

Marinated grilled chicken £10.25 ●

Char-grilled chicken breast marinated in Yucatecan spices, cumin & oregano. Served with green rice & spicy pickled onions

Pasilla chicken enchilada £8.95

Poached chicken in corn tortillas, steeped in a gently smoky Pasilla de Oaxaca & crème fraiche tomato sauce

Summer vegetable enchilada £7.95

Grilled courgette, summer corn & cactus in corn tortillas, soaked in a Pasilla de Oaxaca & crème fraiche tomato sauce

The Sonora salad

Ask your waiter for it without the flour tortilla bowl

Char-grilled steak: £8.50

Tender chicken: £8.50

MSC crab and avocado: £9.95

Super charged salad £8.50

Grilled broccoli, avocado, feta, British quinoa, pumpkin seeds and pink pickled onions

Pork pibil £9.25

Tender, marinated pork served in a parcel with spicy slaw & pink pickled onions

Sides & nibbles

Rice n' beans £2.30 v

Frijoles £2.50 v

Frijoles with chorizo £3.95

Spicy slaw (not too hot) £2.30 v

Corn & bean salad £3.95 v

Guacamole £4.45 v

Served with our fennel pork scratchings or certified gluten free tortilla chips £4.55

Fresh tomato salsa & chips £3.70 v

Served with certified gluten free tortilla chips.

For those with milder gluten intolerances

Sweet potato £3.10 v

Crispy fried chunks of sweet potato, dressed with smoky caramelised mojode ajo.

Fresh tomato salsa & chips £3.10 v

Served with home cooked tortilla chips.

Guacamole £3.95 v

Served with either home cooked tortilla chips.