

Gluten free menu

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, given the importance to you of wheat/gluten free food, 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.

Unfortunately we are not able to fry any dishes in a separate fryer, and fryers will have been used for wheat products during that day, these particular dishes are marked on your menu with a (F) and should be avoided if this level of cross contamination will affect you.

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.

F = Avoid if high intolerance level

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.

Market ethos

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

Street food

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

Pork pibil corn taco £3.95 ●

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

Cactus corn taco £3.95 v

Grilled cactus taco with courgette, grilled cheese and guajillo oil.

Chicken tinga corn taco £4.10 ●

Tender chicken in a smoky tomato sauce topped with crema and extra-hot chipotle adobo.

Grilled British steak corn taco

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

Plantain taco £3.95 v f

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

Tender, marinated chicken taquito £4.00 f

With shredded lettuce, Lancashire cheese and fresh tomato salsa.

Chicken guajillo tostada £4.00 f

Chunks of chicken marinated in a chipotle dressing layered with crunchy salad mix, guacamole, salsa fresca and our smoky guajillo oil.

Black bean tostada £3.80 v f

Our special re-fried beans topped with avocado salsa, crema, Lancashire cheese and fresh tomato salsa.

MSC ceviche £4.25 f

MSC certified shrimp and scallops tossed with a refreshing mix of hot habanero chilli, lime, cucumber and mint.

Sides & nibbles

Green rice £2.30 v

Rice with coriander, onion and garlic.

Frijoles £2.50 v

Rich, creamy black beans cooked twice for flavour. Served with crumbled cheese and crema.

Spicy slaw (not too hot) £2.30 v

Shredded cabbage and red onion with our chipotle dressing.

Corn and bean salad £3.95 v

Mixed salad leaves tossed with diced avocado and our corn and bean salsa topped with toasted pumpkin seeds.

Sweet potato £2.95 v f

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

Fresh tomato salsa & chips £2.95 v f ●

Our freshly made zingy tomato salsa to enjoy with home cooked tortilla chips.

Guacamole £3.85 v f

Freshly made every day to our secret recipe. Served with **either** tortilla chips **or** our new fennel pork scratchings+50p.

Grilled corn £3.95 v

Utterly delicious slathered in sour cream mayo mix, chilli-sugar-salt, Lancashire cheese and a squeeze of lime.

Platos fuertes

Bigger plates

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

MSC fish a la Pimienta £9.95

Grilled fresh MSC haddock with a melting onion, black pepper, fresh lime and pumpkin seed sauce, served with green rice and salad.

Marinated, grilled chicken £9.95

Chargrilled chicken breast in our homemade Yucatecan marinade of cumin, oregano and spices. Served with green rice and spicy pickled onions.

British steak, the Mexican way £9.95

Strips of British steak, grilled and served with green rice, charred spring onions and our special house salsas.

Pork Pibil £8.95 ●

The famous dish from the Yucatan. Tender, marinated pork served in a parcel with smoky black beans, green rice and fiery pickled onions.

The Sonora salad

Ask your waiter for it without the flour tortilla bowl and spelt. Avocado, pumpkin seeds, beans, British organic spelt and cos lettuce with either:

Char-grilled steak: £8.25

Tender chicken: £8.25

Black bean & corn salsa: £7.25 v

MSC ceviche salad £8.25

MSC shrimp & scallops, cured in fresh lime juice and our hot habanero salsa. Served with avocado, cucumber, mint and toasted pumpkin seeds.

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 Valrhona chocolate.

Mango or Passion fruit sorbet £3.95 v

Served as in the markets of Mexico.

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Mexican market eating