



NON GLUTEN

GLUTEN AT WAHACA

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

OUR KITCHEN POLICY

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

If you are at all concerned please notify a manager who will explain our procedures and do anything 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

PLANET-FRIENDLY FOOD

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**

Ⓛ = **High carbon impact**

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



CarbonNeutral.com

OUR COMMITMENT

Carbon neutral since 2016*, we go the extra mile. Working with suppliers we know and trust, we source our ingredients responsibly, from **free range pork and chicken**, to our **grass-fed British beef** and **sustainably sourced fish**. We are proud to be working with British regenerative producers Grassroots, WildFarmed, Hodmedods, and Riverford Organic.

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



**PLEASE SEE OUR
NOTE ON GLUTEN
BEFORE PLACING
YOUR ORDER**



NIBBLES

Made fresh every day, served with
Gluten Free Tortilla Chips 335kcal

Smoky Sonoran Hummus **vg** ● 5.95
Freshly made from roasted vegetables,
chickpeas, guajillo, and herbs, drizzled
with chilli oil 160kcal

Guacamole **vg** 6.75
With lime and coriander 223kcal
Add chilli oil **vg** 20p 49kcal

NEW Mexico City Nachos 10.95
With Trealy Farm chorizo, black beans, crema,
guacamole, pink pickled onions, cheese sauce,
fresh tomato salsa and jalapeño 799kcal

NEW Veggie Nachos **v vgo** 9.95
With black beans, crema, guacamole, pink
pickled onions, cheese sauce, fresh tomato
salsa and jalapeño 619kcal

SMALL PLATES

Order two or three per person

Free Range Pork Pibil Tacos 7.50
Slow-cooked in citrus and spices 278kcal

Free Range Chicken & Avocado Tacos 7.75
With ancho rub and tomatillo salsa 377kcal

Beef Gringa Tacos 7.95
Slow-cooked British, grass-fed,
regeneratively-raised beef with grilled
cheese and salsa fresca 347kcal

Ancho Mushroom Tacos **v vgo** ● 6.95
With jalapeño mayo, beetroot crisps
and slaw 248kcal

Grilled 'Halloumi Al Pastor' Tacos **v** 7.50
British halloumi-style cheese with tomatillo and
pineapple salsas and dressed slaw 418kcal

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SALSAS 1.95
A trio of fresh salsas 66kcal

Tomatillo Mild with citrusy green apple
Chipotle Smoky tomato, medium spice
Habanero Fresh, fruity and fiery

Avocado & Cos Salad **vg n** ● 5.50
With mixed beans and herbs, sprinkled
with toasted nuts and seeds 142kcal

Frijoles Crema **v vgo** 4.50
Creamy black beans, with crumbled
cheese and crema 135kcal

Frijoles Chorizo 4.95
Creamy black beans with
Mexican-style chorizo 241kcal

Grilled Tenderstem Broccoli **vg n** 5.75
Tossed in garlic herb oil, with toasted
nuts and seeds 91kcal

FOR THOSE WITH Milder GLUTEN SENSITIVITY

Plantain Tacos **v vgo** ● 6.95
With hibiscus, crema and
crumbled feta 494kcal

Sweet Potato & Feta Taquito **v** ● 6.95
With caramelised onion, salsas and chipotle
mayo in a crisp blue corn tortilla 408kcal

Zesty Bean & Feta Tostadas **v vgo** ● 6.25
Chickpeas, borlotti beans and carlin peas
with fresh tomato and habanero salsas 259kcal

NEW Beet Tartare Tostadas **n** ● 6.50
Riverford Organic beetroot, salsa macha,
fresh horseradish and avocado cream 264kcal

Sweet Potato **vg** ● 5.50
Crispy, fried chunks tossed in smoky
caramelised garlic mojo de ajo 310kcal

Sweet Potato 'Bravas' **v** ● 6.50
Crisp chunks dressed in jalapeño allioli
with hibiscus salsa 628kcal

LARGE PLATES

RAINBOW BOWLS

Black beans, green rice, slaw, guacamole,
salsa and pink pickled onions

Free Range Pork Pibil 12.50 657kcal

Free Range Chicken 13.50 711kcal

NEW CHEF SPECIALITIES

Generous plates made to share or not to share
– you decide! Served with rice or tortillas

Roast Riverford Organic Squash **n vgo** 15.95

With cashew nut and fresh herb mole
and salsa macha 597kcal

Smoky Caramelised Pork Belly ● 16.95
With tamarind sauce and crispy leeks 775kcal

Grilled Achiote Seabass **n** ● 32.95
Whole filleted fish with charred pineapple
salsa and nutty salsa macha. Served with rice
and tortillas. Share between 2 or more 1512kcal

DESSERT

Ice Cream Sundae **v** 6.95

Chocolate, salted caramel and vanilla ice cream
with chocolate sauce, dulce de leche, and
honeycomb chunks 362kcal

FOR THOSE WITH Milder GLUTEN SENSITIVITY

Sweet Potato & Tenderstem Broccoli
Rainbow Bowl **v vgo** ● 11.50 601kcal

Adults need around 2000kcal a day