

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:

- **Free range chicken and pork**
- **Regeneratively grass-fed British beef from Grassroots**
- **Sustainably sourced fish**
- **Regeneratively grown pulses and grains from Hodmedods**
- **Artisanal corn tortillas made especially for us by Blanco Niño**

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.

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



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

ENTRADAS

Made fresh every day, served with

Gluten Free Tortilla Chips 335kcal **vg**

Smoky Sonoran 'Hummus' **vg** ● 6.25

Roasted vegetables, chickpeas, guajillo and herbs, drizzled with chilli oil 160kcal ©

Guacamole **vg** 6.95

Avocado, lime and coriander 223kcal ©

Add chilli oil **vg** 25p 48kcal

NEW Pico de Gallo **vg** 6.50

Tomato, onion, lime and fresh herbs, served with tortilla chips 33kcal ©

Black Bean Nachos **v vgo** 10.50

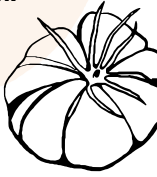
Black beans, crema, guacamole, pink pickled onions, queso cheese sauce, fresh tomato salsa and jalapeño 619kcal ©

House Nachos 11.50

Trealy Farm chorizo, black beans, crema, guacamole, pink pickled onions, queso cheese sauce, fresh tomato salsa and jalapeño 799kcal ©



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



TACOS & SMALL PLATES

Order two or three per person

Pork Pibil Tacos 7.95

Free range, slow-cooked in citrus and achiote, a Mexican classic 276kcal ©

NEW Grilled Chicken & Avocado Tacos 7.95

Free range, with a warming Yucatecan salsa 386kcal ©

Beef Gringa Tacos 8.50

Grass-fed, slow-cooked, with grilled cheese and salsa fresca 347kcal ©

'Halloumi' Al Pastor Tacos **v** 7.95

Grilled, with tomatillo and pineapple salsas and dressed slaw 417kcal ©

NEW Cactus & Courgette Tacos **v vgo** ● 6.95

Sweetcorn, fresh cheese and crispy corn strips 169kcal ©

NEW Prawn Aguachile **n** ● 8.95

Marinated in habanero, fresh lime and coconut, with avocado, crisp tostadas and salsa macha 313kcal ©

SALSAS

A trio of fresh salsas **vg** 1.95 65kcal ©

Tomatillo Mild with citrusy green apple

Chipotle Smoky tomato, medium spice

Habanero Fresh, fruity and fiery

NEW Avocado, Cos & Spinach Salad **vg n** 5.95

Fresh herbs, toasted almonds and seeds 239kcal ©

Frijoles Crema **v vgo** 4.50

Creamy black beans, crumbled cheese and crema 135kcal ©

Frijoles Chorizo 4.95

Creamy black beans and Mexican-style chorizo 240kcal ©

Grilled Tenderstem Broccoli **vg n** 5.95

Garlic herb oil, toasted nuts and seeds 232kcal ©

FOR THOSE WITH Milder GLUTEN SENSITIVITY

Plantain Tacos **v vgo** ● 6.95

Chipotle hibiscus glaze, crema and crumbled feta 494kcal ©

Sweet Potato & Feta Taquito **v** ● 7.25

Caramelised onion, salsas and chipotle mayo in a crisp blue corn tortilla 408kcal ©

Beetroot Tartare Tostadas **vg n** ● 6.95

Salsa macha, fresh horseradish and avocado cream 277kcal ©

Sweet Potato **vg** ● 5.50

Smoky caramelised garlic mojo de ajo 310kcal ©

Sweet Potato 'Bravas' **v** ● 6.50

Smoky caramelised garlic mojo de ajo, jalapeño alliooli and hibiscus salsa 628kcal ©

SUNSHINE BOWLS

NEW Sunshine Bowl **vg n** ● 11.50

A vibrant bowl of 30 plants, with avocado, sautéed corn, spinach, quinoa, black beans and our coconut-lime dressing 483kcal ©

With:

'Halloumi' Al Pastor **vn** ● 14.50 707kcal ©

Free Range Chicken **n** ● 14.50 689kcal ©

LARGER PLATES

NEW Grilled Achiote Seabass **n** ● 17.95

Fillet of seabass, charred pineapple salsa, salsa macha 447kcal and rice 321kcal or tortillas 126kcal ©

NEW Hibiscus Glazed Aubergine **v vgo n** 15.95

Avocado purée, salsa macha, lime and coconut quinoa 590kcal ©

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

Garlic Sweet Potato

Sunshine Bowl **vg n** ● 13.50 671kcal ©

Smoky Caramelised Pork Belly ● 16.95

Free range, with tamarind sauce, crispy leeks 775kcal and rice 321kcal or tortillas 126kcal ©

WAHACA
