



CANTINA LAREDO

The heart & soul of modern Mexican

Gluten Free Menu

We don't want those of you who have a gluten allergy to miss out on our modern Mexican cuisine, so we have adapted some of our regular dishes to be gluten free - just for you!

Guacamole

The Great 8 Guacamole's

Guacamole Clásico Avocado, red onions, jalapeño, coriander, tomatoes and warm corn tortilla chips. Prepared at your table with a selection of salsa molcajetes (V) (G)	9	Guacamole de Queso Azul Avocado, sour cream, creamy blue cheese with roasted jalapeño. Garnished with almonds. Served with warm corn tortilla chips (V) (G) (N)	11.2
Guacamole con Chile Habanero Holy guacamole, this guacamole is not for the faint-hearted! Roasted yellow habaneros with avocado, coriander, roasted shallots and garlic. Served with roasted yellow habanero salsa and warm corn tortilla chips (V) (G)	9.8	Guacamole con Chapulines If you have the culinary bug for Mexico then this is a sure thing. Grilled avocado, coriander, serrano and roasted garlic topped with crunchy grasshoppers, chile piqin and cojita cheese. Served with warm corn tortilla chips (G)	11
Guacamole de Chicharrón Avocado, tomatillo, coriander, garlic, onions and jalapeño. Topped with guajillo chile oil, queso fresco and chicharrón. Served with warm corn tortilla chips (G)	9.8	Guacamole de Piña Avocado, apples, sweet onion, coriander, serranos and pineapple. Garnished with pomegranate seeds. Served with warm corn tortilla chips (V) (G)	10.1
Guacamole con Cangrejo Avocado, chipotle, red onion, jalapeño, jicama and coriander. Topped with white crab meat and citrus oil. Served with warm corn tortilla chips (G)	12.5	Guacamole de Poblano y Maiz Avocado, epazote & Mexican oregano oil, chargrilled poblano and sweetcorn with roasted garlic and onions. Served with warm corn tortilla chips (V) (G)	10.6

Entradas

Small dishes perfect for sharing

Rajas con Queso Mexican cheese, poblano, sweetcorn with warm corn tortillas (V) (G)	6.1	Quesadillas de Champiñones Blue corn tortillas, Oaxaca cheese, mushrooms with epazote and oregano (V) (G)	5.9
Tostadas de Berenjena Aubergine, crisp tortillas with green habanero mayonnaise (V) (G) (S)	5.8	Quesadillas de Pollo Blue corn tortillas, Oaxaca cheese, marinated chicken with poblano and sweetcorn (G)	6.3
Tostadas de Cangrejo Crab, pico de gallo, crisp tortillas with chipotle mayonnaise (G)	6.8	Tortitas de Plátano Plantain, black bean purée with guajillo chile oil (V) (G)	5.3
Seabass Ceviche Seabass, avocado with a cucumber and lime salsa (G)	7.9		

Brochetas & Tacos

Three per portion. We recommend two dishes per person

Brochetas de Camarón Butterfly tiger prawns with Valentina butter (G) (S)	9.5	Tacos de Pork Belly Pork belly, corn tortillas, salsa verde with coriander and onion salsa (G)	9.9
Brochetas de Camote y Betabel Rostizado Sweet potato and beetroot skewers with green habanero mayonnaise (V) (G) (S)	7.2	Tacos Mazatlán Tiger prawns, corn tortillas, poblano, bacon and guajillo salsa (G)	11.5
Tacos de Pollo en Chile Cascabel Cascabel chicken breast, corn tortillas with marinated onions (G)	9.9	Tacos de Rib Eye 28 day aged ribeye steak, corn tortillas, avocado emulsion and guajillo oil (G)	12.9

Platos Fuertes

Larger dishes. Sides served separately

Costillas de Cerdo al Guajillo Guajillo glazed baby back pork ribs, scallions and fried leeks (G)	17	Chile Ancho Relleno Quinoa picadillo stuffed ancho chile with black bean purée (V) (G) (N)	13.2
Enchiladas De Chile Poblano Corn tortillas filled with poblano, sweetcorn and potato with poblano salsa (V) (G)	14.5	Enchiladas Rojas Corn tortillas filled with chicken, potato, red onion, courgettes and sweet potato with salsa roja (G)	14.8
Langostino al Achiote Guajillo Jumbo prawn with guajillo achiote butter (G)	19.5	Rib Eye con Mantequilla de Habanero 28 day aged ribeye (270g) with yellow habanero butter (G) (S)	27
Pescado Pacífico Char-grilled seabass fillet, chile de árbol and guajillo Zarandeado sauce with citrus slices (G) (S)	15.4	Fajitas de Arrachera, Pollo y Vegetales Grilled skirt steak/chicken/vegetable fajita, rice, black beans, flour or corn (G) tortillas, guacamole, sour cream and salsa	18.5 / 16 (V)
Filete de res con Chimichurri de Cilantro 21 day aged fillet (220g) with coriander and serrano chimichurri (G)	29		

Acompañamientos

Side dishes. We recommend one or two per person

Frijoles Negros Black beans with queso fresco (V) (G)	3.5	Arroz Rojo Mexican red rice (V) (G)	
Ensalada del Campo Courgettes, grapefruit, jicama, spinach and avocado with a roasted poblano dressing (V) (G)	7.5	Espárragos al Grill Grilled asparagus skewers with yellow habanero butter (V) (G)	3.5
		Esquites Grilled sweetcorn, mayonnaise, sour cream, queso fresco and chile piquin (V) (G) (S)	5.1
			3.9

(V) Suitable for vegetarians (G) Gluten free (N) Contains nuts (S) Spicy

Our beef, chicken and lamb are sourced from the finest UK assured welfare farms. Our seafood is sourced from MSC-certified suppliers. All dishes may contain traces of nuts. For further information on allergens please ask your waiter. All prices include VAT. A discretionary 12.5% service charge will be added to your bill.