

GLUTEN FREE MENU

······STARTERS·······

MEXICAN LETTUCE CUPS • New! 5 49

Baby gem lettuce cups filled with your choice of: Pulled Chicken Tinga or Feta & Beetroot 1

HALLOUMI SKEWERS (V) 5.99

With onions and peppers, baked and served over a citrus dressed salad with salsa

······· CŁASSICS ·······

CHILLI

Served with rice and finished with sour cream and pink onions

CLASSIC BEEF **	12.99
• FIVE BEAN & ROASTED VEG 🗡 🕦	10.49

FIERY CHICKEN 1999 13.89 Hot habanero grilled chicken breast,

served with rice, roasted veg and sour cream

13.99 **JAMBALAYA** 🌶 King prawns, chicken and chorizo with rice, tomatoes and mild sauce. Double up for 9.99

----- SIDES -----

RICE (V)	2.79
CITRUS SALAD (V	2.99
GRILLED HALLOUMI 🖭	3.99
REFRIED BEANS ®	2.79
SWEET POTATO WEDGES V	2.99
CORN ON THE COB ®	2.79



Unlimited warm corn tortillas served next to a sizzling skillet of seasoned mixed peppers and onions, grated cheese, sour cream, salsa and guacamole

CLASSIC CHICKEN	12
Fresh, succulent, marinated chicken	
Add a sauce: BBQ or Hot Habenero 🕖	
for 0.50 each	

BBO CHICKEN & PULLED PORK 14.69 Topped with melted cheese and BBQ sauce

SEASONED ROASTED VEG (V) 9.99

Skewered and perfectly seasoned

Double UP Your topping for 2.59

*Excludes The Ultimate Fajita

TENDER STEAK 15.99 Juicy, tender steak GARLIC KING PRAWNS 15.69 Pan-fried in garlic 18.99 THE ULTIMATE FAJITA The ultimate prize for a big appetite. Grilled chicken breast, pulled pork and juicy, tender steak on a sizzling skillet

GO lighter Ask your server for lighter options

GRILLS

Served with sweet potato wedges, coleslaw

and corn on the cob unless stated

Marinated, grilled chicken breast topped with

.....FISH & SALADS

15.99

11.49

9.99

5.29

2.99

4.99

5.79

CHILLI & CORIANDER SALMON

Marinated, baked salmon fillett served with broccoli, sweet potato wedges and salsa

CHICKEN FAJITA SALAD

Grilled chicken breast with fajita veg, topped with salsa, quacamole and sour cream

ROASTED SEA BASS 14.99

Sea bass fillet+ served with seasoned broccoli, salsa and roasted new potatoes

NAKED BURRITO

Guacamole, salsa, refried beans and baby gem lettuce. Choose a topping: Roasted Halloumi and Veg Skewer 1, Beef Chilli or Mild Habanero Chicken

NAKED BURGERS

All burgers are served with coleslaw and sweet potato wedges

CHICKEN & BBO PULLED PORK

Fresh grilled chicken breast topped with BBQ pulled pork, Monterey Jack cheese and BBQ sauce

BEEF. CHORIZO & PULLED PORK

5oz* beef burger, pulled pork & chorizo topped with red jalapeños, cheese and BBQ sauce

CLASSIC BEEF 9.99

Classic 5oz* beef burger

Upgrade YOUR BURGER

DOUBLE UP	2.99
BEEF CHILLI OR CHORIZO	1.49
CHEESE 🕦 BACON OR GUACAMOLE 🕚	1.00

GO lighter Ask your server for lighter options

Succulent pork ribs covered in BBQ sauce . WHOLE RACK OF RIBS

BBQ sauce and melted cheese

a quarter rack of BBQ pork ribs

Marinated, grilled chicken breast and

BBO CHICKEN MELT

CHICKEN & RIBS

. HALF RACK OF RIBS 14.29

STEAK & SALAD

6oz* Juicy, tender steak served with a citrus salad and sweet potato wedges

PICANHA SURF & TURF New! 16.49

Picanha steak cooked low 'n slow, finished on the grill and topped with Chimichurri (freshly made herb & garlic sauce). Served with a skewer of chilli prawns, citrus salad and sweet potato wedges

ULTIMATE BEEF SHORT RIB New! 17.99

Tender beef short rib, lightly spiced, and topped with Chimichurri (freshly made garlic and herb sauce). Served with a citrus salad and sweet potato wedges.

DESSERTS

BROWNIE & ICE CREAM V

Warm chocolate brownie served with vanilla pod ice cream

PASSION FRUIT SORBET ®

Three scoops of passion fruit sorbet

FRUIT SALAD W

13.99

15.59

19.99

12.99

A delicious selection of raspberries, banana, pineapple, strawberries, passion fruit, and orange topped with a sprig of mint and a dusting of icing sugar

TOFFEE POPCORN BROWNIE

Chocolate brownie topped with toffee popcorn and served with honeycomb ice cream

To reduce the risk of contamination from allergens during preparation we have controlled procedures in our kitchens. We take great care through processes and training to ensure that the meals served from this menu are gluten free. Gluten free means foods that contain gluten at a level of no more than 20 parts per million (ppm). We cannot guarantee

that any dishes on our main menu are gluten free

These dishes do not contain any meat or fish, however we do not have a dedicated preparation or cooking area within our kitchen for vegetarian food. • Starters are below 400kcal, mains are below 650kcal. Gluten free means foods that contain gluten at a level of no more than 20 parts per million. All dishes on this menu are subject to ingredient availability. There is a small possibility that allergen traces, other than gluten, may be found in any menu item. We advise you to speak to a member of the team if you have any food allergies or intolerances. 'All weights are approximate before cooking, 1oz=28g uncooked weight. † Fish may contain bones. Service is at your discretion, if you have received great service and would like to tip your server, please rest assured that it will be paid to them in full. The company makes no deductions from tips left to our team. An optional 10% service charge will automatically be added to the bill for parties of 8 or more quests. We accept all major credit cards. Our prices include Value Added Tax at the current rate We welcome comments from our guests. Please speak to the restaurant manager or write to us at: Chiquito, 5-7 Marshalsea Road, Borough, London SE1 1EP. CHQ_GLUFREE_GEN_MAR2019













12.99

13.99

