



La Casa Loco

Please specify if **Coeliac**

# GLUTEN FREE MENU

## Appetisers

**Mixed Olives v** £3.95  
A dish of mixed olives with rosemary oil and herbs.

**Fresh Guacamole and Tortilla Chips** £4.95  
Made to order guacamole with avocado, onion, chilli, garlic and tomatoes, served with a dish of tortilla chips.

## Starters

**Muchos Nachos** £5.65  
Warm tortilla chips smothered in melting cheese and served with dollops of sour cream, guacamole, salsa and jalapenos. (add mango salsa for 50p)

**Share Nachos v VG** £8.95  
Served same as Muchos Nachos but slightly larger with the addition of refried black beans. (Add mango salsa for 85p)

**Ultimate Nachos v VG** £10.95  
As above but for two people with the addition of chilli beef or vegetarian ratatouille.

**Quesadillas v VG** £5.95  
A soft gluten free tortilla toasted on our griddle with your choice of:

*Cheese, salsa and jalapenos*

*Pulled chipotle chicken & Cheese (with a little of our homemade BBQ sauce)*

**Chilaquiles v** £5.95  
Crushed tortilla chips pan fried with salsa, cheese and your choice of:

*Calabacitas – courgettes, onion, tomatoes, sweetcorn, garlic*

*Pulled pork – cooked with orange, lime and annatto seed*

Served with sour cream and spring onions.

**Mexican Magic Mushroom v GF**  
A large field mushroom baked with garlic butter, served with sour cream, topped with melting cheese and your choice of: Calabacitas or Chilli beef.  
Please specify.

**Mussels** £5.95  
New Zealand Greenlip mussels in a half shell, grilled with cajun butter and served with a small side of Mexican rice.

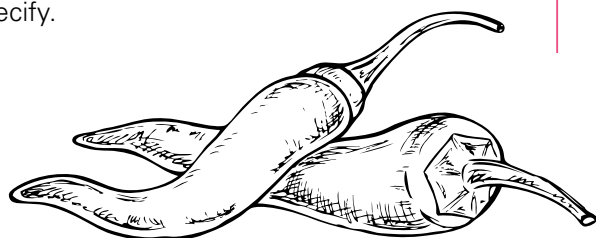
**Tequila Chipotle Prawns** £6.95  
King prawns pan fried with garlic and chipotle chilli, doused in tequila and finished with cream. Served with a small side of Mexican rice.

**Fennel, Orange and Chorizo Salad v VG** £5.95  
Thinly sliced fennel, toasted sunflower seeds and salad leaves, layered on top of Valencian orange with pan fried chorizo, or fresh avocado chunks. Please specify.

**Sautéed Squid and Chorizo** £6.50  
Diced chorizo and sliced squid rings, sautéed and served with grilled vine cherry tomatoes.

## On the side

Cajun Sauce	£1.50
Guacamole, salsa & sour cream dips	65p each
Refried black beans	£1.50
Jalapenos	£0.95
Dressed side salad	£1.95
Mexican rice	£1.95
Homemade slaw	£1.95



## Main Courses

If your allergies aren't severe, some sides can be substituted for fries or wedges.  
Please discuss with a member of staff.

### **Authentic Chilli v** £12.95

Minced British beef or vegetable ratatouille chilli cooked using traditional herbs and spices. Topped with cheese, served on a bed of rice and a side salad.

### **Enchiladas – baked and soft v** £12.95

A large gluten free tortilla baked in our oven and topped with cheese, sour cream and salsa. Served with Mexican rice and salad.

*Chilli beef*

*Spicy vegetarian ratatouille*

### **Sizzling Fajitas**

Marinated and flash fried with bell peppers, onion and garlic. All served sizzling on a cast iron skillet with warm soft gluten free tortillas, salsa, guacamole, sour cream dips and grated cheese. Choose from:

*Steak* £14.95

*Steak and chicken combination* £14.95

*Chicken* £14.25

*Chicken and chorizo* £14.95

*Vegetarian: halloumi and courgette* £12.95

*Tiger prawns and pineapple* £16.95

*with sweet chilli and sour cream*

*Duck with mango salsa and sour cream* £18.95

### **Cajun Chicken Breast** £14.95

A whole british chicken breast, marinated in cajun seasoning, lightly grilled and then baked in our oven and served with a creamy Creole mustard sauce, Mexican rice and salad.

### **Jambalaya Casa Loco** £14.95

Cajun style paella. A classic rice dish with onions, peppers, tender chicken, chorizo sausage, yellow tailed catfish and prawns. Topped with melting cheese and finished with sour cream. Add a side salad for 50p.

### **Tequila Chipotle Prawns – Main Dish** £15.95

King Prawns pan fried with garlic and chipotle chilli, then flambéed in tequila and finished with cream. Served with rice and salad.

### **Burrito Bowl v** £13.65

A plate filled with rice, shredded salad, Pico de Gallo, black beans, jalapenos, coriander, sour cream and a wedge of lime, with your choice of filling:

Chipotle pulled chicken and fresh avocado (with a little of our homemade BBQ sauce)

Mexican pulled pork with mango salsa (cooked with orange, lime and annatto seed)

Halloumi with Calabacitas (courgettes, onion, tomatoes, sweetcorn, garlic)

Arrachera (lager and lime marinated hangar steak, grilled and sliced) Add £2.00

### **Vegetarian Taco v** £12.45

Soft gluten free tortillas served with – Calabacitas, spicy vegetarian ratatouille, halloumi croutons, cheese, refried black beans, guacamole, salsa, sour cream and shredded salad.

### **Tacos La Casa Loco** £13.95

Soft gluten free tortillas served with – Chilli beef, chipotle pulled chicken, pulled pork, refried black beans, cheese, salsa, sour cream, guacamole and shredded salad.

Or try our **Premium Arrachera Tacos** (Lime and lager marinated beef hangar steak, grilled and sliced) – served with mango salsa and fresh guacamole. Add £2.00

### **Grilled Sea Bass and Tiger Prawns** £17.95

Fillet of sea bass and whole tiger prawns cooked on fresh tomato, diced chillies and potatoes. Served on a skillet with wilted spinach and a squeeze of fresh lime.

### **Salmon a la Plancha** £15.45

Fillet of Salmon oven cooked with white wine and cream of tarragon. Served with new potatoes and vegetables.

### **Slow Cooked Feather Steak** £13.95

A 10oz feather steak marinated in tequila and chilli. Slowly cooked until it melts in your mouth then served in its own juices with the addition of a little cream and peppercorns. Served with mushrooms and either rice and salad or new potatoes and seasonal vegetables.

### **Medallions of Rump Steak** £15.95

Two 4oz medallions of marinated Onley Grounds rump, cooked to your liking and served with jalapeno and coriander butter, rice and green salad.

### **Char-grilled Sirloin** £20.45

A 10oz prime Onley Grounds sirloin steak, dry aged for at least 28 days and cooked to your liking. Served with mushrooms, rice and homemade Mexican slaw.

### **Char-grilled Fillet** £25.45

An 8oz prime Onley Grounds fillet steak, dry aged for at least 28 days, char-grilled to your liking and served as above.

### **Fennel, Orange and Chorizo Salad v** £15.45

Thinly sliced fennel, toasted sunflower seeds and salad leaves, layered on top of Valencian orange with pan fried chorizo, and your choice of:

Chicken breast or Halloumi:

Please specify.