

# PLATITOS

## TRES SALSAS VG £6

A vibrant selection of tres (3) house-made dips: Salsa Roja, Salsa Verde and Chimichurri, served with crunchy totopos (tortilla chips).

## GUACAMOLE VG £6

Classic guacamole madewith fresh avocados. Served with crunchy totopos.

## ALITAS FRITAS COF £9.25

Fried chicken wings with a choice of PERIOS flavour:

Hola Herbs | BBQ Fiesta | Chilli Lime | Texan Jerk | Americano's Buffalo

## CHICKEN GOUJONS £9.5

Freshly fried chicken strips with your choice of PERIOS flavour:

Hola Herbs | BBQ Fiesta | Chilli Lime | Texan Jerk | Americano's Buffalo

## VEGGIE NACHOS V £8.75

Crunchy tortilla chips packed with jalapeños, tomato and onion salsa, guacamole, and melted cheese.

**ADD** Pulled Chicken £3.5 | Pulled Beef £5.5

# MEX TACOS

Three soft wheat tortillas, a staple of the Northern Mexican states

## CHICKEN TINGA £10.5

Marinated pulled chicken cooked in a rich tinga sauce, topped with lime pickle, chimichurri, coriander.

## POLLO FRITO £10.5

Fried crispy chicken, red chilli, habanero mayo, avocado cream.

## SPICY BERENJENA VG £9.5

Spiced aubergine, crispy sweet potato, lime and coconut yoghurt.

## PULLED BEEF £13.5

Chef's special slow-cooked spicy marinated pulled beef. Topped with pickled vegetables and green chilli sauce. Served with Mexican spicy beef sauce for dipping.

## BAJA FISH £14

Battered fried cod with fresh guacamole and sour cream.

# TEX TACOS

Three Crunchy fried corn tortillas, a popular Texan invention

## POLLO ASADO COF £10.5

Grilled chicken breast, peppers, onions, cheese, habanero mayo, and your choice of flavour.

## BEEF STEAK COF £12.5

Grilled beef steak in a choice of flavour, peppers, onions, habanero mayo, cheese.

PERIOS flavours:

Hola Herbs | BBQ Fiesta | Chilli Lime | Texan Jerk | Americano's Buffalo

## PULLED BEEF £13.5

Chef's special slow-cooked spicy marinated pulled beef, peppers, onions, habanero mayo, cheese.

**TACO TUESDAY** 50% OFF ALL TACOS



A sizzling skillet of your choice, with grilled onions and peppers. Served with fresh guacamole, shredded cheese, sour cream, salsa roja, and 4 tortillas.

## GRILLED VEGGIES V COF £17

## CHICKEN COF £21.5

## BEEF STEAK COF £24

## PLATO GRANDE (FOR 2 TO SHARE) COF £32

Beef steak and marinated chicken, grilled vegetables, and 8 warm tortillas. Served with chimichurri, salsa roja, and a flavour of your choice.

PERIOS flavours:

Hola Herbs | BBQ Fiesta | Chilli Lime | Texan Jerk | Americano's Buffalo



A soft tortilla filled with rice, peppers, onions, salsa, cheese, sour cream, black beans and your choice of filling. Served with fresh house salad.

## CHICKEN TINGA BURRITO £15

Flavourful pulled chicken cooked in a rich Mexican tinga sauce.

## PULLED BEEF BURRITO £19

Chef's special slow-cooked spicy pulled beef.

## GRILLED CHICKEN BURRITO COF £15

Grilled chicken breast in a flavour of your choice.

## SUPER-STEAK BURRITO COF £17.5

Tender grilled beef in a choice of PERIOS flavours.

## SPICY BERENJENA BURRITO V £14

Spiced aubergine, avocado and chilli coconut yoghurt.

## BURRITO BOWL

Served with everything else, minus the tortilla wrap!

## GRILLED CHICKEN COF £15 | BEEF STEAK COF £17

# SIDES

## Fries VG £4.25

## Cajun Fries VG £4.5

## Cheesy Fries V £5.5

## Truffle Fries V £6

## Sweet Potato Chips VG £6

## Mexican Rice VG £5

## Garlic Bread V £4.5

## Handmade Coleslaw V £4.5

## Mexican Side Salad VG £4.5

## Melted Cheese Dip V £2

## Salsas £1.5 each

## Chimichurri VG

## Salsa Roja VG

## Salsa Verde VG

## Garlic & Herb V

## Fiery Mayo V

## Chipotle BBQ VG

## Ranch Sauce V

## Habanero Mango VG

# MAD MEX PROTEIN



## VERDE BOOST VG £7.5

153 kcal • 3.9g protein • 12.6g carbs • 10.7g fat • 4.5g fibre

A vibrant, plant-based mix with quinoa, roasted butternut squash, almonds, and zesty lime - light but loaded.

## YOLKED UP V £6.5

170 kcal • 14.8g protein • 6.4g carbs • 10.9g fat • 2.6g fibre

Soft-boiled eggs and tender steamed broccoli - a straight-up protein fix that hits without the heavy

## MEXICAN SALAD VG £9

493 kcal • 15.8g protein • 76.0g carbs • 17.2g fat • 19.0g fibre

A zesty fiesta of sweetcorn, black beans, red onion, juicy tomatoes, and peppers - topped with guac and tortilla chips.

## **ADD** Grilled Chicken Breast £4.5

+ 297 kcal • 54g protein • 0g carbs • 6.6g fat

## PROTEIN POACHER V £15.5

387 kcal • 23.3g protein • 35.8g carbs • 18.3g fat • 7.9g fibre

A hearty bowl with beans, two poached eggs, crispy kale, and spiced tomato sauce.

## FLEXI WRAP V £13.5

264 kcal • 15.3g protein • 34.5g carbs • 7.2g fat • 5.7g fibre

Low-carb tortilla wrap with quinoa, beans, butternut squash, cottage cheese, and guac - balanced and light.

## MAD GAINS WRAP £14.5

488 kcal • 50.5g protein • 28.6g carbs • 18.2g fat • 3.0g fibre

Low-carb tortilla with pulled chicken, cottage cheese, guacamole, and a flavourful tomato-chipotle sauce.

## CARNE MAX WRAP £16.5

602 kcal • 53.8g protein • 28.2g carbs • 32.5g fat • 3.1g fibre

Chef's special slow-cooked beef brisket, guac cottage cheese and chipotle sauce. Built for performance.

## TURKEY SHRED £20.5

346 kcal • 49.9g protein • 7.5g carbs • 11.2g fat • 2.4g fibre

Tender turkey breast with crispy kale, sweet potato, and broccoli. Clean, lean, and full of flavour.



Eight soft tortillas, served with salsa verde, sour cream, shredded cheese, and house salad. And with your choice of:

## FILLINGS CHOOSE THREE

Chicken Tinga | Grilled Chicken | Fried Chicken | Grilled Beef |

Coleslaw V | Fresh Guacamole VG | Mexican Salad VG |

Spicy Berenjena VG | Pulled Beef

## PERIOS FLAVOURS VG CHOOSE TWO

Hola Herbs | BBQ Fiesta | Chilli Lime | Texan Jerk | Americano's Buffalo

**ADD** One Tortilla £1 | Salsa Roja £1.5 | Salsa Verde £1.5 | Chimichurri £1.5 | Extra Filling £4 | Extra Flavour £1.5

# DESSERTS



## MEXICAN CHURROS £7.5

Fried dough pastry bites filled with caramel, served with a chocolate dip

**ADD** Dulce De Leche £0.5

## ESPRESSO CHOCOLATE CAKE £7

A perfect combination of sweet chocolate and aromatic coffee: the best way to finish your meal!

## BROWNIE DE CHOCOLATE £7

Warm chocolate brownie served with a scoop of vanilla ice cream, covered with chocolate sauce.

## SUNDAE £6

A beloved classic: vanilla ice cream, indulgent chocolate sauce, mixed berries, and whipped cream

V vegetarian, VG vegan, COF choice of PERIOS flavours:

Hola Herbs | BBQ Fiesta | Chilli Lime | Texan Jerk | Americano's Buffalo

We are a casual place - everything is prepared fresh and will be served to your table as and when ready.

If you have any food ALLERGIES, please speak to a member of staff. Cross-contamination may occur. We cannot guarantee that any dishes are allergen-free.

# SOFT DRINKS

## DRAUGHT £4.5

COCA COLA | DIET COKE | FANTA | SPRITE | VIMTO | MANGO SPARKLING

## BOTTLE £4.5

GINGER BEER | TONIC WATER | SLIM LINE TONIC WATER | GINGER ALE | PINK LEMONADE

JARRITOS MEXICAN COLA £5

JARRITOS MANGO £5

## FRUIT JUICE £4.5

APPLE | CRANBERRY | MANGO | ORANGE | PINEAPPLE

## WATER £6

STILL / SPARKLING WATER BOTTLE

# HOT DRINKS

SINGLE ESPRESSO £2

DOUBLE ESPRESSO £3

AMERICANO £3

CAPPUCCINO £3.5

LATTE £2.5

MOCHA £4

FLAT WHITE £3.5

HOT CHOCOLATE £4

TEA £2.50

English breakfast | Earl Grey | Peppermint | Green

\*Oat milk available on request