



Cantina LAREDO.  
*gourmet mexican food*

## Take Away Menu



Perfect for office lunches, after work parties, meetings or just because it's Friday!

Tapas • Ensaladas • Quesadillas • Tacos • Enchiladas  
Fajitas • Especialades • Del Mar • Postres



We deliver within a 5 minute walk

Between 12 noon & 6pm, Monday to Friday

Collect from : 10 Upper St. Martins Lane,  
St. Martin's Courtyard, WC2H 9FB

Call 020 7420 0632

or Email [coventgarden@cantinalaredo.co.uk](mailto:coventgarden@cantinalaredo.co.uk)


[www.cantinalaredo.co.uk](http://www.cantinalaredo.co.uk)

All Day Menu  
available between 12 noon & 9pm daily

## APERITIVOS Y SOPAS

 **TORTILLA CHIPS & SALSA (v)**  
Bowl of warm tortilla chips, roasted tomatillo salsa and roasted tomato salsa £2.75

 **TOP SHELF GUACAMOLE (v)**  
Avocados, tomatoes, red onions, coriander, jalapeño peppers and spices. Made fresh, serves two £6.95

 **CEVICHE**  
Tasting plate of citrus marinated tiger prawns, scallops, fresh fish, olives and capers & citrus marinated salmon with pico de gallo, roasted corn & chipotle chile served in corn tortilla shells £7.95

**MACHACA QUESADILLAS**  
Toasted flour tortillas filled with melted oaxaca cheese & machaca beef £5.25

**PUMPKIN SOUP (v)**  
Spicy pumpkin soup with apple & cranberry salsa £4.95

 **BOTANAS PLATTER**  
Tacos al pastor, chicken fajita quesadillas, chili con queso, stuffed jalapeños and grilled beef, tiger prawn & vegetable skewers. Tasting platter to share £19.95

 **OAXACA QUESADILLAS CON HONGOS (v)**  
Toasted flour tortillas filled with melted oaxaca cheese, wild mushrooms and peppers £5.25

**EMPANADAS DE POLLO**  
Empanadas filled with chicken, roasted jalapeño peppers and oaxaca cheese £4.95

**QUESADILLAS LAREDO**  
Grilled beef or chicken fajita and cheese in a toasted flour tortilla, served with fresh guacamole and sour cream £5.25

**CHILI CON QUESO (v)**  
Spicy melted cheese dip prepared with onions, jalapeños and roasted tomato salsa Large £4.95 Medium 3.95

## ENSALADAS


**CILANTRO CHICKEN SALAD**  
Fajita chicken with black beans, red pepper, monterey jack cheese and avocado tossed with a coriander-lime dressing £9.95

**MANGO MINT SALAD (v)**  
Mango with water chestnut, spicy pumpkin seeds, grapes, mint and fresco cheese with a honey vinaigrette £9.95

**CHICKEN PEANUT SALAD**  
Fajita chicken with green apples, tortilla strips and roasted walnuts tossed with a peanut vinaigrette £9.95

**HONEY PRAWN SALAD**  
Grilled tiger prawns, water chestnut, mango, roasted walnuts and goat cheese crumbles tossed with a honey vinaigrette £10.95


## ESPECIALIDADES

 **FIESTA GRILL**  
Tiger prawns, costillas, quail, carnitas, beef and chicken fajitas. Served with flour tortillas, Mexican rice, guacamole, sour cream, pico de gallo and a choice of beans. Tasting platter to share £29.95


 **FILLET PORTABELLA**  
Grilled prime British 220g fillet aged for 21 days, with a portabella mushroom sauce. Served with potato confit and grilled asparagus with chipotle aioli drizzle £25.95


**CASCABEL RIBEYE**  
Grilled prime British 350g cowboy cut bone-in ribeye steak aged for 28 days and then basted with cascabel marinade. Served with potato confit and sautéed vegetables £23.95

**FAJITAS**  
Chicken, beef or combination £14.95 Prawn £17.95  
Served with flour tortillas, Mexican rice, guacamole, sour cream, pico de gallo and a choice of beans

 **CAMARON POBLANO ASADA**  
Grilled carne asada steak wrapped around a fresh poblano pepper filled with sautéed tiger prawns, mushrooms, onions and monterey jack cheese. Served on a bed of chimichurri sauce and Mexican rice £19.95

**CARNE ASADA Y CAMARONES**  
Grilled steak topped with bacon-wrapped tiger prawns filled with Mexican oaxaca cheese and fresh jalapeño pepper slices. Served with Mexican rice and grilled courgettes £18.95

 **CAMARONES ESCONDIDOS**  
Grilled chicken breast stuffed with tiger prawns, topped with sautéed spinach and chipotle-wine sauce. Served with Mexican rice and a round courgette stuffed with spicy vegetables £15.95

 **CHILLI & CUMIN LAMB RUMP**  
Prime British lamb rump grilled with a chile de árbol and cumin marinade. Served with potato confit and a round courgette stuffed with spicy vegetables £18.95

## DEL MAR

 **PESCADO DEL DIA**  
Featuring a special fresh fish each day. Ask your waiter for today's selection £16.95

**CAMARONES**  
Tiger prawns basted in garlic butter served with a chipotle wine sauce, coriander lime rice and mango habanero salsa £17.95

# TACOS, MEXICANOS Y ENCHILADAS

## CHILE RELLENO

Stuffed poblano pepper with picadillo filling of ground beef, pork, almonds and raisins. Topped with ranchera sauce with Mexican rice and a round courgette stuffed with spicy vegetables £14.95

## CARNITAS

Braised pork shanks topped with chipotle wine sauce. Served with soft corn tortillas, Mexican rice and black beans £15.95

## PESCADO TACOS

Fresh fish with marinated vegetables, fresco cheese and chipotle aioli in three soft corn tortillas. Served with coriander lime rice and grilled courgettes £12.95

## ENCHILADAS VERACRUZ

Soft corn tortillas with a filling of tender chicken breast, spinach and monterey jack cheese. Topped with tomatillo sauce, marinated Mexican vegetables and fresco cheese. Served with coriander lime rice and grilled courgettes £14.95

## ENCHILADAS DE MOLE

Soft corn tortillas with a filling of tender chicken breast. Topped with a sweet, spicy chocolate sauce made with dried Mexican peppers. Served with Mexican rice and creamed spinach and mushrooms £14.95

## TAMALE PLATTER

Traditional pork tamales topped with smokey guajillo sauce. Served with Mexican rice and grilled courgettes £13.95

## CHICKEN TACOS CASCABEL

Sautéed chicken with cascabel sauce with coriander, marinated onions and fresco cheese in three soft corn tortillas. Served with Mexican rice and grilled vegetables £12.95

## CARNITAS TACOS

Slow roasted pork with chipotle sauce and fresco cheese in three soft tortillas. Served with Mexican rice and grilled courgettes £12.95

## TACOS AL PASTOR

Spicy pork with pineapple, tomatoes, pico de gallo and coriander in three soft tortillas. Served with Mexican rice and grilled courgettes £12.95

## ENCHILADAS DEL MAR

Soft corn tortillas with a filling of tiger prawns, fresh fish and scallops topped with a chili de árbol cream sauce. Served with coriander lime rice and creamed spinach and mushrooms £15.95

## ENCHILADAS DE PORTABELLA (v)

Soft corn tortillas with a filling of portabella mushrooms and goat's cheese. Topped with chipotle portabella sauce. Served with coriander lime rice and creamed spinach and mushrooms £14.95

## POSTRES

## MEXICAN BROWNIE (v)

Chocolate and pecan nut brownie served on a sizzling skillet with Mexican brandy butter and vanilla or cinnamon ice cream £4.95

## FLAN (v)

A traditional Mexican custard with caramel sauce and fresh fruit salad £3.95

## CHURROS (v)

Traditional Mexican churros served with orange crème and spiced chocolate sauce £3.95

## MEXICAN APPLE PIE

Mexican apple pie served on a sizzling skillet with Mexican brandy butter and vanilla or cinnamon ice cream £3.95

## SIDES

Black beans (v)	£0.75	Grilled courgettes (v)	£1.00	Large guacamole (v)	£3.25
Refried beans	£0.75	Stuffed round courgette (v)	£2.25	Small guacamole (v)	£1.95
Mexican rice	£1.25	Grilled asparagus (v)	£1.75	3 Bacon wrapped prawns	£4.95
Coriander lime rice (v)	£1.25	Creamed spinach & mushrooms (v)	£2.50	3 Sautéed prawns	£4.50
Potato confit (v)	£1.50	Side salad (v)	£3.50	3 Stuffed jalapeños	£4.95

Smaller portions  
available between 12 noon & 5pm daily

## TAQUERIA

### PESCADO TACOS

Fresh fish with marinated vegetables, fresco cheese and chipotle aioli in two soft corn tortillas £6.95

### CARNITAS TACOS

Slow roasted pork with chipotle wine sauce and fresco cheese in two soft corn tortillas £5.95

### CHICKEN TACOS CASCABEL

Sautéed chicken with cascabel sauce with coriander, marinated onions and fresco cheese in two soft corn tortillas £6.95

### BRISKET TACOS

Slow roasted beef brisket with marinated onions and coriander in two soft corn tortillas £5.95

### TACOS AL PASTOR

Spicy pork with pineapple, tomatoes, pico de gallo and coriander in two soft corn tortillas £5.95

### SOFT TACOS

Beef or chicken fajita with fresco cheese, avocado and poblano drizzle in two soft corn tortillas £6.25

## ESPECIALIDADES

### FAJITAS

Chicken, beef or combination £12.95 Prawn £15.95  
Served with flour tortillas, Mexican rice, guacamole, sour cream, pico de gallo and a choice of beans

### PESCADO DEL DIA

Featuring a special fresh fish each day. Ask your waiter for today's selection £13.95

### BURRITO

Flour tortilla filled with chicken or beef, black beans & Mexican rice topped with a chile de árbol cream sauce.  
Served with grilled courgettes and Mexican rice £9.95

## VEGETARIAN SPECIALS

### BOTANAS PLATTER

Tacos vegetariana, oaxaca quesadillas, chili con queso, stuffed jalapeños and grilled pepper, onion, courgette & mushroom skewers. Tasting platter to share £15.95

### TOSTADITAS DE AGUACATE


Three tostadita shells topped with black beans, avocado, queso fresco, pico de gallo, tomatoes and lettuce £4.95

### QUESADILLAS VEGETARIANAS

Toasted flour tortillas filled with seasoned mixed vegetables and jack cheese £5.25

### FAJITAS VEGETARIAN

Grilled asparagus, portabella mushroom, spinach, artichokes, grilled tomato, onions and peppers on a sizzling skillet. Served with flour tortillas, coriander lime rice, guacamole, sour cream, pico de gallo and black beans £12.95

 Cantina Laredo signature dish V - Vegetarian dishes

All dishes may contain traces of nuts. Please advise us if you have any allergies when ordering. All prices include VAT.