

TAPAS

AVAILABLE 12PM - 5PM

CHICKEN FLAUTAS

Crispy corn tortillas wrapped around chicken and drizzled with poblano sauce £4.95

ENCHILADA VERACRUZ

Soft corn tortilla with a filling of tender chicken breast, spinach and monterey jack cheese. Topped with tomatillo sauce, marinated Mexican vegetables and fresco cheese £4.95

TACOS AL PASTOR

Soft corn tortillas filled with slow-roasted pork and cascabel sauce £4.95

QUESADILLAS LAREDO

Grilled beef or chicken fajita and cheese in a toasted flour tortilla, served with fresh guacamole and sour cream £4.95

ENCHILADA DE MOLE

Soft corn tortilla with a filling of tender chicken breast. Topped with a sweet, spicy chocolate sauce made with dried Mexican peppers £4.95

NACHOS LAREDO

Sampling of brisket, chicken and carne al pastor nachos £5.25

CARNITAS SLIDERS

Tender carnitas with tomatillo sauce and black beans in mini-baked buns £5.95



Cantina LAREDO®

gourmet mexican food

LUNCH

CARNITAS TACOS

Slow roasted pork in two soft corn tortillas. Served with Mexican rice, pico de gallo and a choice of beans £9.95

ENCHILADA VERACRUZ

Soft corn tortilla with a filling of tender chicken breast, spinach and monterey jack cheese. Topped with tomatillo sauce, marinated Mexican vegetables and fresco cheese. Served with Mexican rice and sautéed vegetables £9.95

ENCHILADA DE AVOCADO

Soft corn tortilla with a filling of avocado, jack cheese, artichokes and poblano peppers. Topped with tomatillo sauce on a bed of spinach. Served with a mango salad £10.95

ENCHILADA DE PORTABELLA

Soft corn tortilla with a filling of portabella mushrooms and goat's cheese. Topped with chipotle portabella sauce on a bed of spinach. Served with a mango salad £10.95

PESCADO DEL DIA

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

CHICKEN FLAUTAS

Chicken, monterey jack cheese and fresh jalapeños wrapped in a crispy corn tortilla. Served with Mexican rice and a guacamole sour cream dip £9.95

CHICKEN POBLANO CHIMICHANGA

Flour tortilla filled with chicken, poblano peppers and cheese. Topped with a ranchera sauce and served with Mexican rice and sautéed vegetables £11.75

BRISKET TACOS

Slow roasted beef brisket in two soft corn tortillas. Served with Mexican rice, sliced avocado and a choice of beans £8.95

TACOS AL PASTOR

Three corn tortillas with roasted, cascabel marinated pork. Served with Mexican rice, coriander onion mix and a choice of beans £8.95

ENCHILADA DE MOLE

Soft corn tortilla with a filling of tender chicken breast. Topped with a sweet, spicy chocolate sauce made with dried Mexican peppers. Served with Mexican rice and sautéed vegetables £9.95

ENCHILADA DEL MAR

Soft corn tortilla with a filling of tiger prawns, fresh fish and scallops topped with salsa verde sauce. Served with Mexican rice and sautéed vegetables £11.25

ENCHILADA DE CHILE RELLENO

Soft corn tortilla with a oaxaca cheese chile relleno filling. Topped with ranchera sauce and served with Mexican rice £9.95

FAJITAS

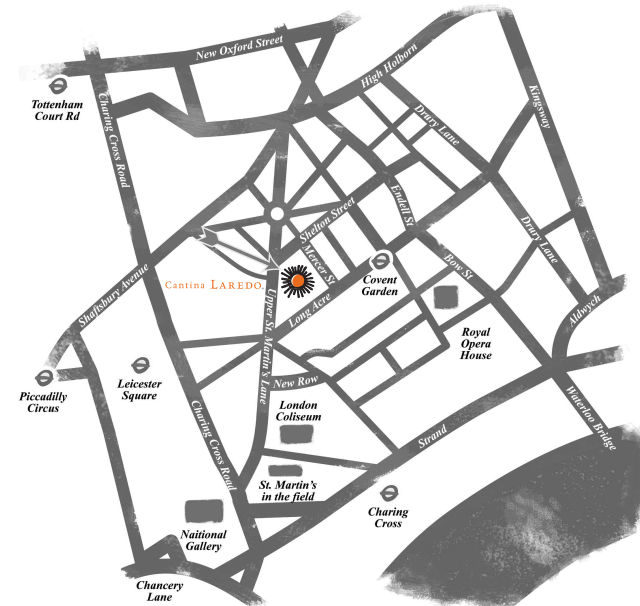
Chicken, beef or combination £12.95 Prawn 15.95
Served with flour tortillas, Mexican rice, guacamole, sour cream, pico de gallo and a choice of beans

ASADA LUNCH

Grilled steak topped with sautéed poblano peppers and onions. Served with a chicken and cheese enchilada with ranchera sauce £12.95

POLLO CHIPOTLE

Grilled tender chicken breast topped with chipotle-wine sauce and melted monterey jack cheese. Served with Mexican rice and sautéed vegetables £12.95



10 Upper St Martin's Lane, St Martin's Courtyard, London, WC2H 9FB

Tel: 020 7420 0630 Fax: 020 7420 0631

Email: coventgarden@cantinalaredo.co.uk

www.cantinalaredo.co.uk

APERITIVOS Y SOPAS

TOP SHELF GUACAMOLE

Avocados, tomatoes, red onions, coriander, jalapeño peppers and spices. Serves two £6.95

CEVICHE

Citrus marinated tiger prawns, scallops, fresh fish, olives and capers on a crispy red tortilla chip £6.95

OAXACA QUESADILLAS CON HONGOS

Toasted flour tortillas filled with melted oaxaca cheese, wild mushrooms and peppers £4.95

MACHACA QUESADILLAS

Toasted flour tortillas filled with melted oaxaca cheese & machaca beef £4.95

ROASTED POBLANO POTATO SOUP

Creamy potato soup made with fresh poblano peppers and Mexican spices. Topped with a red bell pepper drizzle £4.50

ENSALADAS

CILANTRO CHICKEN SALAD

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

CRANBERRY PECAN SALAD

Dried cranberries, green apple, candied pecans and blue cheese crumbles on field greens tossed with a cranberry vinaigrette £9.95

BOTANAS PLATTER

Tacos al pastor, chicken fajita quesadillas, chili con queso, stuffed jalapeños and grilled beef, tiger prawn & vegetable skewers. Tasting platter to share £18.95

NACHOS AL CARBON

Corn tostadas topped with refried beans, melted cheddar cheese and a choice of chicken fajita, beef fajita, or a combination of both £4.95

QUESADILLAS LAREDO

Grilled beef or chicken fajita and cheese in a toasted flour tortilla, served with fresh guacamole and sour cream £4.95

CHILI CON QUESO

Spicy melted cheese dip prepared with onions, jalapeños and roasted tomato salsa Large £4.75 Medium £3.75

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 £10.25

TACOS Y MEXICANOS

SOFT TACOS

Two flour or corn tortillas filled with a choice of beef or chicken fajita. Served with Mexican rice and a choice of beans £9.95

CHILE RELLENO

Stuffed poblano pepper with picadillo filling of ground beef, almonds and raisins. Topped with ranchera sauce with Mexican rice and sautéed vegetables £13.95

CARNITAS

Braised pork shanks topped with chipotle-wine sauce.

Served with soft corn tortillas, Mexican rice and sautéed vegetables £14.95

TACOS CASCABEL

Sautéed chicken with cascabel sauce on soft corn tortillas with coriander, marinated onions and fresco cheese. Served with Mexican rice £13.95

TAMALES PLATTER

Traditional pork tamales topped with chipotle-wine sauce. Served with Mexican rice and sautéed vegetables £13.95

ENCHILADAS

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 Mexican rice and sautéed vegetables £13.95

ENCHILADAS DE AVOCADO

Soft corn tortillas with a filling of avocado, jack cheese, artichokes and poblano peppers. Topped with tomatillo sauce on a bed of spinach. Served with a mango salad £13.95

ENCHILADAS DE PORTABELLA

Soft corn tortillas with a filling portabella mushrooms and goat's cheese. Topped with chipotle portabella sauce on a bed of spinach. Served with a mango salad £13.95

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 sautéed vegetables £13.95

ENCHILADAS DEL MAR

Soft corn tortillas with a filling of tiger prawns, fresh fish and scallops topped with salsa verde sauce. Served with Mexican rice and sautéed vegetables £14.95

ENCHILADAS DE CHILE RELLENO

Soft corn tortillas with oaxaca cheese chile relleno filling. Topped with ranchera sauce and served with Mexican rice £13.95

ESPECIALIDADES Y POLLO

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 £27.95

FILLET PORTABELLA

Grilled prime British 225g fillet aged for 21 days, with a portabella mushroom cap and mushroom sauce. Served with potato confit and sautéed vegetables £23.95

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 £21.95

FAJITAS

Chicken or 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

CHILLI & CUMIN LAMB RUMP

Prime British lamb rump grilled with a chile de árbol and cumin marinade. Served with tortitas de papa and sautéed vegetables £15.95

DEL MAR

PESCADO DEL DIA

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

OAXACA CAMARONES CON TOCINO

Tiger prawns filled with oaxaca cheese, fresh jalapeño pepper slices and wrapped in smoked bacon. Served with Mexican rice and sautéed vegetables £18.50

POSTRES

MEXICAN BROWNIE

Chocolate and pecan nut brownie served on a sizzling skillet with Mexican brandy butter and vanilla or cinnamon ice cream £5.95

FLAN

A traditional Mexican custard with caramel sauce £4.95

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 with Mexican rice and sautéed vegetables £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 sautéed vegetables £16.95

CARNE ASADA

Grilled steak served with Mexican rice, guacamole and sautéed vegetables £13.95

CAMARONES ESCONDIDOS

Grilled chicken breast stuffed with tiger prawns, topped with sautéed spinach and chipotle-wine sauce. Served with Mexican rice and sautéed vegetables £14.95

CAMARONES

Tiger prawns basted in garlic butter. Served with Mexican rice, sautéed vegetables and chipotle-wine sauce £16.50

CHURROS

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 £5.95