

the forge

cantina

latin american street food

starters

tequenos (v) £4.75 Venezuelan cheese sticks
choose from flavours:

cheese / chilli cheese / spinach

cheese & mushroom croquetas (v) £4

four croquettes served with salsa verde

ceviche (gf) £4.50 marinated spicy cod, prawns,
red and caramelised onions with salsa fresca

mariquitas (v) £3 plantain crisps with garlic
cassava and lime juice dip

pulpo frito £8 deep fried octopus with lime juice
drizzle & garlic dip

chorizo £4 pan fried chorizo with olives & chilli
in red wine sauce

arepas

deep filled Venezuelan corn pockets
with a choice of delicious fillings
with your choice of fries **£8.50**

pabellon (gf) shredded beef, black beans, cheddar,
guasacaca & salsa fresca

pernil (gf) pulled pork, black beans, cheddar,
guasacaca & salsa fresca

pescada breaded fish strips, black beans,
guasacaca & salsa fresca

vegetariana (v) (gf) roasted veg, black beans,
cheddar, guasacaca & salsa fresca

sweet potato fries with guasacaca & salsa fresca **£3**

plantain fries with guasacaca & salsa fresca **£3**

cassava fries with guasacaca & salsa fresca **£3**

chicharrones latin style pork crackling **£3**

sandwiches

(you're going to need both hands)

on toasted brioche with your choice of fries

the cubano £8.50

hot pressed Cuban sandwich with
pulled pork, glazed ham, swiss cheese, fresh dill
pickles & mustard

the veggie cubano (v) £8.50

hot pressed Cuban sandwich
with roasted veg, swiss cheese,
fresh dill pickles & mustard

argentinian chimichurri steak £10

thinly sliced rump steak & chimichurri

burgers £10

in a brioche bun with your choice of fries

the cantina

British aged beef patty, plum tomato, crisp let-
tuce, salsa fresca & pickles

the cantina chicken

house marinated chicken,
plum tomato, crisp lettuce, salsa fresca
& fresh pineapple

the cantina bean (v)

crispy three bean patty, baby gem
lettuce & salsa fresca

the cantina chilli mint lamb

plum tomato, crisp lettuce, salsa
fresca & chilli

add

bacon / pulled pork / guasacaca /

swiss cheese / cheddar / pineapple **£1**

side salad £3

french fries £3

rice & black beans (v) £4.50

chargrilled corn on the cob £3.50

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big plates

brazilian feijoada £10

traditional Brazilian pork & black bean stew
with rice, cassava, farofa, greens salad & orange

veggie feijoada (v) £8

traditional Brazilian black bean & veg stew
with rice, cassava, farofa, greens salad & orange

pescado a lo macho £14

hake fillet with squid, shrimp & mussels in
a Peruvian style tomato, onion & garlic sauce
served with rice & green

mofongo £14

deshelled tiger prawns with clams & muscles
rice, cassava & chicharrones

taco pabellon (gf) /taco vegetariana (gf) (v) £8.50

deep filled Venezuelan corn tacos
with delicious pulled beef or mixed vegetables
comes with your choice of fries

grilled tuna steak (gf) £12

with mixed vegetables, pea puree
& salsa fresca

hanger steak (gf) £10

with sweet potato fries, green beans
& chimichurri

shucos/vegetarian shucos £8.50

Cuban hot dog or mixed vegetables
with guasacaca, salsa fresca
& crispy onions

jerk chicken roast £10

hargrilled chicken with roasted vegetables,
black bean rice & jerk gravy

seasonal salad (v) (please ask for details) £7

add chicken / beef to your salad £3