

Fusión Mexicana



Elevate your menus with delicious Mexican-fusion recipes designed by eleven of the **UK's best chefs & bartenders**



Thank you

...for downloading our new recipe book, created for working kitchens with the support of some of the UK's most talented chefs and bartenders.

In compiling this book, we hope to demonstrate how a generations' old authentic Mexican hot sauce recipe, born in the foothills of Popocatepetl, can work just as well in a moreish British squid curry or a sharp and sour Vietnamese shaking beef as it can in more authentic and traditional tacos, tamales and flautas.

Listed with all the nutritional information now required to make these dishes an instant hit on your menu, we know that your diners are going to love the interpretations and we urge you to share your own Cholula-inspired food on our Instagram page @MCFlavourHouse.

Chefs, get cooking

ABOUT CHOLULA

Cholula is the world's favourite Mexican hot sauce*. A perfectly balanced blend of heat and tang, this iconic, generations' old recipe brings authentic Mexican craftsmanship and tradition to professional kitchens and tabletops across the globe. Use as a sauce, marinade or dip to elevate dishes and add authentic heat and flavour to your menu.

Available in 150ml tabletop and 1.89L back-of-house formats

Unique blend of árbol and piquín peppers

Vegan and vegetarian

*Euromonitor International Limited; based on custom research conducted August 2021 for value sales in 2020 through all retail channels. Mexican Hot sauce defined as spicy table sauce/condiment that are manufactured in Mexico.

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Ingredients

- 10 x de-boned monkfish tail fillets
- cut into large, bite-sized pieces

For The Marinade:

- 1.25l buttermilk
- 500ml Cholula hot sauce
- juice and zest of 5 limes
- 20 cloves of garlic - finely grated
- 4 tbsp smoked paprika
- salt and pepper

For The Flour Dredge:

- 2 parts all-purpose flour
- 1 part fine cornmeal
- 1 part cornflour
- 1 part coarse cornmeal

For The Honey Butter Drizzle:


- 500g salted butter
- 100ml Cholula hot sauce
- 1 tbsp honey
- 1tsp dried oregano

Method

1. Combine the ingredients for the buttermilk marinade in a bowl and mix. Add more or less Cholula according to your heat preference. I like mine spicy! Add in your monkfish pieces and let them marinade for at least two hours, or as long as overnight.
2. Whilst your fish is marinading prepare your flour dredge; combine all the ingredients in a shallow baking tray and use your hands to mix all the flours together thoroughly.
3. Remove your pieces of fish one-by-one from the buttermilk and carefully place them into the flour mix tray; shake the tray slightly to allow the pieces to nestle under the flour without having to use your fingers; let them sit for 15-20 mins in the flour until you turn them - this will ensure a good coverage, and lovely crisp outer coating. Flip again, let the pieces sit for a moment in the flour.
4. Combine the honey butter drizzle ingredients in a small sauce pan and let them get to know each other over a gentle heat - turn off the heat and leave on the stove for the final drizzle.
5. Preheat your fryer to 180°C. Once the oil is hot, fry until crispy and golden - about 3/4 minutes.
6. Remove fish pieces from the oil using a slotted spoon, and place onto a tray lined with kitchen towel.
7. Place on your chosen serving plate/bowl, and spoon over your Cholula Honey Drizzle. Serve with a chunk of fresh lime.

The
perfect

PUB STARTER
OR SHARER

 @elliottcunningham

Elliot

...is one of the UK's most exciting young cooking talents, a self-confessed 'fire starter', passionate about great produce and food cooked over flames.



Elliot Cunningham's Buttermilk Monkfish Bites with Cholula Honey Butter



Ivan Tisdall-Downes

Smacked Cucumbers with Kentish Cobnuts & Cholula Hot Sauce



Ingredients

- 5 cucumbers
- 125g toasted & crushed Kentish Cobnuts

For the Cholula Hot Sauce Dressing:

- 20g of garlic
- 1tsp of ground black pepper
- 25ml of neutral rapeseed oil
- 10g of sea salt
- 75ml of cider vinegar
- 35ml of Tamari (gluten-free soy sauce)
- 35g of caster sugar
- 75ml of Cholula hot sauce

For the Linseed Crackers:

- 200g of linseed (flax seed)
- 375g of water
- 2 ½g of salt

Method

For the Linseed Crackers:

1. Combine all the ingredients together and allow to sit for 6-8 hours.
2. Line an oven tray with grease proof paper and spread the mixture out as thin as possible.
3. Place the tray in a 50°C oven for at least 3 hours, or somewhere warm overnight. Break into bite sized pieces.

For the Smacked Cucumbers:

1. Cut out balls of cucumber using a melon baller, alternatively cut into misshapen triangles.
2. Transfer the cucumbers to a colander and season with the sea salt, mixing thoroughly. Set aside for 30 minutes allowing to drain.
3. Mix all hot sauce ingredients together in a bowl and set aside along with the cucumbers.
4. Pat the cucumbers dry and mix with the Kentish cobnuts in a bowl.
5. Coat the cucumber generously in the Cholula dressing and place in a serving bowl, adding more dressing if needed.
6. Garnish with the linseed crackers and herbs of your choice.

WIN THE
HEARTS OF
**mindful
eaters**
BY ADDING THIS
HEALTHY AND MEAT-
FREE DISH TO YOUR
MENU

Ivan

...and university friend Imogen Davis champion British wild produce with a daily changing, forage-focused menu at their restaurant Native.

Instagram icon @ivanjd



Ingredients

- 2.5 kg potatoes, peeled and cut into large chunks
- 125ml of light olive oil
- crystal salt to season
- 2 head of garlic, skin on
- 6 sprigs rosemary
- pinch of sweet paprika
- 3 tbsp parsley, chopped

For The Brava Sauce:

- 125ml olive oil
- 2 onion, finely chopped
- 2 garlic clove, sliced
- 2 bay leaf
- 2 tbsp of Cholula hot sauce
- 2 tsp sweet paprika
- 2 tsp sugar
- 2 pinches cumin powder
- black pepper to season
- 2 shot of sherry vinegar
- 2 pinches of dried oregano
- 2 x 400g chopped tomato tin
- 250ml water
- salt to season

For The Aioli:

- 2 free range eggs
- 6 roasted garlic cloves, peeled (from the potatoes)
- 2 squeezes of lemon
- 2 tsp Cholula hot sauce
- a pinch of salt
- 125ml extra virgin olive oil
- 375ml light olive oil

Method

1. Place potatoes in a large pot and cover with cold water, bringing them to the boil over high heat and simmering for 10 minutes.
2. Drain and place in a roasting tray with garlic, oil and season with the salt. Roast in a preheated oven at 180°C for 30 minutes.
3. Shake them twice through the roasting process, adding rosemary on the first shake, resulting in an even cook with extra crispy bits from broken potatoes to catch the sauce better. Sprinkle sweet paprika over the top before serving. Reserve 6 of the roasted garlic cloves for your aioli.
4. Fry the bay leaf, onion and garlic for 10 minutes over medium heat. Add the paprika, oregano and fry for 1 minute before adding sugar, sherry vinegar, Cholula and chopped tomatoes. Season with salt and black pepper and let it simmer for 20 minutes. Add the water and simmer on low heat for another 10 minutes. Remove the bay leaf and blitz until smooth.
5. Place all the ingredients for the aioli in a blender and blitz with a hand blender without moving for 5 seconds, letting the bottom emulsify. Slowly raise it to the top for 5 more seconds. When you reach the top move the hand blender from top to bottom for the following 5 seconds until it has homogenised completely.
6. Serve the potatoes with generous Cholula salsa brava over the top, a few dollops of aioli and a sprinkle of the parsley. Enjoy!

A
**classic
Iberian**
SHARER OR
STARTER

 @tapasrevolution

Omar

...has completed stages at the legendary El Bulli and Gordon Ramsay's Maze. Ramsay even referred to him as 'the Antonio Banderas of cooking'. Omar has since created the Tapas Revolution Group which is flying the flag for incredible Spanish food in the UK.



Feeds
Ten

Omar Allibhoy's Cholula Patatas Bravas



Jay Morjaria's Cholula & Herb Steak Salad

Ingredients

For the Marinated Beef:

- 1.5kg sirloin steak (fat removed)
- 120ml Cholula hot sauce
- 120ml lime juice
- 70ml light soy sauce
- 1 ½ tbsp honey or maple syrup

For The Salad:

- 1kg white cabbage (thinly shredded)
- 800g red cabbage (thinly shredded)
- 4 medium carrots (grated)
- 4 red onions (finely sliced)
- 4 red peppers (finely sliced)
- 4 yellow peppers (finely sliced)
- 200g mange tout (finely sliced)
- 4 handfuls of mint leaves
- 4 handfuls of coriander leaves
- 4 handfuls of Thai basil

For The Dressing:

- 240ml extra virgin olive oil
- 120ml Cholula hot sauce
- 120ml light soy
- 120ml rice wine vinegar
- 4 tsp lime juice
- 4 tsp sesame oil
- 4 tsp maple syrup
- 4 tsp grated ginger
- 2 tsp fine salt

For The Crispy Noodles:

- 250g rice noodles or Korean potato starch noodles
- 1 ltr sunflower oil for frying

For The Garnish:

- spring onions (sliced)
- toasted white sesame seeds
- red chillies (sliced)

Method

1. Mix together all the marinade ingredients with the whole steaks for at least 15 mins or up to 1 hour.
2. To make the crispy noodles, heat the sunflower oil to 170°C in a deep frying pan or a wok. Break up your noodles in 5inch lengths and drop into the hot oil. They should puff up, keep turning them until they are fully fried and crispy. Remove, drain and set aside.
3. Heat a frying pan or skillet and add oil. Take the room temperature steaks and place them into the hot oil. Cook on either side for 3-4 mins, depending on their thickness. Ideally, the internal temperature should be 60-65°C. Set aside and allow to rest for a further 4 mins.
4. Whisk together the dressing ingredients and toss into the prepared herbs and vegetables.
5. Cut the steak into thin 1-inch slices, toss together with the dressed herbs and vegetables.
6. Place everything into a big shallow bowl. Garnish with the crispy noodles, chillies, sesame seeds and spring onions and enjoy.

MASTER
**pan
Asian**
CUISINE BY ADDING
THIS FRESH AND
FRAGRANT SALAD
TO YOUR MENU

Instagram icon @chefjaymorjaria

Jay

...is co-founder and executive chef at Mamma Pastrama, a pastrami-centric sandwich and craft beer concept as well as executive chef and founder of Dalston residency JAE.



Ingredients

- 10 x 6oz aged beef fillet

For The Marrowbone Crust:

- 300g whipped salted butter
- 250g marrowbone
- 75g fresh breadcrumbs
- 100ml Cholula sauce
- 125g small lilliput capers
- 3 egg yolks
- good pinch of salt

For The Bourguignon Sauce:

- 250g diced onion
- 150g diced smoked pancetta
- 150g diced mushroom
- 1 roast garlic
- 250g red wine sauce
- 12g good splash of red verjus
- good pinch of salt

Method

1. Place the butter and marrowbone into a mixing machine bowl and beat until all combined and light.
2. Add the breadcrumbs, Cholula, capers, egg yolk to the mixture and a pinch of salt and mix well until incorporated.
3. Spread the mixture between 2 sheets of baking paper, roll out flat to about 1cm thick and then place on a tray and into the freezer to set.
4. Season the fillets well with salt and pepper.
5. In a hot pan add a little oil and sear the fillets on all sides until nicely caramelised. Remove from the pan and place onto a tray.
6. Use a cutter roughly the same size as the fillets to cut the marrowbone crust into discs.
7. Place a disc of the crust on to each fillet and put into the oven for about 10-12 minutes (for medium rare).
8. Remove once cooked and place onto a wire rack to rest for 4-5 minutes.
9. In a hot medium sized pan add a good splash of olive oil, add the onion and pancetta, cook for 1-2 minutes until lightly caramelised.
10. Add the mushrooms, mix well then pour in the verjus, carry on cooking for a further 1-2 minutes until the verjus reduces and coats the mix.
11. Add the red wine sauce, bring back to the boil, then turn down to a simmer to allow the ingredients to infuse and the sauce reduce slightly then remove from the heat and serve.

To plate:

1. In the middle of a plate put a good spoon of bourguignon sauce, drizzle with a little oil.
2. Cut the side of the fillet and place on to the sauce.
3. Serve with a big bowl of triple cooked chips.

Indulge

YOUR CUSTOMERS
WITH THIS PREMIUM
TWIST ON STEAK &
CHIPS

Lisa

...Goodwin-Allen is one of the most innovative and exciting chefs working in the UK today. She has led the kitchen brigade at Northcote since the age of 23 and is a regular face on television.

 @chef_lisa_allen



Lisa Goodwin-Allen's Cholula Marrowbone Crusted Beef in Bourguignon Sauce



Thom Bateman's Chicken Thighs in a Cholula Romesco Sauce

Ingredients

- 20 chicken thighs deboned with skin left on
- 20 large charred red peppers
- 10 garlic cloves
- 5 handfuls of flat parsley
- 150ml extra virgin olive oil
- 10 ripe tomatoes
- 5 handfuls of almonds
- 2 ½ lemons, juiced
- 2 tbs of Cholula hot sauce
- plenty of salt and pepper to taste

Method

1. Season the chicken well and heat a frying pan to a medium heat, add a little oil and brown the chicken skin side down to render some of the fat before turning.
2. Brown the chicken all over and once cooked through rest for 2 mins before serving.
3. To make the romesco sauce add all the ingredients to a blender apart from the hot sauce. Blend until smooth then heat gently in a pan before serving.
4. Add your Cholula to taste and enjoy

Feeds
Ten



ADD INSTANT
**Value &
excitement**
TO A SIMPLE DISH
WITH THE ADDITION
OF CHOLULA



Thom

...is the mastermind behind food blog bboxfood and has worked with many internationally recognised brands, amassing a large and loyal following in the process. He is also the chef behind Staffordshire's renowned The Flintlock.

Instagram icon @chefthombateman



Ingredients

- 10 ribeye steaks 250-300g, cubed 3cm
- 2 medium red onions, thinly sliced
- 2 tbsp sugar
- 10 limes, 5 for pickling, 5 as garnish
- 2 tbsp vegetable oil
- 100g watercress
- 4 cucumber, julienned
- 10 medium tomatoes, halved and charred
- 10 spring onion stems, thinly sliced
- 20 medium eggs, fried sunny side up

For The Meat Marinade:

- 150ml Cholula original hot sauce
- 2 tbsp oyster sauce
- 1 ½ tbsp light soy sauce
- 30 cloves garlic, minced
- 250ml sesame oil
- 3 tbsp rice wine vinegar
- 3 tbsp black peppercorn

For The Dip:

- 200ml light soy sauce
- 10 finely chopped fresh chillies
- 10g salt & 10g crushed black peppercorn

Method

1. Place the cubed steak into a mixing bowl, add all the marinade ingredients and mix well. Leave in fridge for a minimum of 1 hour, up to a maximum of 3 hours for full flavour. Take out and bring to room temperature before cooking.
2. To make the onion pickle, start by adding the chopped red onions and sugar to a small bowl. Then squeeze over juice of 5 limes, mix together and set aside in the fridge.
3. Pour the vegetable oil into medium frying pan and bring to a high heat. Throw in the beef cubes and SHAKE! Make sure that you do it like you mean it. It is in the name after all! For medium rare, shake and toss for 30-40 seconds.
4. Plate the watercress and cucumber, then place the piping hot beef cubes on top, adding the charred tomato and onion pickle beside it. Lastly, place the two eggs onto the meat, sprinkle the spring onions over the whole dish and add the lime for garnish!
5. Serve alone as a small plate or with a bowl of fluffy jasmine rice as a main.

Attention grabbing

REGIONAL ASIAN
CUISINE THAT CAN
WORK WONDERS
ON DELIVERY
MENUS!

 @chef_thuy_pham

Thuy

...is a British-Vietnamese chef and founder of London landmark restaurant, The Little Viet Kitchen.

Feeds
Ten

Thuy Pham's Cholula Shaking Beef



Karan Gokani's Tamarind Cured Salmon Tacos



Ingredients

- store bought soft tacos*
- tamarind mayo (see below)
- tamarind cured salmon (see below)
- red onions, thinly sliced
- toasted coconut (see below)
- crisp fried shallots, store bought, or sliced shallots deep fried until crisp in oil (optional)
- green chillies, finely chopped (optional)
- fresh coriander
- Cholula hot sauce

For The Salmon:

- 1.25kg salmon, filleted, skinned and pin bones carefully removed
- 12 tbsp brown sugar
- 7 tbsp fine salt
- 6 tbsp tamarind paste
- 3 tsp root ginger, peeled and grated
- 1 tsp black pepper, finely ground
- 1 tsp ground red chilli
- 20 curry leaves, finely chopped

For The Tamarind Mayo:

- 500ml mayonnaise
- 3 tbsp tamarind paste
- 1 tsp brown sugar, or more to taste
- salt, to taste

For The Toasted Coconut:

- 300g coconut chips, or desiccated coconut
- 1 tsp ground turmeric

Method

For The Salmon:

1. In a dry pan set over medium heat, toast the red chilli and black pepper until aromatic, around 30 seconds. Transfer to a bowl and allow them to cool completely.
2. Mix in all the remaining ingredients, except the fish to make a coarse paste.
3. Pat dry the fish with kitchen towels thoroughly. Then rub a ½ cm layer of the curing mix all over it before wrapping it tightly in cling film.
4. Place the fridge on a plate in the fridge for 6-10 hours. The longer the fish cures, the stronger the flavour it will have but equally the firmer it will get.
5. Once cured to your liking, unwrap the fish and wash thoroughly under cold water. Then dry thoroughly and slice up thinly. Eat immediately.

For The Tamarind Mayo:

1. Mix the mayonnaise, tamarind paste together and season with the sugar and salt to taste.
2. Transfer to a squeeze bottle or jar and store in the fridge for up to a week.

For The Toasted Coconut:

1. In a dry pan set over medium heat toast the coconut chips until they smell aromatic and begin to go a shade darker.
2. Take off the heat and sprinkle over the turmeric. Toss well until the turmeric is evenly distributed and the chips are beautifully golden. Allow to cool completely and store in an airtight container.

For The Tacos:

Build your tacos and top with two or three dashes of Cholula hot sauce to bring it all together and make it sing!

HANDHELD
**Flavour
fusion.**

GREAT FOR ALL
DAYPARTS, PERFECT
FOR DELIVERY AND
TAKEAWAY!

Instagram icon @karancooks

Karan

...is Creative Director at Hoppers, London's multi-award-winning group of restaurants specialising in incredible Sri Lankan and South Indian inspired dishes.



Ingredients

- 1.5-2kg squid, cleaned and cut into equal chunks
- 5 white onions, chopped
- 10 garlic cloves, chopped
- 5 tbsp fresh ginger, chopped
- 10 tbsp Cholula hot sauce
- 5 sticks lemongrass, bashed
- 10 lime leaves
- 1kg chopped tin tomatoes
- 1kg tin chickpeas, drained
- 500g baby spinach, washed
- 1 ltr coconut milk
- salt to taste
- sunflower oil for cooking
- 2 handfuls of coriander, chopped through once
- 2 handfuls of mint, pickled and sliced
- 2 ½ packet of rice noodles, deep fried until puffed up and crispy

Method

1. Heat a large pan over a high heat and when hot, add a drizzle of oil. When this is hot, add the squid chunks and fry off for 3 minutes.
2. Place a colander over a bowl and transfer the squid to it. Place the pan back on the heat and add another drizzle of oil, when that gets hot, add the onion, garlic and ginger. Fry for 5 minutes until the onions begin to brown.
3. Add the Cholula, lemongrass and lime leaves and cook for another 2 minutes.
4. Now add the tomatoes and cook for another 5 minutes. Give the base a really good stir and then put the squid back into the pan. Add the coconut milk and enough water to cover all the ingredients. Bring to the simmer and add a good pinch of salt.
5. Turn the heat down so that the squid gently simmers for 1 ½ hours. If the liquid reduces so that the ingredients begin to stick up out of it, add some more water. When the squid is soft and cooked, add the chickpeas and cook for another 15 minutes. Don't worry about topping up the water anymore as you want the curry to thicken.
6. To serve, add the spinach, mint and coriander and check the seasoning, adding more salt if required. Share the curry equally between warmed bowls. Serve with the deep fried rice noodles on top at the last minute.

**Impress
your diners**

WITH THIS
FIERY EAST ASIAN-
INSPIRED
DISH

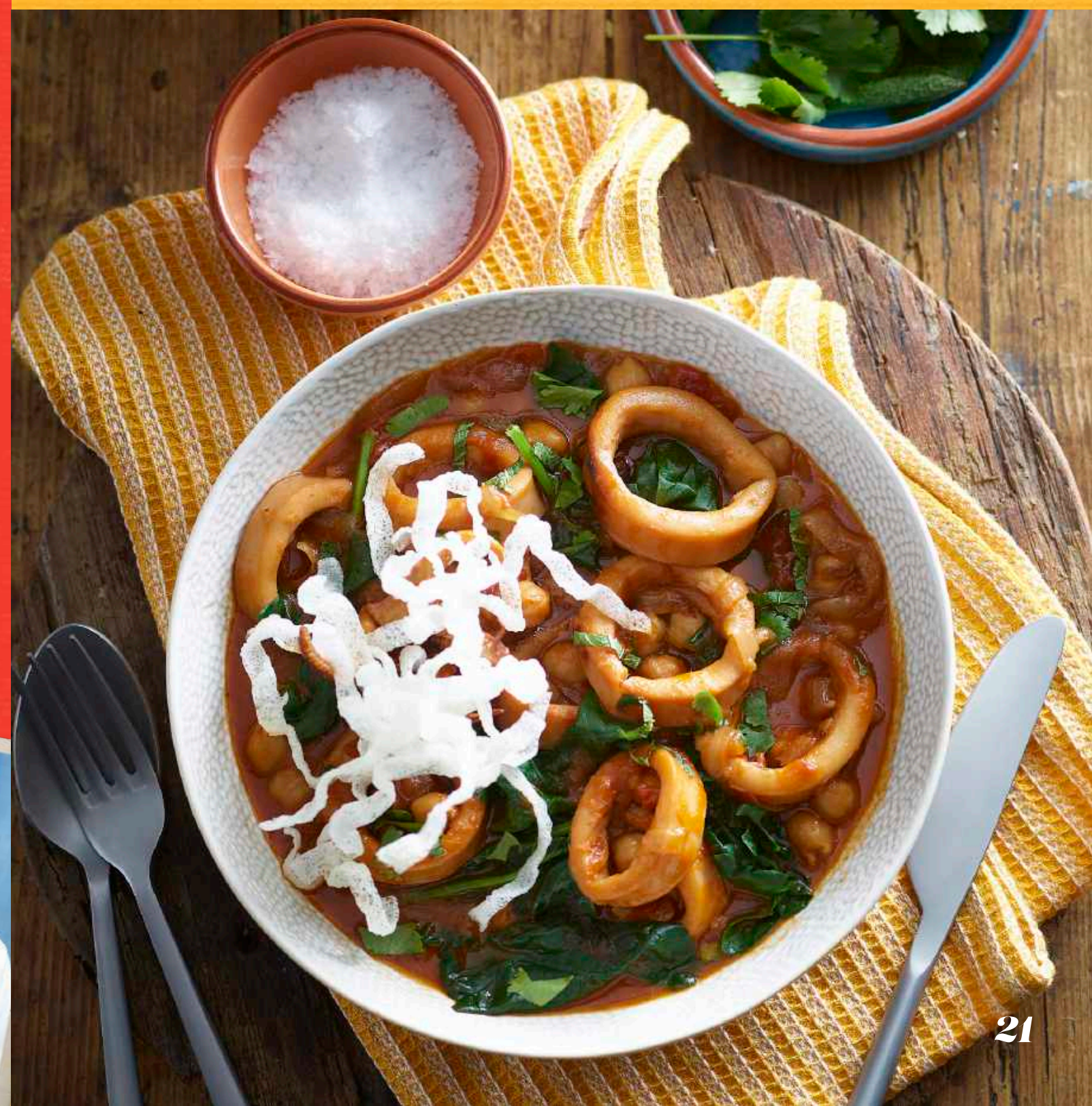
Nathan

...is one of the UK's most celebrated chefs, earning his first Michelin star for the Black Pig, aged just 25. He went on to open Restaurant Nathan Outlaw in 2006 – earning two Michelin stars, four AA rosettes and a rare 10/10 from the Good Food Guide.

 @nathanoutlaw



Nathan Outlaw's Spicy Cholula Braised Squid Curry



Dj Bbq's Mama's Veggie Tostadas

Ingredients

- Cholula hot sauce
- tostada shells (if you can't get hold of these, you can shallow fry corn tacos until crispy -this was Momma's Style)
- 1.25kg Quorn mince
- 300g shredded cheese
- iceberg or gem lettuce chopped
- 300ml sour cream

Spice Mix For Mince & Refried Beans:

- 2 ½ tbsp salt
- 2 ½ tsp cumin
- 1 tsp cayenne or chilli powder (go for more if you wanna make 'em spicy)
- 2 ½ tsp pepper
- 2 ½ tsp garlic granules (optional)

For The Guacamole:

- 4 large ripe avocados
- juice of 1 lime
- 2 handfuls of coriander, chopped
- salt to taste

For The Pico De Gallo:

- 8 tomatoes, chopped
- 2 red onions, finely chopped
- juice of 1 lime
- 2 handfuls of coriander, chopped

For The Refried Beans:

- light olive or veggie oil
- 4 garlic cloves, peeled
- 4 cans pinto beans
- juice of 1 lime

Method

1. Firstly, combine the spice mix ingredients in a small bowl.
2. For the refried beans, heat a glug of oil in a large pan over medium heat. Chuck in the peeled garlic cloves and cook 'til golden and soft. Once soft, smash 'em with the back of a spoon or fork. Chuck your pinto beans in the pan and season to taste with your freshly made spice mix. Cook the beans for about 5-7 minutes. Mash in the pan or in a separate bowl with lime juice. Mix together until you have a good mushy consistency.
3. Now let's make some guac! Combine the avocado flesh with its friends in a bowl and mash. Season to taste.
4. Brown your veggie mince in a large pan and season with that spice mix. Why not add some finely chopped onions to the mince to hide some added goodness to a kids menu, or simplify the dish to the basics with just mince and cheese? Once your mince is cooked, it's time for the build.
5. Tostada shell first, then top with the refried beans, cheese, mince, lettuce, salsa, sour cream and, finally, a good blast of Cholula hot sauce. Whoooooohooooooo. Good luck getting this thing in your mouth. It will fall apart in your hand and go everywhere, which is one of my favourite things about it. I take all the delicious remnants lurking on my plate and conjure them up into a taco salad. Two dishes in one! Ha. Enjoy!

A CROWD
PLEASING

*Mexican
classic,*

MADE VEGGIE WITH
THE ADDITION OF
QUORN MINCE

Dj Bbq

...aka Christian Stevenson is a trailblazing barbecue cook with a tribe of loyal fans. Published author, pitmaster and passionate pioneer of 'Catertainment'. The DJ BBQ live food experience can be found at all the major UK festivals this summer.

Instagram @djbbq



Cafe Pacifico's Cho-Rumble Margarita

Ingredients

- 50ml 100% blue agave tequila
- 12.5ml homemade vanilla syrup
- 12.5ml homemade passion syrup
- ¼ passion fruit
- 30ml of fresh lime
- 15 drops of Cholula sauce original
- pipette with 7 ml of tequila blanco

Method

1. Shake all ingredients to the count of 15, single strained into a rocks glass. Add cubes into a glass with dry chilli and dehydrated lime in the rim. Garnish with ¼ passion fruit and pipette with tequila and finish with Pacifico's citrus bitters. (Lime, lemon and pink grapefruit peel and vanilla pod).



Cafe Pacifico's Berry-Lula No-jito.

Ingredients

- 40ml of spiced non-alcoholic rum
- 10ml of non-alcoholic mezcal joven
- 10ml of lime
- 10 mint leaves
- ¾ of a lime
- 3 raspberries
- 3 blackberries
- 20ml of agave syrup
- 10 drops of Cholula sauce chipotle

Method

1. Muddle mint, lime and berries with Cholula sauce, lime juice and agave. Add crushed ice, add rum and Mezcal and churn to the count of 15 until enough dilution is created, top up with more crushed ice.

For The Garnish:

- Lime wedge, berries and mint sprig.
- Plus a few drops of Cholula sauce.

Each
Recipe Serves

One



Cafe Pacifico

Instagram icon @officialcafePacifico

...was the first Mexican restaurant to open in London, in the heady days of the 1980's, and still ranks as one of the capital's best spots for authentic Mexican food and drinks.

CAFE
Pacifico

Nutritional

Information

Monkfish Bites with Cholula Honey
Butter by Elliot Cunningham

Nutritional information per serving	
Energy	4768kJ/1140kcal
Fat	62.8g
saturates	28.7g
Carbohydrate	101.7g
sugars	11.0g
Fibre	7.2g
Protein	41.4g
Salt	4.45g

Allergens: Cereals containing gluten – wheat, milk

Smacked Cucumbers with Kentish
Cobnuts by Ivan Tisdall-Downes

Nutritional information per serving	
Energy	1028kJ/249kcal
Fat	18.2g
saturates	1.6g
Carbohydrate	9.2g
sugars	7.8g
Fibre	8.2g
Protein	8.8g
Salt	2.37g

Allergens: Nuts - hazelnut, soya – soybeans

Chicken Thighs with Romesco
Sauce by Thom Bateman

Nutritional information per serving	
Energy	2237kJ/539kcal
Fat	37.8g
saturates	7.2g
Carbohydrate	25.5g
sugars	23.2g
Fibre	9.8g
Protein	23.6g
Salt	1.19g

Allergens: Nuts - almonds

Cholula Shaking Beef
by Thuy Pham

Nutritional information per serving	
Energy	4724kJ/1135kcal
Fat	76.9g
saturates	22.2g
Carbohydrate	35.1g
sugars	27.7g
Fibre	5.5g
Protein	75.2g
Salt	8.19g

Allergens: Barley, cereals containing gluten – wheat, Soya – soybeans, mollusc, egg, sesame, may contain nuts, may contain peanuts

Cholula Patatas Bravas
by Omar Allibhoy

Nutritional information per serving	
Energy	3729kJ/899kcal
Fat	72g
saturates	10.5g
Carbohydrate	51.8g
sugars	10.2g
Fibre	6.5g
Protein	10.2g
Salt	3.22g

Allergen: Egg

Cholula & Herb Steak
Salad by Jay Morjaria

Nutritional information per serving	
Energy	3353kJ/803kcal
Fat	42.5g
saturates	7.8g
Carbohydrate	58.3g
sugars	35.4g
Fibre	12.4g
Protein	45.8g
Salt	7.60g

Allergens: Soya – soybeans, cereals containing gluten – wheat, sesame

Tamarind Cured Salmon
Tacos by Karan Gokani

Nutritional information per serving	
Energy	2864kJ/684kcal
Fat	38.8g
saturates	20.1g
Carbohydrate	54.0g
sugars	20.9g
Fibre	8.3g
Protein	22.4g
Salt	4.00g

Allergens: Mollusc, fish, egg, mustard

Spicy Cholula Braised Squid
Curry by Nathan Outlaw

Nutritional information per serving	
Energy	2983kJ/708kcal
Fat	30.8g
saturates	15.5g
Carbohydrate	63.8g
sugars	11.7g
Fibre	8.1g
Protein	42.1g
Salt	1.96g

Allergens: Mollusc

Cholula Marrowbone Crusted
Beef in Bourguignon Sauce
by Lisa Goodwin-Allen

Nutritional information per serving	
Energy	3856kJ/927kcal
Fat	78.3g
saturates	37.4g
Carbohydrate	9.8g
sugars	3.3g
Fibre	1.4g
Protein	45.1g
Salt	4.04g

Allergens: Milk, cereals containing gluten – wheat, egg, sulphites

Mama's Veggie
Tostadas by DJ BBQ

Nutritional information per serving	
Energy	3467kJ/832kcal
Fat	47.7g
saturates	15.1g
Carbohydrate	52.3g
sugars	11.3g
Fibre	26.8g
Protein	39.0g
Salt	6.57g

Allergens: Egg, milk, barley

Cho-Rumble Margarita and Berry
Lua No-jito by Café Pacifico

Nutritional information per serving		
Energy	670kJ/122kcal	364kJ/87kcal
Fat	0.1g	0.3g
saturates	0.0g	0.0g
Carbohydrate	28.7g	20.9g
sugars	21.6g	18.2g
Fibre	1.0g	2.5g
Protein	0.4g	0.9g
Salt	0.21g	0.12g

Allergens: None





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