

TINGA



WELCOME! IHOLA!

In 2018, we visited Mexico City and fell in love with the flavours, culture and experiences of authentic Mexican food and drink. This passion paired with knowledge we gained and conversations we had with local restaurateurs, moulded the founding inspiration for our little slice of Mexico in Salisbury.

We hope our immersive dining experience at Tinga excites your senses, and we thank you wholeheartedly for supporting a local, independent business.

Enjoy.



Owners, Tinga

ALEBRIJE















(ah-leh-bree-heh)

Wondering what the brightly coloured creatures on our staff's uniform are?

Alebrije's (ah-leh-bree-heh) are curious, fantasy creatures born from the fevered dreams of Mexican folk artist Pedro Linares Lopez.

In homage to Linares, each of our team members have chosen an Alebrije they relate with most.



 Celery	 Molluscs
 Cereals containing Gluten	 Mustard
 Crustaceans	 Peanuts
 Eggs	 Nuts
 Fish	 Sesame
 Lupin	 Soya
 Milk	 Sulphites

V – Suitable for vegetarians
GF – Gluten free

Ve – Vegan
N – Contains nuts

For all allergy and dietary requirements, please ask your sever when ordering. Many of our dishes can easily be made gluten free or diary free. Allergen information is available and should be checked. We cannot guarantee any of our products are free from traces of nut or flour.

All prices include VAT.

An optional service charge of 12.5% will be added to all bookings. All of our team receive 100% of this charge. Please ask your server if you wish this to be removed.

MAIN MENU

SALSAS

Salsas are key to taco eating and an all important part of Mexican food. We make ours fresh, every day from the best ingredients available. **Refills are on us! 2 for £2 or 5 for £4.**

FRESCA	TOMATILLO	GARLIC HABANERO	PINEAPPLE HABANERO	CAROLINA REAPER
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GUACAMOLE & FRIJOLE

We recommend sharing these between 2 people

Served with a mix of traditional corn and chipotle flavoured chips, imported from Mexico and cooked fresh in our kitchen daily.

Guacamole Clásico V, Ve, GF	£4.95
Avocado, red onions, coriander and tomatoes.	
Guacamole con Chile Serrano V, Ve, GF	£5.25
Not for the faint hearted! Serrano chillies, avocado, red onions, coriander and tomatoes.	
Guacamole con Chapulines GF	£5.75
This dish can be found on every menu in Mexico! Avocado, red onions, coriander and tomatoes topped with crunchy grasshoppers.	
Frijoles con Chorizo GF	£4.95
Creamy black beans topped with ground chorizo.	
Frijoles con Oaxaca V, GF	£4.50
Creamy black beans topped with diced Oaxaca cheese.	

ENTRANTES

Small dishes

Croquetas de Batata V, GF	£6.75
Sweet potato and Oaxaca cheese croquettes, served with jalapeño mayo.	
Croquetas de Chorizo GF	£6.85
Baby potato and chorizo croquettes, served with chipotle mayo.	
Empanadas de Papa V, Ve	£6.50
Roasted sweet potato and jalapeño in pastry, served with garlic adobo.	
Empanadas de Cerdo	£6.75
Slow roasted pork shoulder in pastry, served with mango habanero.	
Wings GF	£6.95
Chicken wings in a sweet and spicy mango glaze.	
Queso Fundido con Chorizo	£6.95
A blend of Oaxaca, Lyburn gold and manchego cheese, grilled and topped with smoky chorizo. Served with traditional corn and chipotle flavoured tortilla chips.	
Queso Fundido con Jalapeno V	£6.85
A blend of Oaxaca, Lyburn gold and manchego cheese, grilled and topped with fresh Jalapenos. Served with traditional and chipotle flavoured corn chips.	
Elote V	£6.25
A classic Mexican street food dish! Grilled corn on the cob, rolled in mayonnaise and seasoned with chilli and grana padano cheese.	

QUESADILLAS

Two traditional blue corn tortillas, filled, folded and toasted. Please ask your server if you wish to switch to vegan cheese.

Steak & Cheese GF	£7.25
Grilled steak, roasted peppers and Oaxaca cheese.	
Mushroom Tinga V, GF	£6.80
Oyster mushrooms in a rich tomato and onion sauce with Oaxaca cheese.	
Chicken Tinga GF	£6.95
Shredded chicken breast in a rich tomato and onion sauce with Oaxaca cheese.	
Black Beans & Cheese V, GF	£6.50
Smokey turtle beans with Oaxaca cheese.	
Pork Pibil GF	£7.25
Slow roasted juicy pork shoulder with Oaxaca cheese.	

TACOS

We recommend 2 dishes per person

Three traditional soft corn tortillas, toasted and topped.

Pork Carnitas Tacos GF	£7.50
Slow cooked pork shoulder, shredded and griddled. Topped with pink onion and garlic adobo sauce.	
Steak & Cheese Tacos GF	£7.25
Grilled steak, roasted peppers and grilled Oaxaca cheese.	
Agave Cauliflower Tacos V, Ve, GF	£6.50
Agave roasted cauliflower, on a bed of homemade guacamole and spicy adobo dressing.	
Shredded Lamb Tacos GF	£7.95
24 hour marinated lamb shoulder, shredded and topped with fresh chilli, spring onion and tomatillo guacamole. Sensational!	
Chicken Tinga Tacos GF	£6.85
Our house speciality! Shredded chicken breast in a rich tomato and onion sauce. Served with white cabbage and tomatillo guacamole.	
Mushroom Tinga Tacos V, Ve, GF	£6.65
Oyster mushrooms in a rich tomato and onion sauce. Served with white cabbage and tomatillo guacamole.	
Fish Baja Tacos GF	£7.75
Fresh cod pieces, battered in house using Mexican red ale batter. Served with chipotle mayo, corn salsa and pink onion.	
Fava Bean Tacos V, Ve, GF	£6.25
Crushed & fried fava bean, tomatillio salsa and diced Spanish onion.	
King Prawn Tacos GF	£7.50
Grilled king prawns, guacamole, red cabbage and mango habanero salsa.	

PLATOS FUERTES

Larger dishes

Burritos	
Toasted flour tortilla, black beans, rice, tomatillio guacamole, garlic adobo, marinated cabbage and crema served with a handful of corn tortilla chips. Please ask you server if you wish to switch for vegan cheese.	
– Steak & Oaxaca Cheese	£12.95
– Ancho Chicken & Oaxaca Cheese	£11.95
– Mushroom Tinga & Oaxaca Cheese V	£11.95
– Fava Bean V	£10.95

Salads	
Mixed leaves, tomato, corn salsa, avocado, red cabbage and house dressing.	
– Classic V, GF, Ve	£8.95
– Grilled Ancho Chicken GF	£11.50
– King Prawn GF	£11.95

Grills	
Mexican inspired mains served with steamed lime & coriander rice and salad.	
Ancho Chicken GF	£12.50
Chargrilled chicken breast in a sweet and spicy marinade.	
Steak Asada GF	£16.95
Boz Sirloin Steak from Pritchetts Family Butchers. Served medium rare.	

ACOMPAÑAMIENTOS

Sides

Tinga Bravas V, Ve, GF	£4.95
Roasted and seasoned new potatoes, topped with our signature Tinga sauce.	
Lime & Coriander Rice V, GF	£3.95
Broccoli & Peas V, Ve, GF	£3.95
Tossed in chilli oil.	
Side Salad V, Ve, GF	£4.25
Mixed leaves, red cabbage, corn salsa and avocado.	

LUNCH & EARLY EVENING

2 courses £14.95 or 3 courses £17.95

Available Monday to Thursday 5pm – 6pm
Friday to Sunday 12pm – 6pm

ENTRANTES

Choose one of the following

Guacamole Clásico V, Ve
Avocado, red onions, coriander and tomatoes, served with mixed corn tortilla chips.

Croquetas de Batata V
Sweet potato and Oaxaca cheese croquettes, served with jalapeño mayo.

Empanadas de Cerdo
Slow roasted pork shoulder in pastry, served with mango habanero.

SEGUNDOS

Choose two of the following

Chicken Tinga Tacos GF
Our house speciality! Shredded chicken breast in a rich tomato and onion sauce. Served with white cabbage and tomatillo guacamole.

Pork Carnitas Tacos GF
Slow cooked pork shoulder, shredded and griddled. Topped with pink onion and garlic adobo sauce.

Fava Bean Tacos V, Ve, GF
Crushed & fried fava bean, tomatillio salsa and diced Spanish onion.

Mushroom Tinga Tacos V, Ve, GF
Oyster mushrooms in a rich tomato and onion sauce. Served with white cabbage and tomatillio guacamole.

or choose one of the following

Burritos
Toasted flour tortilla, black beans, rice, salsa, slaw and crema served with a handful of corn tortilla chips.

– Steak & Oaxaca Cheese
– Ancho Chicken & Oaxaca Cheese
– Mushroom Tinga & Oaxaca Cheese V

Salads
Mixed leaves, tomato, corn salsa, avocado, red cabbage and house dressing.

– Classic V, GF, Ve
– Grilled Ancho Chicken GF
– King Prawn GF

POSTRE

Churros V
Dusted in cinnamon sugar, served with dulce de leche.