



TINGA



WELCOME! ¡HOLA!

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 server when ordering. 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 10% will be added to parties of 6 or more. All of our team receive 100% of this charge. Please ask your server if you wish this to be removed.

MAIN MENU

GUACAMOLE & FRIJOLES

We recommend sharing these between 2 people

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

Guacamole Clásico V, Ve, GF Avocado, red onions, coriander and tomatoes.	£4.50
Guacamole con Chile Serrano 🌶️🌶️ V, Ve, GF Not for the faint hearted! Serrano chillies, avocado, red onions, coriander and tomatoes.	£4.75
Guacamole con Chapulines GF 🦗🦗 This dish can be found on every menu in Mexico! Avocado, red onions, coriander and tomatoes topped with crunchy grasshoppers.	£5.25
Frijoles con Chorizo 🌶️ GF 🌶️ Creamy black beans topped with diced chorizo.	£4.50
Frijoles con Oaxaca V, GF 🌶️ Creamy black beans topped with diced Oaxaca cheese.	£3.95

ENTRANTES

Small dishes

Croquetas de Batata 🌶️ V 🌱🥚🥔🥑 Sweet potato and Oaxaca cheese croquettes, served with jalapeño mayo.	£5.50
Croquetas de Chorizo 🌶️ 🌱🥚🥔 Baby potato and chorizo croquettes, served with chipotle mayo.	£5.75
Empanadas de Rajas 🌶️ V 🌱🥚🥔 Fire roasted poblano pepper and Oaxaca cheese in pastry, served with tomatillo guacamole.	£5.75
Empanadas de Pollo y Queso 🌶️ 🌱🥚🥔 Ancho chicken with Oaxaca cheese in pastry, served with chipotle mayo.	£5.95
Wings 🌶️🌶️ 🌱 Chicken wings in a sweet and spicy mango glaze.	£5.95
Queso Fundido con Chorizo 🌶️ 🌱🥚🥔 A blend of Oaxaca, Monterey Jack and Manchego cheese, baked and topped with smoky chorizo. Served with traditional corn and chipotle flavoured tortilla chips.	£5.75
Queso Fundido con Rajas V 🌱🥚🥔 A blend of Oaxaca, Monterey Jack and Manchego cheese, baked with fire roasted poblano pepper. Served with traditional corn and chipotle flavoured tortilla chips.	£5.50

QUESADILLAS

Two traditional blue corn tortillas, filled, folded and toasted.

Steak & Cheese GF 🌶️ Grilled steak, roasted peppers and Oaxaca cheese.	£6.95
Fire Roasted Poblano Pepper V, GF 🌶️ Fire roasted Poblano pepper and Oaxaca cheese.	£5.75
Chicken Tinga 🌶️ GF 🌶️⚠️ Shredded chicken breast in a rich tomato and chilli sauce with Oaxaca cheese.	£6.25
Black Beans & Cheese V, GF 🌶️ Smoky turtle beans with Oaxaca cheese.	£5.75

TACOS

We recommend 2 dishes per person

Three traditional soft corn tortillas, toasted and topped.

Al Pastor Tacos 🌶️ GF ⚠️ Mexico's No.1 Taco! 24 hour marinated pork shoulder, caramelised pineapple, pink onion and tomatillo salsa.	£6.50
Steak & Cheese Tacos 🌶️ GF 🌶️ Grilled steak, roasted peppers and grilled cheese.	£5.95
Poblano & Cheese Tacos V, GF 🌶️ Fire roasted poblano pepper topped with melted Oaxaca cheese.	£5.50
Nopales Tacos 🌶️ V, Ve, GF Roasted cactus, adobo sauce and spiced potato.	£5.75
Chicken Tinga Tacos 🌶️🌶️ GF ⚠️ Our house speciality! Shredded chicken breast in a rich tomato and chilli sauce. Served with white cabbage and tomatillo guacamole.	£5.85
Fish Baja Tacos 🌶️ 🌱🥚🥔🐟🐠 Crispy battered cod, chipotle mayo, corn salsa and pink onion.	£6.25
Ancho Chicken & Chorizo Tacos 🌶️ GF 🌶️ Grilled ancho chicken and corn salsa topped with chorizo.	£5.95
King Prawn Tacos 🌶️🌶️ GF 🦀🐟🐠 Grilled king prawns, guacamole, red cabbage and mango habanero salsa.	£6.75

PLATOS FUERTES

Larger dishes

Burritos Toasted flour tortilla, black beans, rice, salsa, slaw and crema served with a handful of corn tortilla chips.	
– Steak & Oaxaca Cheese 🌶️ 🌱🥚🥔	£9.75
– Ancho Chicken & Oaxaca Cheese 🌶️ 🌱🥚🥔	£9.75
– Poblano Pepper & Oaxaca Cheese 🌶️ V 🌱🥚🥔	£8.50

Salads Mixed leaves, tomato, corn salsa, avocado, red cabbage and house dressing.	
– Classic V, GF, Ve	£7.95
– Grilled Ancho Chicken 🌶️ GF	£9.95
– King Prawn GF 🦀🐟🐠	£9.95

Grills Mexican inspired mains served with steamed lime & coriander rice and salad.	
Achiote Guajillo Chicken 🌶️ GF 🌶️	£12.45
Chargrilled chicken breast in a sweet and spicy marinade.	
Steak Asada 🌶️ GF 🌶️	£14.95
24 hour marinated steak served medium rare.	

ACOMPAÑAMIENTOS

Sides

Lime & Coriander Rice V, GF 🌶️	£2.95
Side Salad V, Ve	£3.95
Mixed leaves, red cabbage, corn salsa and avocado.	

LUNCH & EARLY EVENING

2 courses £11.95 or 3 courses £14.95

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

ENTRANTES

Choose one of the following

Guacamole Clásico V, Ve, GF
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 Pollo y Queso 🌶️ 🌱🥚🥔
Ancho chicken with Oaxaca cheese in pastry, served with chipotle mayo.

SEGUNDOS

Choose two of the following

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

Steak & Cheese Tacos 🌶️ GF 🌶️
Grilled steak, roasted peppers and grilled cheese.

Poblano & Cheese Tacos V, GF 🌶️
Fire roasted poblano pepper topped with melted Oaxaca cheese.

Nopales Tacos 🌶️ V, Ve
Roasted cactus, adobo sauce and spiced potato.

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** 🌶️ 🌱🥚🥔
– **Poblano Pepper & 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.