

PLATITOS

TRES SALSAS VG £5.75

A vibrant selection of tres (3) house-made dips: Salsa Roja, Salsa Verde and Chimichurri, served with crunchy totopos (tortilla chips).

GUACAMOLE VG £5.75

Classic guacamole madewith fresh avocados. Served with crunchy totopos.

FRIJOLES V £5.75

Tex-Mex refried beans served with tortilla chips and sour cream.

ALITAS FRITAS COF £9.25

Fried chicken wings with a choice of PERIOS flavour:

[Hola Herbs](#) | [BBQ Fiesta](#) | [Chilli Lime](#) | [Texan Jerk](#) | [Americano's Buffalo](#)

CHICKEN GOUJONS £9.5

Freshly fried chicken strips with your choice of PERIOS flavour:

[Hola Herbs](#) | [BBQ Fiesta](#) | [Chilli Lime](#) | [Texan Jerk](#) | [Americano's Buffalo](#)

QUESADILLA COF £10

Toasted soft tortilla, filled with grilled chicken, mixed peppers, onions, melted cheese, and a flavour of your choice. Served with house salad and Salsa Roja.

[Hola Herbs](#) | [BBQ Fiesta](#) | [Chilli Lime](#) | [Texan Jerk](#) | [Americano's Buffalo](#)



VEGGIE NACHOS V £8.75

Crunchy tortilla chips packed with jalapeños, tomato and onion salsa, guacamole, and melted cheese.

CHICKEN NACHOS £11

To make these nachos even more delicious, we add flavourful pulled chicken cooked in rich tinga sauce.

BEEF NACHOS £11.75

Sumptuous nachos with added slow-cooked spicy pulled beef.



Our handmade buns are Red Tractor certified and Wildfarmed, reducing the Co2e production. Your Philly will come with a side of fries.

BEEF PHILLY STEAK BURGER £15

Spicy beef, cheese, red onion, peppers, Chipotle sauce.

CHICKEN PHILLY STEAK BURGER £13.5

Spicy chicken, cheese, red onion, peppers, Chipotle sauce.



A sizzling skillet of your choice, with grilled onions and peppers. Served with fresh guacamole, shredded cheese, sour cream, salsa roja, and 4 tortillas.

GRILLED VEGGIES V COF £16

CHICKEN COF £18

BEEF STEAK COF £20

PLATO GRANDE (FOR 2 TO SHARE) COF £30

Beef steak and marinated chicken, grilled vegetables, and 8 warm tortillas. Served with chimichurri, salsa roja, and a flavour of your choice.

PERIOS flavours:

[Hola Herbs](#) | [BBQ Fiesta](#) | [Chilli Lime](#) | [Texan Jerk](#) | [Americano's Buffalo](#)



Three soft wheat tortillas, a staple of the Northern Mexican states

CHICKEN TINGA £10

Marinated pulled chicken cooked in a rich tinga sauce, topped with lime pickle, chimichurri, coriander.

BEEF BIRRIA £12

Slow-cooked spicy marinated pulled beef. Topped with pickled vegetables and green chilli sauce. Served with Mexican birria sauce for dipping.

POLLO FRITO £10

Fried crispy chicken, red chilli, habanero mayo, avocado cream.

SPICY BERENJENA VG £9

Spiced aubergine, crispy sweet potato, lime and coconut yoghurt.

BAJA FISH £13

Battered fried cod with fresh guacamole and sour cream.



Three Crunchy fried corn tortillas, a popular Texan invention

POLLO ASADO COF £10

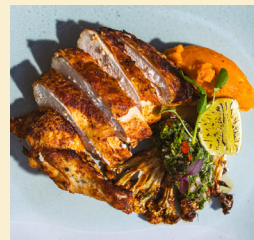
Grilled chicken breast, peppers, onions, cheese, habanero mayo, and your choice of flavour.

BEEF STEAK COF £12

Grilled beef steak in a choice of flavour, peppers, onions, habanero mayo, cheese.

PERIOS flavours:

[Hola Herbs](#) | [BBQ Fiesta](#) | [Chilli Lime](#) | [Texan Jerk](#) | [Americano's Buffalo](#)



OMEGA SLAM £22

465 kcal • 40.7g protein • 4.2g carbs • 32.1g fat • 3.4g fibre

Seared skin-on salmon with fresh guacamole, grilled asparagus, and lime - clean, fatty acid fuel.

POLLO POWER £20.5

445 kcal • 40.0g protein • 6.9g carbs • 29.6g fat • 1.9g fibre

Juicy corn-fed chicken supreme with roasted cauliflower, sweet potato puree, and a zingy chimichurri kick.

PROTEIN POACHER V £15.5

387 kcal • 23.3g protein • 35.8g carbs • 18.3g fat • 7.9g fibre

A hearty bowl with beans, two poached eggs, crispy kale, and spiced tomato sauce.

FLEXI WRAP V £13.5

264 kcal • 15.3g protein • 34.5g carbs • 7.2g fat • 5.7g fibre

Low-carb tortilla wrap with quinoa, beans, butternut squash, cottage cheese, and guac - balanced and light.

MAD GAINS WRAP £14.5

488 kcal • 50.5g protein • 28.6g carbs • 18.2g fat • 3.0g fibre

Low-carb tortilla with pulled chicken, cottage cheese, guacamole, and a flavourful tomato-chipotle sauce.

CARNE MAX WRAP £15.5

602 kcal • 53.8g protein • 28.2g carbs • 32.5g fat • 3.1g fibre

Packed with slow-cooked beef brisket, guac cottage cheese and chipotle sauce. Built for performance.

MUSCLE STEAK £24

527 kcal • 49.9g protein • 5.1g carbs • 35.7g fat • 1.6g fibre

8oz grilled sirloin, cauliflower, and chimichurri - all protein, no fluff.

TURKEY SHRED £20.5

346 kcal • 49.9g protein • 7.5g carbs • 11.2g fat • 2.4g fibre

Tender turkey breast with crispy kale, sweet potato, and broccoli. Clean, lean, and full of flavour.

PROTEIN SMOOTHIES

POWER PLANT V £5.5

257 kcal • 26.6g protein • 35.4g carbs • 2.6g fat • 4.3g fibre

A tropical blend of spinach, banana and pineapple with a full scoop of whey - high in protein, packed with natural energy.

MUSCLE BERRY V £5.5

148.6 kcal • 23.6g protein • 10.4g carbs • 2.1g fat • 1.6g fibre

Fruity, refreshing, and loaded with pure whey protein - a lean, effective boost for any routine.



A soft tortilla filled with rice, peppers, onions, salsa, cheese, sour cream, black beans and your choice of filling. Served with fresh house salad.

V vegetarian, VG vegan, COF choice of PERIOS flavours:

[Hola Herbs](#) | [BBQ Fiesta](#) | [Chilli Lime](#) | [Texan Jerk](#) | [Americano's Buffalo](#)

CHICKEN TINGA BURRITO £14.5

Flavourful pulled chicken cooked in a rich Mexican tinga sauce.

BEEF BIRRIA BURRITO £16.5

Marinated slow-cooked spicy pulled beef.

GRILLED CHICKEN BURRITO COF £14.5

Grilled chicken breast in a flavour of your choice.

SUPER-STEAK BURRITO COF £16.5

Tender grilled beef in a choice of PERIOS flavours.

SPICY BERENJENA BURRITO V £13.5

Spiced aubergine, avocado and chilli coconut yoghurt.

BURRITO BOWL Served with everything else, minus the tortilla wrap!

GRILLED CHICKEN COF £14 | BEEF STEAK COF £16



£29

TACO PLATTER

Eight soft tortillas, served with salsa verde, sour cream, shredded cheese, and house salad. And with your choice of:

FILLINGS CHOOSE THREE

Chicken Tinga | Grilled Chicken | Fried Chicken | Grilled Beef | Coleslaw **V**
Fresh Guacamole **VG** | Mexican Salad **VG** | Spicy Berenjena **VG** | Beef Birria

PERIOS FLAVOURS **VG** CHOOSE TWO

Hola Herbs | BBQ Fiesta | Chilli Lime | Texan Jerk | Americano's Buffalo

ADD One Tortilla £1 Salsa Roja £1.5 Salsa Verde £1.5
Chimichurri £1.5 Extra Filling £4 Extra Flavour £1.5



SIDES

Fries **VG** £4.25
Cajun Fries **VG** £4.5
Cheesy Fries **V** £5.5
Truffle Fries **V** £6
Sweet Potato Chips **VG** £6
Mexican Rice **VG** £5
Garlic Bread **V** £4.5
Handmade Coleslaw **V** £4.5
Mexican Side Salad £4.5
Melted Cheese Dip **V** £2
Salsas £1.5 each
Chimichurri **VG**
Salsa Roja **VG**
Salsa Verde **VG**
Garlic & Herb **V**
Fiery Mayo **V**
Chipotle BBQ **VG**
Ranch Sauce **V**
Habanero Mango **VG**

TACO TUESDAY



50% OFF
ALL TACOS

HEALTHY THURSDAY



15% OFF
MAD MEX MENU

ROLL THE DICE



Buy **6 shots** of Tequila, Mezcal or SOA Spirits.

ROLL THE DICE!

The number you roll =
EXTRA **FREE SHOTS**

PERIOS



FIESTA OF TEX-MEX FLAVOURS

We are a casual place - everything is prepared fresh and will be served to your table as and when ready.

If you have any food **ALLERGIES**, please speak to a member of staff. Due to the style of cooking cross-contamination may occur.
We cannot guarantee that any dishes are allergen-free.

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