



TINGA

WELCOME!
¡HOLA!

In 2018, we visited Mexico City & fell in love with the flavours, culture & experiences of authentic Mexican food & drink. This passion paired with knowledge we gained & 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, & we thank you wholeheartedly for supporting a local, independent business.

Enjoy.

*Aimee, Dave
& Matthew*

Founders, 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.



- 1 Celery
- 2 Cereals containing Gluten
- 3 Crustaceans
- 4 Eggs
- 5 Fish
- 6 Lupin
- 7 Milk
- 8 Molluscs
- 9 Mustard
- 10 Peanuts
- 11 Nuts
- 12 Sesame
- 13 Soya
- 14 Sulphites

V – Suitable for vegetarians
GF – Gluten free

VG – Vegan
N – Contains nuts

For all allergy & dietary requirements, please ask your sever when ordering. Many of our dishes can easily be made gluten free or dairy free. Allergen information is available & 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.

SALSAS

Salsas are key to taco eating & an all important part of Mexican food. We make ours fresh, every day from the best ingredients available. **Refills are on us! 2 for £2.50 or 5 for £5.** V, VG, GF

FRESCA

VERDE

TOMATILLO

PINEAPPLE HABANERO

CAROLINA REAPER

CHIPS N DIPS

Served with a mix of traditional corn and chipotle flavoured chips, imported from Mexico & cooked fresh in our kitchen daily. **Add ‘Grasshoppers’ to any dish for £2.50**

GUACAMOLE

Avocado, red onion, coriander, garlic & tomatoes. Stay clásico or bring the heat.

Clásico V, VG, GF 12, 13 £6.75
Con Chile Serrano V, VG, GF 12, 13 £7.00

FRIJOLES

Creamy black beans topped just the way you like it.

Con Chorizo GF 7, 9 £7.50
Con Oaxaca Cheese V, GF 7 £7.25

QUESO FUNDIDO

A rich, melted cheese dip, grilled & finished with your choice of topping.

Con Chorizo GF 7, 9 £9.50
Con Jalapeño V, GF 7 £9.00

ENTRANTES

TAMALES GF

Traditional Mexican comfort food! Cheese and homemade masa (corn dough) wrapped in a banana leaf and steamed until tender. Choose from:

Chicken Tinga 7, 14
Slow Cooked Beef 7
£9.50

CROQUETAS DE BATATA V

Sweet potato & Oaxaca cheese croquettes, served with jalapeño mayo. £7.95 2, 7, 9

CROQUETAS DE CHORIZO

Seasonal potato & chorizo croquettes, served with chipotle mayo. £8.50 2, 7, 9

NOPALES & SPRING ONION V, VG, GF

Grilled cactus leaves with crispy fried spring onions, topped with sea salt & dried chilli flakes. £8.00

EMPANADAS DE CARNE

Pulled beef barbacoa with fresh vegetables in pastry, served with sweet chimichurri. £8.50 2, 14

WINGS GF

Juicy chicken wings coated in your choice of glaze. Choose from: Mango Habanero Smokey Chipotle & Honey £9.95

ELOTE V, GF

A classic Mexican street food favourite! Tender corn ribs coated in jalapeño mayo & sprinkled with chilli & grana padano cheese. £7.00 7, 9

TINGA BRAVAS V, VG, GF

Roasted and seasoned potatoes, topped with our signature Tinga sauce. Add Chorizo £1.50. £7.50 14

QUESADILLAS

Two traditional blue corn tortillas filled with Oaxaca cheese & fresh coriander, folded & toasted. Please ask your server if you wish to switch to vegan cheese.

BEEF & CHEESE GF

Slow-braised beef shin in smokey chillies with grilled peppers & onions. £9.95 7

CHIPOTLE SHREDDED MUSHROOM V, GF

Shredded mushrooms in a smokey chipotle sauce with grilled peppers & onions. £8.50 7

CHICKEN TINGA GF

Tender shredded chicken breast simmered in a rich tomato & onion sauce. £9.50 7, 14

BLACK BEANS & CHEESE V, GF

Traditional slow-cooked black beans with a subtle smokey flavour. £8.50 7

TOSTADA

A large crispy corn tortilla, piled high with bold flavours & fresh toppings. Best enjoyed all to yourself.

ADOBO PRAWNS GF

Pan fried king prawns in creamy adobo sauce, spicy guacamole, salsa fresca & serrano chilli. £11.50 3, 7, 9, 12, 13

SHREDDED MUSHROOM V, VG, GF

Chipotle shredded mushrooms with fresh jalapeños & crispy sweet potato. £11.00 12, 13, 14

CHILLI CHICKEN GF

Smokey chipotle chicken thigh with spicy guacamole, salsa fresca & pickled jalapeño. £11.00 12, 13, 14

SERRANO LAMB GF

Slow cooked lamb with spicy guacamole, salsa fresca, serrano chilli, jalapeño mayo & fresh avocado. £12.00 9, 12, 13

BIRRIA TACOS

Two large folded corn tacos, cooked in the juices of your chosen filling. Served with fresh coriander & a rich consommé for dipping. Our favourite!

LAMB BIRRIA GF

24hr slow cooked Lamb & Oaxaca cheese. £14.50 7

SHREDDED MUSHROOM V, GF

Shredded mushrooms in a smokey chipotle sauce with grilled peppers, onions & Oaxaca cheese. £12.95 7

TACOS

Three traditional soft corn tortillas, toasted & topped.

SQUID GF

Lightly fried squid with a spicy jalapeño corn salsa & fresh chilli. £14.00 5, 6, 8, 9, 13

FISH

BAJA GF

Fresh fish pieces, battered in house using Tinga batter. Served with chipotle mayo, corn salsa & pink onion. £11.00 5, 6, 9

PORK

BELLY GF

Grilled crispy pork belly slices, with creamy spicy corn salsa. £10.00 9, 13

NOPALES V, VG, GF

Grilled cactus leaves with grilled peppers & onions, served on a bed of spicy guacamole & topped with roasted red pepper sauce. £8.95 12, 13

CHICKEN

TINGA GF

Our house speciality! Tender shredded chicken breast simmered in a rich tomato & onion sauce. Served with white cabbage & tomatillo guacamole. £9.50 14

ADOBO BEEF GF

Beef shin, slow braised in smokey chillies, garlic, warm spices & Oaxaca cheese. £13.95 7

CHILLI CHICKEN GF

Stewed smokey chipotle chicken thigh & Oaxaca cheese. £13.50 7

CHICHIRRON GF

Fried pork belly tossed in hot honey, corn salsa & chilli topping. £11.50

PICANTE

PRAWNS GF

Lightly fried king prawns on a bed of guacamole, pickled red cabbage topped with mango habanero sauce. £14.00 3, 6, 12, 13, 14

CHIPOTLE MUSHROOM V, GF

Seasonal mushrooms in a rich, smokey chipotle sauce, served on spring onion guacamole, topped with jalapeño cheese & crispy sweet potato. £8.95 7, 12, 13

CHIMICHURRI SWEET POTATO V, VG, GF

Roasted sweet potato paired with a black bean salsa, roasted garlic and red pepper sauce served with chimichurri. £9.25

BEEF BARBACOA GF

24 hour marinated beef shin, slow cooked in smokey chillies finished with spicy guacamole & grilled cheese. £10.95 7, 12, 13

BURRITOS

Toasted flour tortilla, Oaxaca cheese, black beans, rice, salsa fresca, fresh avocado, serrano chillies, adobo crema & marinated cabbage, served with tortilla chips. Please ask you server if you wish to switch for vegan cheese.

BEEF BARBACOA

£17.50 2, 7, 9, 13, 14

ANCHO CHICKEN

£16.95 2, 7, 9, 13, 14

SLOW COOKED LAMB

£18.00 2, 7, 9, 13, 14

CHICKEN TINGA

£16.95 2, 7, 9, 13, 14

SHREDDED MUSHROOM V

£15.95 2, 7, 9, 13, 14

CHIMICHURRI SWEET POTATO V

£15.95 2, 7, 9, 13, 14

BOWLS

BURRITO BOWL

Lime & coriander rice base with black beans, fresh avocado, marinated cabbage, salsa fresca, serrano chilli, adoba crema, Oaxaca cheese 5-& tortilla chips.

Choose from:

Beef Barbacoa £16.50 7, 13, 14

Chicken Tinga £16.00 7, 13, 14

Chimichurri Sweet Potato £15.00 7, 13, 14

Shredded Mushroom £15.00 7, 13, 14

SMOKEY CHIPOTLE BOWL

Homemade traditional chipotle chilli with tortilla chips, peppers, tomatoes, beans, gaucamole, lime & coriander rice.

Choose from:

Chilli Chicken £15.00 7, 12, 13

Nopales & Pepper £14.00 7, 12, 13

SALADS

CAESAR SALAD

Romaine lettuce, croutons, Grana padano cheese & avocado Caesar dressing.

Choose from:

Clásico £13.00 2, 7, 9

Ancho Chicken £15.00 2, 7, 9

Prawn £18.00 2, 3, 7, 9

Sweet Potato £14.50 2, 7, 9

CHOPPED SALAD

Romaine lettuce, peppers, cucumber, pumpkin seeds, avocado, roasted sweet potato & spicy serrano chilli dressing.

Choose from:

Clásico £13.00 9, 13

Ancho Chicken £15.00 9, 13

Prawn & Squid £18.00 3, 6, 8, 9, 13

Hot Honey Chicharrón £16.00 9, 13

ACOMPAÑAMIENTOS

ROASTED CHILLI BROCCOLI V, GF

With honey & smokey chipotle glaze. £6.50

LIME & CORIANDER RICE V, GF £5.95 7

MEXICAN SALAD V, VG, GF

Mixed Mexican salad with romaine lettuce, avocado, tomato, cucumber, serrano chillies & serrano dressing. £7.50 9, 13

CAESAR SALAD

£7.50 2, 7, 9