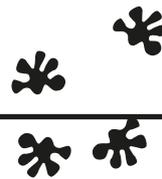


BIENVENIDOS.



LA IGUANA PERDIDA

— DESDE 1996 —



SANTA CRUZ LA LAGUNA, GUATEMALA



Hotel | Restaurante | Bar | Diving School

La Iguana Perdida | A brief history

In December 1995, after having travelled through Central and South America and becoming a dive instructor, Deedle, a 27 year old backpacker from London, arrived on Lake Atitlan. While walking down the street in Panajachel she met an American anthropologist who was planning on mapping the lake with the help of volunteer divers coming down from the States. "I'd love to be part of that!" she thought, as she and her then boyfriend were both dive instructors and keen to see what treasures the lake held. Just then someone handed her a flyer advertising land for sale in the remote lakefront village of Santa Cruz.

Within 24 hours of having been on the lake, Deedle found herself stepping off a boat in Santa Cruz and coming face to face with Sarito, the original owner of the land that is now the Iguana. Though British by birth, Sarito hadn't lived in the UK since the 1950's. Australia, India and the States had all been called home before settling in Guatemala in the late 80's.

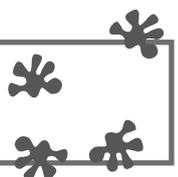
An architect by trade, Sarito had built three wooden houses in 4' by 8' sections in Panajachel, then boated the panels over to Santa Cruz and assembled them where they stand today. It was a communal living place for Sarito's friends from around the world could come and enjoy the beauty of the lake he'd discovered. In February 1995 he converted one of the houses into 4 rooms and rented them out as La Iguana Perdida. He wanted to head back to India, though, and soon thereafter put the place up for sale. No electricity, no hot water, but at least there was the wood-fired stone sauna built early on.

The rustic charm of the place instantly appealed to Deedle, and when Sarito and her shook hands on the deal, the Iguana was born. To quote Casablanca: "I think this could be the start of a beautiful friendship". Sarito lived on the premises until his death and was a beautiful friend indeed.

In the early days with no money and little help, Deedle was often found cooking dinner in her wetsuit having just emerged from a dive. Four or five people was a big night, and the board game and storytelling by lamp light were an evening's entertainment. No cell phones, no internet and a few boats a day made guests realize they really were in the middle of nowhere.

Dave appeared as a hotel guest in 1999 having been managing bars, teaching English and doing hurricane relief work in Antigua. His famous "Chicken Bus" song captured Deedle's attention and they were married in 2001. Slowly but surely the place started getting known. Dave and Deedle moved a couple of minutes off the property in 2002 when a then pregnant Deedle decided the newborn babies and backpackers probably shouldn't be under the same roof.

Theo and Gabriel were born in 2002 and 2004, but the backpacker market had changed in these few years and the Iguana needed to adapt. Some new rooms were built, electricity was reluctantly connected in 2005, and the new restaurant space opened in November 2006. The hotel has slowly grown from the four original rooms to what it is today, with space for more than 50 people and hopefully something for everyone.



COMIDAS

Huevos al gusto

Elige entre: revueltos, estrellados o tibios.
Con pan casero integral o pan aceitunas/romero
ó tortillas de maíz. _____ **22Q**

Huevos Mexicanos

Huevos revueltos con tomate y cebolla. _____ **30Q**
Con tocino y queso blanco fresco _____ **38Q**

Desayuno Veggie

Pan casero de aceituna con aguacate, espinaca,
tomates y tofu marinado en pesto con queso local
al lado _____ **38Q**

Desayuno Chapín

Huevos revueltos, estrellados o tibios. Con tortillas,
frijoles volteados, queso blanco, aguacate
y plátanos fritos. _____ **33Q**
Con tocino o longaniza. _____ **43Q**

Piggy Sandwich

Con pan integral, tocino crujiente, huevo frito,
tomate, mayonesa de albahaca y trozos
de frutas acompañando. _____ **34Q**

Tostadas Francesas

Con pan integral, banana
y jarabe de maple. _____ **35Q**

Eggs any way you like them

Choose from scrambled, fried or boiled with
your choice of our delicious homemade breads: whole
wheat, olive and rosemary or corn tortillas _____ **22Q**

Mexican Eggs

Scrambled eggs mixed with tomato and onion _____ **30Q**
With bacon and fresh local cheese _____ **38Q**

Veggie Breakfast

Pesto marinated tofu with fried tomato, wilted
spinach and fresh local cheese served on
olive toast _____ **38Q**

Chapín Breakfast

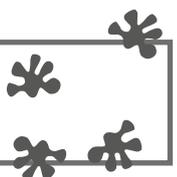
Choose from scrambled, fried or boiled eggs.
With corn tortillas, black beans, white cheese,
avocado and fried banana _____ **33Q**
With bacon or sausage _____ **43Q**

Piggy Sandwich

Crispy bacon, fried egg, tomato, basil mayonnaise
and a portion of fresh fruits on the side. _____ **34Q**

French toast

With whole wheat toast, banana
and maple syrup. _____ **35Q**



Pan Tostada

Con mantequilla.	10Q
Jalea.	12Q
Mantequilla de maní.	14Q
Marmita.	16Q

Crepes

Con limón y azúcar glass.	22Q
Con canela, banana y miel.	28Q

Omelette

Acompañalo con pan integral, de aceitunas o tortillas	24Q
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Sandwich

Elige pan integral o pan de aceitunas y después elige sus ingredientes	22Q
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Ingredientes / Agranda tu plato

Aguacate	6Q
Frijoles negros	5Q
Queso cheddar o fresco	8Q
Pepinillos	3Q
Cebollas al vino	5Q
Cebollas caramelizadas	5Q
Salsa de tomate asado	6Q
Rodajas de tomate fresco	3Q
Tomate frito	4Q
Papas al horno	6Q
Mayonesa de albahaca	5Q
Espinaca o lechuga	3Q
Pesto	6Q
Huevo frito	3Q
Tocino	10Q
Longaniza	10Q
Pollo	10Q
Tofu	12Q

Toast

With butter.	10Q
Jam.	12Q
Peanut butter.	14Q
Marmite.	16Q

Crepes

With lime and powdered sugar.	22Q
With cinnamon, banana and honey.	28Q

Omelette

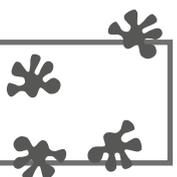
Add brown bread, olive bread or tortillas	24Q
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Sandwich

Choose whole wheat or olive bread and then choose your ingredients	22Q
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Ingredients / Side dishes

Avocado	6Q
Black beans	5Q
Cheddar or local cheese	8Q
Pickles	3Q
Wine onions	5Q
Caramelized onions	5Q
Roasted tomato relish	6Q
Fresh sliced tomato	3Q
Fried tomato	4Q
Baked potatoes	6Q
Basil mayonnaise	5Q
Spinach or lettuce	3Q
Pesto	6Q
Fried egg	3Q
Bacon	10Q
Sausage	10Q
Chicken	10Q
Tofu	12Q



Mosh de avena

Simple _____	22Q
Con banana y pasas _____	28Q

Smoothie bowl

Licuada de banana y fresa con granola casera, avena, chan, macadamia y frutas frescas. _____ **40Q**

Ensalada de frutas

Frutas de estación. _____	28Q
Con yogurt y miel _____	33Q
Con yogurt, miel y granola casera. _____	38Q



En La Iguana Perdida hacemos todos nuestros panes, yogurt, granola, salsas y condimentos. Nos encanta el sabor casero y esperamos que lo disfruten! Para su salud y tranquilidad, todas nuestras verduras son desinfectadas y lavadas en agua filtrada.

Porridge

Simple _____	22Q
With banana and raisins _____	28Q

Smoothie bowl

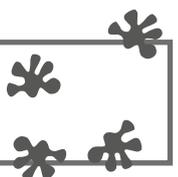
Banana and strawery smoothie with homemade granola, oatmeal, chan, macadamia and fresh fruits _____ **40Q**

Fruit salad

Fruit only. _____	28Q
With yoghurt and honey _____	33Q
With yoghurt, honey and homemade granola _____	38Q



At La Iguana Perdida we make all our breads, yoghurt, granola, relish, pickles, and sauces. We love that homemade flavor and hope you do too! For your health and peace of mind, all our vegetables are sanitized and washed in filtered water.



Tex mex nachos

Nachos con queso cheddar fundido, frijoles negros, tomate, aceitunas, maíz dulce y aguacate. **38Q**

Con pollo **48Q**

Quesadillas

Con queso cheddar, cebolla, pimienta roja y verduras asadas. Servido con ensalada al lado **30Q**

Con pollo **40Q**

Plato de tacos

Dos tacos a elegir entre pollo asado, longaniza o tofu, con cebollas y pimientos. Servido con arroz, guacamole y salsa casera. **45Q**

Almuerzo gordo

Dos crepes rellenas con salsa de tomate, queso blanco, maíz dulce, frijoles y aguacate. **38Q**

Con pollo ó longaniza **48Q**

Bruschetta

Pan casero de aceitunas con tomates, cebolla, ajo, albahaca fresca y aceite de oliva. **30Q**

Dips de la casa

Elige entre guacamole, humus o dukkah (bolas de queso crema enrolada en sésamo y nueces). Servidos con nachos o pan. **28Q**

Plato con los tres dips **35Q**

Tex mex nachos

Nacho chips topped with tomatoes, black beans, olives, sweet corn, avocado and melted cheddar. **38Q**

With chicken **48Q**

Quesadillas

With cheddar cheese, onion, red pepper and roasted vegetables. Served with salad. **30Q**

With chicken **40Q**

Taco platter

Two tacos and your choice of chicken, sausage or tofu, with fried onions and peppers served with rice, guacamole and homemade salsa. **45Q**

Gordo lunch

Two crepes stuffed with tomato salsa, local cheese, sweet corn, beans and avocado. **38Q**

With chicken or sausage **48Q**

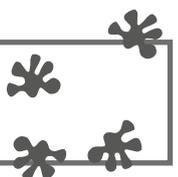
Bruschetta

Homemade olive bread with tomato, onion, garlic basil and olive oil. **30Q**

Homemade Dips

Your choice of guacamole, hummus or dukkah (crusted cream cheese balls in sesame and walnuts) with nacho chips or bread. **28Q**

Platter of all three **35Q**



Pasta primavera

Pasta penne con verduras frescas, aceitunas y queso parmesano en una salsa de limón y hierbas.

_____ **35Q**
 Con pollo _____ **45Q**

Pasta primavera

Pasta penne with fresh vegetables, olives and parmesan cheese, with herbs and lemon sauce.

_____ **35Q**
 With chicken _____ **45Q**

Ensalada de nachos

Ensalada de lechuga con tomate, cebolla, aguacate, maíz dulce, cilantro fresco y nachos con un toque de limón. _____ **30Q**

Nacho Salad

Lettuce salad with tomato, onion, avocado, sweet corn, fresh coriander and crumbled nacho chips with a lime dressing. _____ **30Q**

Ensalada de tomate y albahaca

Tomates, pepino, cebolla con aderezo vinagreta de albahaca, servido con una bola de queso crema enrollada en ajonjolí y nueces, con una porción de pan integral al lado. _____ **30Q**

Tomato and Basil Salad

Tomatoes, cucumber and onion salad with homemade basil vinaigrette served with a dukkah crusted cream cheese ball and a portion of brown bread on the side. _____ **30Q**

Sopa de tortilla

Deliciosa sopa de base tomate, con frijol, maíz, aguacate, queso fresco y nachos. _____ **35Q**

Tortilla soup

Delicious tomato soup with beans, corn, avocado, fresh cheese and nacho chips _____ **35Q**

Sopa del día

Pregunta por la sopa del día, viene acompañada de croutones caseros. _____ **30Q**

Soup of the day

Ask for the soup of the day, it comes with homemade croutons _____ **30Q**

POSTRES

Helado de banano vegano

Casero sin leche y sin harina. _____ **22Q**
 Con miel o salsa vegana de chocolate. _____ **28Q**

Vegan banana ice cream

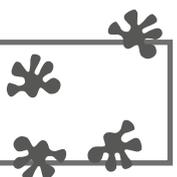
Made fresh and gluten free. _____ **22Q**
 Add honey or vegan chocolate sauce. _____ **28Q**

Pie de queso tradicional

Servido con salsa de fresa. _____ **25Q**

Traditional Cheese cake

Served with strawberry swirl. _____ **25Q**



BEBIDAS



Licados

Famoso licuado de aguacate, piña y jugo de naranja. _____ **22Q**

Crea tu propio licuado

Con agua. _____ **18Q**
 Con leche. _____ **20Q**
 Con yogurt. _____ **22Q**

Elige sus frutas

Fresa. _____ **3Q**
 Piña. _____ **3Q**
 Banano. _____ **3Q**
 Papaya. _____ **3Q**
 Mango. _____ **3Q**
 Mora. _____ **3Q**
 Ujuxte (Super semilla Maya). _____ **4Q**

Jugos Naturales

Jugo de naranja. _____ **17Q**
 Jugo de zanahoria/remolacha/jengibre. _____ **20Q**
 Rosa de Jamaica. _____ **15Q**

Limonada

Con agua. _____ **14Q**
 Con soda. _____ **17Q**
 Con fresa y chan. _____ **20Q**

Refrescos

Coca Cola, Agua Tónica, Pepsi, Pepsi light, 7Up, Agua Mineral, Ginger Ale _____ **10Q**
 Gatorade. _____ **14Q**

Smoothies

Famous avocado and pineapple smoothie with orange juice. _____ **22Q**

Create your own

With water. _____ **18Q**
 With milk. _____ **20Q**
 With Yogurt. _____ **22Q**

Then pick your fruit

Strawberry _____ **3Q**
 Pineapple _____ **3Q**
 Banana _____ **3Q**
 Papaya _____ **3Q**
 Mango _____ **3Q**
 Blackberry _____ **3Q**
 Ujuxte (Mayan super seed) _____ **4Q**

Freshly Squeezed Juice

Orange juice. _____ **17Q**
 Carrot/beetroot/ginger juice. _____ **20Q**
 Hibiscus. _____ **15Q**

Lemonade

With water. _____ **14Q**
 With soda water. _____ **17Q**
 With strawberry and chan. _____ **20Q**

Sodas

Coca Cola, Pepsi, Pepsi light, Tonic water 7Up, Soda water, Ginger Ale _____ **10Q**
 Gatorade. _____ **14Q**





Te y café / Tea and coffee

Te con refill.	10Q
Café con refill.	15Q
Espresso.	13Q
Americano.	15Q
Latte.	15Q
Cappuccino.	15Q
Mocha.	15Q
Mocha frío.	24Q
Te helado (Iced tea)	25Q

Cervezas / Beers

Locales	Brahva.	17Q
	Gallo.	20Q
	Cabro.	20Q
	Moza.	22Q
México	Corona.	20Q
	Modelo.	20Q
USA	Brooklin Lager.	25Q
	Brooklin IPA.	25Q
	Apple Ace Cider.	25Q
Artesanales Craft Beers	Dale Pale Ale.	25Q
	Chelita linda (Blonde/Rubia Ale).	25Q
	Chela Guevara (Red/Roja Ale).	25Q
	Impunidad IPA.	25Q
	Siempre fresh IPA.	25Q
	Pinchazo (Imperial Stout).	25Q

Cocktails & mezclas / mixers

Margarita	25Q
Whiskey sour	25Q
Mojito	25Q
Paloma	25Q
Bloody mary	25Q
Michelada	10Q + cerveza/beer
Gin tonic	22Q
Ron Cola	18Q

Vinos / Wines

Vaso de vino blanco o tinto (Glass of red or white wine).	20Q
Cosecha blanco o tinto en botella (Cosecha bottle white or red).	80Q
Undurraga en botella (bottle) (Cabernet Sauvignon, Merlot, Sauvignon Blanc o Chardonnay).	110Q
Aliwen en botella (bottle) (Cabernet Sauvignon, Syrah, Merlot o Carmenere).	150Q
Undurraga Brut en botella (bottle).	145Q

Bebidas con alcohol / Alcohol drinks

Vodka	Sirov.	18Q
	Zubrowka.	30Q
	Titos.	35Q
Gin	Burnetts.	22Q
	Tanqueray.	30Q
	Hendricks.	38Q
Ron/ Rum	XL	15Q
	Flor de Caña 4 años.	18Q
	Flor de Caña 7 años.	24Q
	Flor de Caña 12 años.	30Q
	Zacapa	38Q
Tequila	Compadre	5Q
	1800 Silver	35Q
	1800 Añejo	55Q
Mezcal	Ilegal joven	38Q
	Ilegal reposado	49Q
Whiskey	Crawfords	18Q
	Jack Daniel's Bourbon	38Q
	Johnnie Walker Scotch	32Q
	Glenlivet Scotch	42Q
Licor Local/ Spirits	Quetzalteca	10Q
	Cusha	5Q

