bartaco

allergy information

allergens marked in red
* = item can be modified or

tacos

	dairy	shellfish	garlic	nuts	onion	soy	eggs	gluten	nitrates	fish	peanuts	refined sugar	pineapple	sesame	citrus
ahi tuna tataki			*in vinaigrette		*in slaw	*in soy glaze				tuna	*in soy glaze			*sesame oil in dressing + seeds in taco	*in basil vinaigrette
baja fish		*cooked in same fryer as oysters (ask guest)	*in chipotle adobo sauce		*in slaw + garnish	*soybean oil in baja slaw (mayo)	*in baja slaw (mayo)			cod	*in baja slaw				*in baja slaw
seared chorizo			in spice blend		*garnish			in spice blend							
cauliflower			*in romeso sauce	*in romeso sauce	*in romeso sauce +garnish					*in romeso sauce					
spiced chicken verde			in green chorizo paste + tomatillo avocado salsa		*in aguacate salsa										*in aguacate salsa
falafel	*yogurt in tzatziki sauce		in tzatziki + falafels		in falafels										lemon juice in falafel
slow roasted pork taco			*in rub+mustard bbq		*in rub+	*soybean oil in slaw (mayo)	*in slaw (mayo)					*in slaw			
crispy oyster	buttermilk marinade	oysters	*garlic in remoulade		*onions in remoulade	*soy oil in remoulade (mayo)	*in remoulade (mayo)				*in remoulade sauce				*in remoulade
duck			in cure		*in tamarind sauce + garnish						*in tamarind sauce				
pork belly			*in sauce		*garnish + sauce						in cure + sauce + pickled red onion				oranges in braising liquid + *in belly glaze
mushroom	*queso fresco + in poblano sauce		in marinade		*garnish										*in poblano sauce
chile lime shrimp		shrimp	in marinade		in marinade						*in escabeche brine		*in salsa macha	in shrimp marinade

bartaco

allergy information

allergens marked in red * = item can be modified or	dairy	shellfish	garlic	nuts	onion	soy	eggs	gluten	nitrates	fish	peanuts	refined sugar	pineapple	sesame	citrus
sesame ribeye			in marinade and kimchi		in marinade and kimchi	in marinade and kimchi				in kimchi		in marinade		in marinade	

rice bowls

	dairy	shellfish	garlic	nuts	onion	soy	eggs	gluten	nitrates	fish	peanuts	refined sugar	pineapple	sesame	citrus
ahi tuna rice bowl			*in vinaigrette		*in rice bowl salad + slaw	*in soy glaze				tuna		*in soy glaze		*in dressing + garnish	*in basil vinaigrette
cauliflower rice bowl			*in romeso sauce	*in romeso sauce	*in romeso sauce +garnish					*in romeso sauce					
spiced chicken verde rice bowl			in green chorizo paste + tomatillo avocado salsa		*in tomatillo avocado salsa										*in aguacate salsa
duck rice bowl			in cure		*in rice bowl salad + tamarind sauce							*in tamarind sauce			
seared chorizo rice bowl			in spice blend		*in rice bowl salad			in spice blend							
pork belly rice bowl			*in pork belly glaze		*in rice bowl salad + pork belly glaze + pickled garnish							*in pork belly soy glaze + pickled onions			oranges in braising liquid + *in belly glaze
mushroom rice bowl	*queso fresco + in poblano sauce		in marinade		*in rice bowl salad										*in poblano sauce
ribeye rice bowl			in marinade and kimchi		in marinade and kimchi	in marinade				in kimchi		in marinade		in marinade	
chile lime shrimp rice bowl		shrimp	in marinade		in marinade							*in escabeche brine		*in salsa macha	in shrimp marinade
slow roasted pork rice bowl			*in rub+mustard bbq		*in rub+	*soybean oil in slaw (mayo)	*in slaw (mayo)							*in the slaw	

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allergy information

allergens marked in red * = item can be modified or	dairy	shellfish	garlic	nuts	onion	soy	eggs	gluten	nitrates	fish	peanuts	refined sugar	pineapple	sesame	citrus
not tacos															
kale caesar	cheese in slaw and in dressing		in dressing		in garnish croutons	in dressing			anchovies in dressing						in dressing
chicken totilla soup	*oaxaca cheese		in chicken		in soup + stock										
chopped salad	*queso fresco		*in pickling brine		*in pickling brine						*in dressing + pickling brine				lime juice in dressing
chopped salad + lobster	*queso fresco	lobster	*in pickling brine		*in pickling brine						*in dressing + pickling brine				lime juice in dressing
lobster ceviche		*lobster	in marinade		sliced red onion										in marinade
duck birria w/ broth	cheese blend		in duck cure + birria consomme		in birria consomme										in consomme
gazpacho			in soup		in soup	in bread + garnish croutons									
pork posole			in pork posole		in pork posole + chicken stock										
plantains			*in gordita sauce			*soy oil in mayo	*in gordita sauce (mayo)				*in gordita sauce				*in gordita sauce
rice bowl salad					in salad										salad dressed with lime
roasted chicken			in brine + chicken									in brine			
tuna poke		fish sauce may contain shellfish extract	in dressing		*in poke	soy sauce in dressing				tuna + fish sauce in dressing				sesame seeds + oil in dressing	
esquites	*cheese + sour cream in elote					*soy oil in mayonnaise	*in elote (mayo)				*in elote (mayo)				*in elote mayo

bartaco

allergy information

allergens marked in red * = item can be modified or	dairy	shellfish	garlic	nuts	onion	soy	eggs	gluten	nitrates	fish	peanuts	refined sugar	pineapple	sesame	citrus
lobster esquites	*cheese + sour cream in elote	lobster				*soy oil in mayonnaise	*in elote (mayo)				*in elote (mayo)				*in elote mayo
corn fritters	oaxaca + cotija cheeses					oil in mayo	in batter + elote mayo				elote mayo				*in elote mayo
black beans w/ sofrito			in beans + sofrito		in beans + sofrito										
grilled corn	*cheese + sour cream in elote					*soy oil in mayonnaise	*in elote (mayo)				*in elote (mayo)				*in elote mayo
cucumber salad			in salad + dressing									in rice vinegar			
kimchi			in dressing		green onion	miso in dressing + *fish sauce				fish sauce in dressing					
guacamole					in guacamole										in guacamole
salsa roja			in salsa										in salsa		in salsa
salsa verde					in salsa							in salsa			in salsa

desserts

	dairy	shellfish	garlic	nuts	onion	soy	eggs	gluten	nitrates	fish	peanuts	refined sugar	pineapple	sesame	citrus
churros w/ chocolate sauce	butter in dough + milk/cream in chocolate sauce						in dough	flour in dough				in dough + sauce			
gelato	milk + cream					*in ice cream cone	in gelato	*flour in cones				in gelato + cones			
key lime pie	sweetened condensed milk + whipped cream			graham crackers made in a facility that processes nuts		soy oil + soy lecithin in graham crackers	in custard filling	flour in graham crackers			graham crackers made in a facility that processes nuts	in custard filling + whipped cream			in filling

allergy information

allergens marked in red *= item can be modified or	dairy	shellfish	garlic	nuts	onion	soy	eggs	gluten	nitrates	fish	peanuts	refined sugar	pineapple	sesame	citrus
tres leches	cream/butter in caramel sauce + milk/evaporated milk/sweetened condensed milk/cream in cake + whipped cream					in cake		flour in cake			in caramel sauce + cake + whipped cream				*in caramel

kids menu

	dairy	shellfish	garlic	nuts	onion	soy	eggs	gluten	nitrates	fish	peanuts	refined sugar	pineapple	sesame	citrus
kids tray	*cheese + butter		check taco selection	*check taco selection		*in flour tortilla		*in flour tortilla		in crispy fish taco	*check taco selection	check taco selection	*fruit kebab	check taco selection	
kids taco w/chicken & cheese	*cheese		in brine + chicken									in chicken			
kids taco w/ beef & cheese	*cheese		in marinade		in marinade	tamari soy sauce in marinade						in marinade		in marinade	
kids taco w/ crispy fish										cod					
kids-a-dilla w/ beans	cheese		in beans + sofrito		in beans + sofrito	*in flour tortilla		*in flour tortilla							
kids-a-dilla w/ chicken	cheese		in brine + chicken			*in flour tortilla		*in flour tortilla				in chicken			
kids-a-dilla w/ beef	cheese		in marinade		in marinade	tamari soy sauce in marinade + in flour tortilla		*in flour tortilla				in marinade		in marinade	
kids roasted chicken			in brine + chicken									in chicken			
kids guacamole															in guacamole
corn wheels	*butter + cheese														
oaxaca cheese sticks	cheese														

bartaco

allergy information

allergens marked in red * = item can be modified or	dairy	shellfish	garlic	nuts	onion	soy	eggs	gluten	nitrates	fish	peanuts	refined sugar	pineapple	sesame	citrus
cucumbers															
steamed broccoli	*butter														
fruit skewers													*on skewers		
#bartacosecret															
lobster	lemon brown butter	lobster													lemon in brown butter

bartaco

allergy information
stamford, west midtown

allergens marked in red; * = item can be modified or removed

tacos	dairy	shellfish	garlic	nuts	onion	soy	eggs	gluten	nitrates	fish	peanuts	refined sugar	pineapple	sesame	citrus
ahi tuna tatako			*in vinaigrette		*in slaw	*in soy glaze				tuna	*in soy glaze			*sesame oil in dressing + seeds in taco	*in basil vinaigrette
baja fish			*in chipotle adobo sauce		*in slaw + garnish	*soybean oil in baja slaw (mayo)	*in baja slaw (mayo)			cod	*in baja slaw				*in baja slaw
cauliflower			*in romeso sauce	*in romeso sauce	*in romeso sauce +garnish					*in romeso sauce					*in marinade+sauce +onions
spiced chicken verde			in green chorizo paste + tomatillo avocado salsa		*in tomatillo avocado salsa										
falafel	*yogurt in tzatziki sauce		in tzatziki + falafels		in falafels			fried in common fryer							*in aguacate salsa
crispy oyster	buttermilk marinade	oysters	*garlic in remoulade		*onions in remoulade	*soy oil in remoulade (mayo)	*in remoulade (mayo)				*in remoulade sauce				lemon juice in falafel
duck			in cure		*in tamarind sauce + garnish						*in tamarind sauce				*in remoulade
seared chorizo			in spice blend		*garnish				in spice blend						
pork belly			*in sauce		*garnish + sauce							in cure + sauce + pickled red onion			oranges in braising liquid + *in belly glaze
mushroom	*queso fresco + in poblano sauce		in marinade		*garnish										*in poblano sauce
chile lime shrimp		shrimp	in marinade		in marinade						in escabeche brine			in salsa macha	in shrimp marinade
sesame ribeye			in marinade and kimchi		in marinade and kimchi	in marinade and kimchi			in kimchi		in marinade			in marinade	

rice bowls

bartaco

allergy information
stamford, west midtown

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	dairy	shellfish	garlic	nuts	onion	soy	eggs	gluten	nitrates	fish	peanuts	refined sugar	pineapple	sesame	citrus
ahi tuna rice bowl			*in vinaigrette		*in rice bowl salad + slaw	*in soy glaze				tuna	*in soy glaze			*in dressing + garnish	*in basil vinaigrette + rice bowl salad
cauliflower rice bowl			*in romeso sauce	*in romeso sauce	*in romeso sauce +garnish					*in romeso sauce					*in rice bowl salad
spiced chicken verde rice bowl			in green chorizo paste + tomatillo avocado salsa		*in tomatillo avocado salsa										*in aguacate salsa+ rice bowl salad
duck rice bowl			in cure		*in rice bowl salad + tamarind sauce						*in tamarind sauce				*in rice bowl salad
seared chorizo rice bowl			in spice blend		*in rice bowl salad			in spice blend							*in rice bowl salad
pork belly rice bowl			*in pork belly glaze		*in rice bowl salad + pork belly glaze + pickled garnish						*in pork belly soy glaze + pickled onions				oranges in braising liquid + *in belly glaze+ in rice bowl salad
mushroom rice bowl	*queso fresco + in poblano sauce		in marinade		*in rice bowl salad										*in poblano sauce + rice bowl salad
chile lime shrimp rice bowl		shrimp	in marinade		in marinade						in escabeche brine			in salsa macha	*in rice bowl salad
ribeye rice bowl			in marinade and kimchi		in marinade and kimchi	in marinade			in kimchi		in marinade			in marinade	in shrimp marinade

not tacos

	dairy	shellfish	garlic	nuts	onion	soy	eggs	gluten	nitrates	fish	peanuts	refined sugar	pineapple	sesame	citrus
chicken tortilla soup	*oaxaca cheese		in chicken		in soup + stock										
chopped salad	*queso fresco		*in pickling brine		*in pickling brine						*in dressing + pickling brine				lime juice in dressing
chopped salad + lobster	*queso fresco	lobster	*in pickling brine		*in pickling brine						*in dressing + pickling brine				lime juice in dressing
lobster ceviche		*lobster	in marinade		sliced red onion										in marinade

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stamford, west midtown

allergens marked in red; * = item can be modified or removed	dairy	shellfish	garlic	nuts	onion	soy	eggs	gluten	nitrates	fish	peanuts	refined sugar	pineapple	sesame	citrus
kale caesar	cheese in slaw and in dressing		in dressing		in garnish croutons	in dressing				anchovies in dressing					in dressing
duck birria w/ broth	cheese blend		in duck cure + birria consomme		in birria consomme										in consomme
gazpacho			in soup		in soup	in bread + garnish croutons									
pork posole			in pork posole		in pork posole + chicken stock										
plantains			*in gordita sauce			*soy oil in mayo	*in gordita sauce (mayo)	fried in common fryer			*in gordita sauce				*in gordita sauce
rice bowl salad					in salad										salad dressed with lime
roasted chicken			in brine + chicken								in brine				
tuna poke		fish sauce may contain shellfish extract	in dressing		*in poke	soy sauce in dressing				tuna + fish sauce in dressing				sesame seeds + oil in dressing	
esquites	*cheese + sour cream in elote					*soy oil in mayonnaise	*in elote (mayo)				*in elote (mayo)				*in elote mayo
lobster esquites	*cheese + sour cream in elote	lobster				*soy oil in mayonnaise	*in elote (mayo)				*in elote (mayo)				*in elote mayo
black beans w/ sofrito			in beans + sofrito		in beans + sofrito										
grilled corn	*cheese + sour cream in elote					*soy oil in mayonnaise	*in elote (mayo)				*in elote (mayo)				*in elote mayo
cucumber salad			in salad + dressing								in rice vinegar				
kimchi			in dressing		green onion	miso in dressing + *fish sauce				fish sauce in dressing					

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stamford, west midtown

allergens marked in red; * = item can be modified or removed	dairy	shellfish	garlic	nuts	onion	soy	eggs	gluten	nitrates	fish	peanuts	refined sugar	pineapple	sesame	citrus
guacamole					in guacamole										in guacamole
salsa roja			in salsa										in salsa		in salsa
salsa verde					in salsa							in salsa			in salsa
desserts															
churros w/ chocolate sauce	butter in dough + milk/cream in chocolate sauce					in dough	flour in dough					in dough + sauce			
gelato	milk + cream					*in ice cream cone	in gelato	*flour in cones				in gelato + cones			
key lime pie	sweetened condensed milk + whipped cream		graham crackers made in a facility that processes nuts			soy oil + soy lecithin in graham crackers	in custard filling	flour in graham crackers			graham crackers made in a facility that processes nuts	in custard filling + whipped cream			in filling
tres leches	cream/butter in caramel sauce + milk/evaporated milk/sweetened condensed milk/cream in cake + whipped cream						in cake	flour in cake				in caramel sauce + cake + whipped cream			*in caramel
kids menu															
kids tray	*cheese + butter		check taco selection	*check taco selection		*in flour tortilla		*in flour tortilla	in crispy fish taco	*check taco selection	check taco selection		*fruit kebab	check taco selection	
kids taco w/chicken & cheese	*cheese		in brine + chicken									in chicken			
kids taco w/ beef & cheese	*cheese		in marinade		in marinade	tamari soy sauce in marinade						in marinade		in marinade	
kids taco w/ crispy fish										cod					

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stamford, west midtown

allergens marked in red; * = item can be modified or removed

	dairy	shellfish	garlic	nuts	onion	soy	eggs	gluten	nitrates	fish	peanuts	refined sugar	pineapple	sesame	citrus
kids-a-dilla w/ beans	cheese		in beans + sofrito		in beans + sofrito	*in flour tortilla		*in flour tortilla							
kids-a-dilla w/ chicken	cheese		in brine + chicken			*in flour tortilla		*in flour tortilla			in chicken				
kids-a-dilla w/ beef	cheese		in marinade		in marinade	tamari soy sauce in marinade + in flour tortilla		*in flour tortilla			in marinade			in marinade	
kids roasted chicken			in brine + chicken								in chicken				
kids guacamole															in guacamole
corn wheels	*butter + cheese														
oaxaca cheese sticks	cheese														
cucumbers															
steamed broccoli	*butter														
fruit skewers														*on skewers	
#bartacosecret															
lobster	lemon brown butter	lobster													lemon in brown butter