



# allergy information

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

## tacos

	dairy	shellfish	garlic	nuts	onion	soy	eggs	gluten	nitrites	fish	peanuts	refined sugar	pineapple	sesame
ahi tuna tatakao			*in vinaigrette		*in slaw	*in soy glaze				tuna		*in soy glaze		*sesame oil in dressing + seeds in taco
baja fish			*in chipotle adobo sauce		*in slaw + garnish	*soybean oil in baja slaw (mayo)	*in baja slaw (mayo)			cod		*in baja slaw		
carne asada			in marinade		*garnish	in marinade + sauce								
cauliflower			*in romesco	*almonds in romesco	*garnish						*almonds (possible cross-contamination)			
green chicken chorizo			in green chorizo paste + tomatillo avocado salsa		*in tomatillo avocado salsa									
crispy brussels sprouts			*in carrot puree + honey chipotle glaze		*in carrot puree + rice bowl salad + pickled red onion garnish							*in pickled red onions + pepitas		
crispy rock shrimp	buttermilk marinade	shrimp	*garlic in remoulade		*onions in remoulade	*soy oil in remoulade (mayo)	*in remoulade (mayo)					*in remoulade sauce		
duck			in cure		*in tamarind sauce + garnish							*in tamarind sauce		
mojo pork carnitas	sweetened condensed milk in pork canitas		*in mojo sauce + tomatillo sauce		in pork carnitas + tomatillo sauce + garnish			in pork carnitas					*in mojo sauce	
pork belly			*in sauce		*garnish + sauce							in cure + sauce + pickled red onion		
portobello	*queso fresco		in poblano portobellos		*garnish									
miso cod			*in aioli			in marinade + aioli	*in aioli			cod		in marinade + pickled cucumbers		*in aioli + sesame seed garnish



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## rice bowls

ahi tuna rice bowl			*in vinaigrette		*in rice bowl salad + slaw	*in soy glaze				tuna		*in soy glaze		*in dressing + garnish
carne asada rice bowl			in marinade		*garnish	in marinade + sauce								
cauliflower rice bowl			*in romesco	*in romesco	*in rice bowl salad									
green chicken chorizo rice bowl			in green chorizo paste + tomatillo avocado salsa		*in tomatillo avocado salsa									
crispy brussels sprouts			*in carrot puree + honey chipotle glaze		*in carrot puree + rice bowl salad + pickled red onion garnish							*in pickled red onions + pepitas		
duck rice bowl			in cure		*in rice bowl salad + tamarind sauce							*in tamarind sauce		
mojo pork rice bowl	sweetened condensed milk in pork carnitas		*in mojo sauce + tomatillo sauce		in rice bowl salad + pork carnitas + tomatillo sauce			in pork carnitas					*in mojo sauce	
pork belly rice bowl			*in pork belly glaze		*in rice bowl salad + pork belly glaze + pickled garnish							*in pork belly soy glaze + pickled onions		
portobello rice bowl	*queso fresco		in poblano portobellos		*in rice bowl salad									

## not tacos

chicken empanadas			in filling		in filling + salsa verde							*in salsa verde		
chicken soup			in chicken		in soup + stock									
chopped salad	*queso fresco		*in pickling brine		*in pickling brine							*in dressing + pickling brine		



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<b>corn fritters</b>	cheese + sour cream in elote					*soy oil in mayo	in fritter (elote mayo)					*in elote mayo		
<b>duck quesadilla</b>	cheese blend		in duck cure + tomatillo sauce		*caramelized onions + tomatillo sauce									
<b>gazpacho</b>			in soup		in soup			in bread + garnish croutons						
<b>pork posole</b>			in pork posole		in pork posole + chicken stock									
<b>fuji apple + kale</b>	*goat cheese				*shallots in vinaigrette							in simple syrup on apples + in candied pepitas		
<b>plantains</b>			*in gordita sauce			*soy oil in mayo	*in gordita sauce (mayo)					*in gordita sauce		
<b>rice bowl salad</b>					in salad									
<b>roasted chicken</b>			in brine + chicken									in brine		
<b>ceviche</b>			In marinade		In vegetable mix	Soy sauce in marinade				Swordfish				
<b>tuna poke</b>		fish sauce may contain shellfish extract	in dressing		*in poke	soy sauce in dressing				tuna + fish sauce in dressing				sesame seeds + oil in dressing
<b>sides</b>														
<b>asian slaw</b>			*in vinaigrette		*in slaw							*in rice vinegar		*sesame oil in vinaigrette
<b>black beans w/ sofrito</b>			in beans + sofrito		in beans + sofrito									
<b>grilled corn</b>	*cheese + sour cream in elote					*soy oil in mayonnaise	*in elote (mayo)					*in elote (mayo)		



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cucumber salad			in salad + dressing									in rice vinegar		
guacamole				in guacamole										
salsa roja			in salsa										in salsa	
salsa verde				in salsa								in salsa		
<b>desserts</b>														
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			
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			
<b>kids menu</b>														
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		



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	kids taco w/ beef & cheese	*cheese					tamari soy sauce 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			tamari soy sauce in marinade + in flour tortilla				*in flour tortilla				
kids roasted chicken			in brine + chicken									in chicken		
corn wheels	*butter + cheese													
oaxaca cheese sticks	cheese													
cucumbers														
steamed broccoli	*butter													
fruit skewers													* on skewers	
#bartacosecret														



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stamford, west hartford, west midtown

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<b>tacos</b>														
ahi tuna tatako			* in vinaigrette	* in slaw	* in soy glaze					tuna	* in soy glaze			* sesame oil in dressing + seeds in taco
baja fish			* in chipotle adobo sauce	* in slaw + garnish	* soybean oil in baja slaw (mayo)	* in baja slaw (mayo)				cod	* in baja slaw			
carne asada			in marinade	* garnish	in marinade + sauce									
cauliflower			* in romesco	* almonds in romesco	* garnish						* almonds (possible cross-contamination)			
green chicken chorizo			in green chorizo paste + tomatillo avocado salsa		* in tomatillo avocado salsa									
crispy brussels sprouts			* in carrot puree + honey chipotle glaze		* in carrot puree + rice bowl salad + pickled red onion garnish			fried in common fryer					* in pickled red onions + pepitas	
crispy rock shrimp	buttermilk marinade	shrimp	* garlic in remoulade		* onions in remoulade	* soy oil in remoulade (mayo)	* in remoulade (mayo)						* in remoulade sauce	
duck			in cure		* in tamarind sauce + garnish								* in tamarind sauce	
mojo pork carnitas	sweetened condensed milk in pork canitas		* in mojo sauce + tomatillo sauce		in pork carnitas + tomatillo sauce + garnish			in pork carnitas					* in mojo sauce	
pork belly			* in sauce		* garnish + sauce								in cure + sauce + pickled red onion	
portobello	* queso fresco		in poblano portobellos		* garnish									
miso cod			* in aioli					in marinade + aioli		* in aioli			in marinade + pickled cucumbers	* in aioli + sesame seed garnish



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## rice bowls

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carne asada rice bowl			in marinade		*garnish	in marinade + sauce								
cauliflower rice bowl			*in romesco	*in romesco	*in rice bowl salad									
green chicken chorizo rice bowl			in green chorizo paste + tomatillo avocado salsa		*in tomatillo avocado salsa									
crispy brussels sprouts			*in carrot puree + honey chipotle glaze		*in carrot puree + rice bowl salad + pickled red onion garnish		fried in common fryer					*in pickled red onions + pepitas		
duck rice bowl			in cure		*in rice bowl salad + tamarind sauce							*in tamarind sauce		
mojo pork rice bowl	sweetened condensed milk in pork carnitas		*in mojo sauce + tomatillo sauce		in rice bowl salad + pork carnitas + tomatillo sauce			in pork carnitas					*in mojo sauce	
pork belly rice bowl			*in pork belly glaze		*in rice bowl salad + pork belly glaze + pickled garnish							*in pork belly soy glaze + pickled onions		
portobello rice bowl	*queso fresco		in poblano portobellos		*in rice bowl salad									

## not tacos

chicken empanadas			in filling		in filling + salsa verde		fried in common fryer					*in salsa verde		
chicken soup			in chicken		in soup + stock									
chopped salad	*queso fresco		*in pickling brine		*in pickling brine							*in dressing + pickling brine		



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<b>duck quesadilla</b>	cheese blend	in duck cure + tomatillo sauce		*caramelized onions + tomatillo sauce										
<b>gazpacho</b>		in soup		in soup			in bread + garnish croutons							
<b>pork posole</b>		in pork posole		in pork posole + chicken stock										
<b>fuji apple + kale</b>	*goat cheese			*shallots in vinaigrette							in simple syrup on apples + in candied pepitas			
<b>plantains</b>		*in gordita sauce			*soy oil in mayo	*in gordita sauce (mayo)	fried in common fryer				*in gordita sauce			
<b>rice bowl salad</b>				in salad										
<b>roasted chicken</b>		in brine + chicken									in brine			
<b>tuna poke</b>	fish sauce may contain shellfish extract	in dressing		*in poke	soy sauce in dressing					tuna + fish sauce in dressing			sesame seeds + oil in dressing	
<b>sides</b>														
<b>asian slaw</b>		*in vinaigrette		*in slaw							*in rice vinegar		*sesame oil in vinaigrette	
<b>black beans w/ sofrito</b>		in beans + sofrito		in beans + sofrito										
<b>grilled corn</b>	*cheese + sour cream in elote				*soy oil in mayonnaise	*in elote (mayo)					*in elote (mayo)			
<b>cucumber salad</b>		in salad + dressing									in rice vinegar			





