



# allergy information

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

	dairy	shellfish	garlic	nuts	onion	soy	eggs	gluten	nitrites	fish	peanuts	refined sugar	pineapple	sesame
<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		*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		
carne asada			in marinade		* garnish	in marinade + sauce								
cauliflower			* in romesco	* almonds in romesco	* garnish						* almonds (possible cross-contamination)			
spiced chicken verde			in green chorizo paste + tomatillo avocado salsa		* in tomatillo avocado salsa									
falafel	* yogurt in tzatziki sauce		in tzatziki + falafels		in falafels									
crispy oyster	buttermilk marinade	oysters	* 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									
grilled corvina					in vera cruz slaw	* fish sauce in nuoc cham				corvina + fish sauce in nuoc cham		in veracruz slaw		





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chopped salad	*queso fresco		*in pickling brine		*in pickling brine							*in dressing + pickling brine		
corvina ceviche			in marinade		sliced red onion					corvina				
duck quesadilla	cheese blend		in duck cure + tomatillo sauce		*caramelized onions + tomatillo sauce									
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		
rice bowl salad					in salad									
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
corn fritters	oaxaca + cotija cheeses					oil in mayo	in batter + elote mayo					elote mayo		
<b>sides</b>														
asian slaw			*in vinaigrette		*in slaw							*in rice vinegar		*sesame oil in vinaigrette
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)		



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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											
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		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			
corn wheels	*butter + cheese															
oaxaca cheese sticks	cheese															
cucumbers																
steamed broccoli	*butter															
fruit skewers															*on skewers	
<b>#bartacosecret</b>																
roasted brussels sprouts taco			in honey chipotle glaze + spicy carrot puree + thai red curry paste		In pickled red onions + spicy carrot puree + mae ploy thai red curry paste								in pickled red onions, confection sugar in pepitas			



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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)			
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						
crispy oyster	buttermilk marinade	oysters	* 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									
grilled corvina					in vera cruz slaw	* fish sauce in nuoc cham				corvina + fish sauce in nuoc cham		in veracruz slaw		





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	chopped salad	*queso fresco		*in pickling brine		*in pickling brine							*in dressing + pickling brine	
corvina ceviche			in marinade		sliced red onion					corvina				
duck quesadilla	cheese blend		in duck cure + tomatillo sauce		*caramelized onions + tomatillo sauce									
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		
rice bowl salad					in salad									
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
<b>sides</b>														
asian slaw			*in vinaigrette		*in slaw							*in rice vinegar		*sesame oil in vinaigrette
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)		
cucumber salad			in salad + dressing									in rice vinegar		





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guacamole					in guacamole											
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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/ 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		
corn wheels	*butter + cheese													
oaxaca cheese sticks	cheese													
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roasted brussels sprouts taco			in honey chipotle glaze + spicy carrot puree + thai red curry paste		in pickled red onions + spicy carrot puree + mae ploy thai red curry paste								in pickled red onions, confection sugar in pepitas	