

bartaco stamford

222 summer st, stamford / 203.323.8226
available daily 11am-3pm, 8/18-9/1 (no substitutions)
choose one
□ chips + salsa □ chips + salsa roja 290 cal verde 290 cal
☐ 1 rice bowl or ☐ 3 tacos
choose 1 protein for rice bowl or up to 3 for tacos (mark "L" to swap tortilla for bibb lettuce +.25¢)
<u> baja fish 150-450 cal</u>
chicken verde 160-480 cal
seared chorizo 140-420 cal
mushroom 110-330 cal
falafel (contains gluten) 200-600 cal
cauliflower (contains nuts) 220-660 cal
choose one
chopped salad gazpacho
kale caesar*
these items may be spicy, for more details please ask a ervice leader.

* These items may be served raw or undercooked. Thoroughly cooking meats, poultry, seafood, shellfish, or eggs reduces the risk of foodborne illness.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. additional nutrition information available upon request.

please let us know if there are any allergies we should be aware of when preparing your meal. 0423A