



**LA FONDA**  
**Restaurante & Bar**  
**269 Franklin Avenue, Hartford, CT 06114**  
**(860) 296.82.56**  
**www.lafondahartford.com**

### **APERITIVOS / APPETIZERS**

<b>EMPANADA DE RES O POLLO.....</b>	<b>\$1.25</b>
Beef or Chicken Patty.	
<b>CHORIZO.....</b>	<b>\$3.95</b>
Colombian Sausage with arepa and green plantain.	
<b>CHICHARRON.....</b>	<b>\$5.00</b>
Pork rind with arepa and green plantain.	
<b>AREPA FRITA CON HOGAO.....</b>	<b>\$3.95</b>
Fried Arepa with onion and tomato sauce.	
<b>AREPA CON QUESO.....</b>	<b>\$3.95</b>
Arepa with cheese.	
<b>AREPA DE CHOCOLO CON QUESO.....</b>	<b>\$3.50</b>
Sweet corn arepa with cheese.	
<b>PLATANO MADURO CON QUESO.....</b>	<b>\$3.95</b>
Baked sweet plantain with cheese.	
<b>PAPA CRIOLLA FRITA CON HOGAO.....</b>	<b>\$4.50</b>
Fried criolla potato with onion and tomato sauce.	
<b>AGUAPANELA CON QUESO.....</b>	<b>\$3.95</b>
Water sweetened with sugar cane paste served with cheese.	
<b>MAZAMORRA.....</b>	<b>\$3.95</b>
Cooked corn served with milk.	

### **DELEITES / DELIGHTS**

<b>PARRILLADA (Para dos).....</b>	<b>\$26.00</b>
Pieces of blood sausage, grilled skirt steak, grilled top sirloin steak, yellow potatoes, arepa and sweet plantain. Served with guacamole, chimichurri and encurtido.	
<b>PICADA (Para dos).....</b>	<b>\$22.95</b>
Pieces of grilled beef steak, breaded pork loin, chicken breast, colombian sausage, pork rind, french fries, green plantain and arepa.	

**TOSTONES CON CARNE Y HOGAO.....\$7.75**

Fried green plantain with ground beef in onion and tomato sauce.

**TOSTONES AL AJILLO CON MARISCOS.....\$9.95**

Fried green plantain in garlic sauce with seafood.

**TOSTONES AL COCO CON MARISCOS.....\$9.95**

Fried green plantain in coconut sauce with seafood.

**AREPA RELLENA .....\$6.95**

Stuffed Arepa with beef, chicken, pork rind, avocado and cheese.

**AREPA CON CAMARONES EN SALSA DE COCO.....\$8.25**

Arepa with shrimp in coconut sauce.

**AREPA CON POLLO O CARNE DESMECHADA.....\$7.95**

Arepa with pulled chicken or pulled beef.

**AREPA LA FONDA.....\$5.95**

Arepa with grated cheese, green plantain, avocado, onion and tomato sauce.

**PATACON O MADURO CON TODO.....\$9.95**

Fried green plantain with beef, chicken, cheese, red beans, guacamol and pink sauce.

**LANGOSTINOS CON TOCINETA.....\$9.95**

Shrimp wrapped with bacon.

**CHUZO MIXTO.....\$9.95**

steak, chicken, shirmp, onion and pepper on a stick.

**CEVICHE DE CAMARONES.....\$12.95**

Shrimp ceviche served with crackers.

**PLATOS TIPICOS/TYPICAL PLATES**

**ENTRAÑA ASADA A LA PARRILLA (12oz).....\$17.50**

USDA choice Skirt steak grilled. Served with chimichurri, white rice, red beans and sweet plantain.\*

**CHURRASCO (12oz).....\$17.50**

Marinated choice top sirloin steak grilled. Served with chimichurri sauce, white rice, red beans and sweet plantain.\*

**CHURRASCO CRIOLLO (12oz).....\$19.25**

Marinated choice top sirloin grilled. Served with blood sausage, yellow potatoes in traditional Colombian sauce. Served with white rice and red beans.

**BANDEJA LA FONDA.....\$12.95**

Typical La Fonda Platter. Ground beef, grilled pork, sausage, pork rind, white rice, red beans, sweet plantain and fried egg.

**BANDEJA MONTAÑERA.....\$11.50**

Arroz, frijol, carne asada, chicharrón, chorizo, plátano maduro y huevo frito.

Typical peasant platter. Grilled beef, pork rind, fried sweet plantain, white rice, red beans and fried egg.

**CAZUELA MONTAÑERA LA FONDA.....\$11.75**

Pork rind, sausage, sweet plantain, potato chips, sweet corn, red beans and avocado. Served with white rice and arepa.

**SALTEADO DE ENTRAÑA O SALTEADO DE CHURRASCO CON LANGOSTINOS (12oz)**

.....\$17.50

Peruvian style skirt steak grilled or marinated choice top sirloin grilled with prawns. Served with white rice, red beans and sweet plantain.\*

**LOMO DE CERDO A LA PLANCHA (12oz).....\$11.50**

Grilled pork loin. Served with white rice, red beans and sweet plantain.\*

**COSTILLAS DE CERDO HORNEADAS BBQ**

**Medio Costillal (6-8oz).....\$10.95**

**Costillal complete (12oz).....\$16.95**

BBQ pork ribs. Half rack or full rack. Served with white rice, red beans and sweet plantain.\*

**PECHUGA DE POLLO ASADA (12oz).....\$11.50**

Grilled Chicken breast. Served with white rice, red beans and sweet plantain.\*

**LOMO DE CERDO HAWAIANO O PECHUGA DE POLLO HAWAIANA (12oz)**

.....\$11.95

Grilled pork loin or grilled chicken breast, served on a hawaiian style sauce with pineapple and ham. Served with white rice, red beans and sweet plantain.\*

**BISTEC A LA MEXICANA (12oz).....\$11.95**

Sautéed steak pieces with onions, peppers and in traditional Colombian sauce. Served with white rice, red beans and sweet plantain.\*

**LENGUA EN SALSA CRIOLLA O ASADA (12oz).....\$11.95**

Grilled beef tongue or sautéed in traditional Colombian sauce made of fresh vegetables. Served with white rice, red beans and sweet plantain.\*

**SOBREBARRIGA EN SALSA CRIOLLA O ASADA (12oz).....\$11.95**

Grilled rose meat or sautéed in traditional Colombian sauce of fresh vegetables. Served with white rice, red beans and sweet plantain.\*

**HIGADO EN SALSA CRIOLLA O ASADO ENCEBOLLADO (12oz)**

.....\$11.95

Grilled beef liver with onions or sautéed in traditional Colombian sauce made of fresh vegetables. Served with white rice, red beans and sweet plantain.\*

**CARNE ASADA (12oz).....\$11.50**

Grilled USDA choice steak pounded thin marinated. Served with white rice, red beans and sweet plantain.\*

**BISTEC A LA PALOMILLA (12oz).....\$11.95**

Grilled USDA choice steak with sautéed onions. Served with white rice, red beans and fried sweet plantain.\*

**CHULETA DE CERDO CON HUESO (12oz).....\$11.50**

Arroz, fríjol y plátano maduro\*

Pork Chop. Served with white rice, red beans and sweet plantain.\*

**CHULETA DE CERDO O POLLO (12oz).....\$11.95**

Breaded pork loin or chicken breast. Served with white rice, red beans and sweet plantain.\*

**MILANESA DE RES (12oz).....\$11.95**  
Breaded steak deep fried. Served with white rice, red beans and sweet plantain.\*

**ARROZ CON POLLO.....\$10.95**  
Yellow rice with pulled chicken and mixed vegetables. Served with french fries and sweet plantain.\*

*\*El plátano maduro puede ser cambiado por tostón, yuca frita o papas fritas. / The sweet plantain can be substituted by green plantain, fried yuca or french fries.*

*Para mesas de 5 personas o más se incluirá el servicio que corresponde al 15% del valor total de la cuenta sin el impuesto. / A 15% gratuity charge will be added for parties of 5 or more people.*

### **PESCADOS Y MARISCOS / FISH AND SEAFOOD**

**PAELLA LA FONDA.....\$18.95**  
Paella style yellow rice with chicken, seafood, pork sausage and mixed vegetables.

**PICADA DE MARISCOS.....\$27.00**  
Seafood platter.

**HURRASCO A LA MARINERA.....\$23.50**  
USDA Choice Marinated Top Sirloin Steak grilled served with a seafood sauce. White rice, garden salad and green plantain.\*

**PARGO ROJO FRITO, SUDADO O AL VAPOR.....\$Market**  
Sautéed, baked or fried red snapper. Served with white rice, garden salad and green plantain.\*

**MOJARRA FRITA, SUDADA O AL VAPOR.....\$16.25**  
Deep fried mojarra or oven baked. Served with white rice, garden salad and green plantain.\*

**FILETE DE TILAPIA FRITA O SUDADA.....\$12.95**  
Grilled Tilapia Fillet. Served with white rice, garden salad and green plantain.\*

**LANGOSTINOS A LA DIABLA.....\$12.50**  
Grilled prawns in hot sauce. Served with white rice, garden salad and green plantain.\*

**LANGOSTINOS CARIBEÑOS.....\$13.25**  
Grilled prawns with avocado, Served with white rice, garden salad and green plantain.\*

**LANGOSTINOS EMPANIZADOS.....\$13.25**  
Breaded deep fried prawns with white rice and garden salad and french fries\*

**LANGOSTINOS AL AJILLO.....\$12.95**  
Grilled Prawns in garlic sauce. Served with white rice, garden salad and green plantain.\*

**SUDADO DE CAMARONES.....\$12.95**  
Sautéed shrimp with onions, peppers and criolla sauce. Served with white rice, garden salad and green plantain.\*

**CAZUELA DE MARISCOS.....\$16.95**  
Sea food chowder. Served with white rice, garden salad and green plantain.\*

**ASOPADO DE MARISCOS.....\$16.00**

Seafood soup. Served with white rice and green plantain.\*

*\*Los tostones pueden ser cambiados por platano maduro, yuca frita o papas fritas / The green plantain can be substitute by sweet plantain, fried yuca or french fries.*

*\*Estos platos requieren de tiempo adicional para su preparacion. Gracias por su paciencia. / These plates require of additional time for their preparation. Thanks for your patience.*

*Para mesas de 5 personas o más se incluirá el servicio que corresponde al 15% del valor total de la cuenta sin el impuesto. /A 15% gratuity charge will be added for parties of 5 or more people.*

**BEBIDAS / BEVERAGES**

**JUGOS TROPICALES.....\$3.25**

Tropical fruit juices blended in water or milk: Blackberry, lulo, passion fruit, strawberry, mango, guanabana, guava.

**GASEOSAS.....\$1.50**

Sodas: Coke, Sprite, Gingerale, Apple, Orange, Colombiana, Grape.

**VINOS (Cup).....\$5.00**

House: White Zinfandel, Chardonnay, Merlot, Cabernet Sauvignon, Lambrusco

**SANGRIA (Cup).....\$5.50**

Small pitcher **\$13.00** Large pitcher **\$25.00**

**REFAJO COLOMBIANO (Para dos).....\$9.50**

Two Beers and Colombian soda mix.

**POSTRES / DESERTS**

**ESPONJADO DE MARACUYA.....\$3.50**

Puff passion fruit cake.

**ESPONJADO DE TRES LECHE.....\$3.75**

Puff three milk cake.

**BROWNIE CON HELADO.....\$4.25**

Hot chocolate brownie with ice cream.

**BREVAS CON QUESO.....\$3.50**

Figs with cheese.

**ARROZ CON LECHE.....\$3.50**

Rice pudding.

**FLAN DE CARAMELO.....\$3.75**

Caramel custard.

**CAFES / COFFEES**

**CAFÉ EXPRESO.....\$1.50**

Espresso coffee.

**CAFÉ CON LECHE.....\$2.25**

Coffee latte.

**CAPUCHINO.....\$2.75**

Capuccino.

**CAFÉ MOCKA.....\$2.95**

Coffe with chocolate.