



ALLERGEN STATEMENT CHART

Effective Date: 06/16/2026 | Applies to All La Fonda Latina Locations

The following chart identifies the presence of the FDA Big 9 allergens in our menu items based on our recipes and ingredient information. Because we prepare food in a kitchen that handles all of these allergens, there is a risk of cross-contact.

FDA BIG 9 ALLERGENS	 MILK	 EGG	 WHEAT	 SOY	 FISH	 SHELLFISH	 PEANUTS	 TREE NUTS	 SESAME
✓ = Present in item • Blank = Not an ingredient in item • Prepared in a kitchen that handles all allergens									

MENU CATEGORY / ITEM GROUP	MILK	EGG	WHEAT	SOY	FISH	SHELLFISH	PEANUTS	TREE NUTS	SESAME
TACOS									
Fish Tacos (Tilapia or Salmon)	✓		✓		✓				
Chicken, Beef or Pork Tacos	✓		✓	✓					
Veggie Tacos	✓		✓						
Shrimp Tacos	✓		✓			✓			
BURRITOS									
Fish Burrito (Tilapia or Salmon)	✓		✓		✓				
Chicken, Beef or Pork Burrito	✓		✓	✓					
Veggie Burrito	✓		✓						
Shrimp Burrito	✓		✓			✓			
ENCHILADAS									
Fish Enchiladas (Tilapia or Salmon)	✓				✓				
Chicken, Beef or Pork Enchiladas	✓			✓					
Veggie Enchiladas	✓								
Cheese Enchiladas	✓		✓						
QUESADILLAS									
Cheese Quesadillas	✓		✓						
Chicken Quesadillas	✓		✓	✓					
Beef Quesadillas	✓		✓	✓					
Veggie Quesadillas	✓		✓						
CUBAN GRILL									
Pollo a la Parrilla				✓					
Chuletas de Cerdo a la Parrilla									
Bistec a la Parrilla (Beef)			✓	✓					
Verduras a la Parrilla									
Pescado a la Parrilla (Tilapia or Salmon)					✓				
BOCADILLOS CUBANOS (CUBAN SANDWICHES)									
Bocadillo Latino	✓	✓	✓						
Reuben Cubano	✓	✓	✓						
Bocadillo con Bistec	✓	✓	✓	✓					
Bocadillo con Chorizo	✓	✓	✓	✓					
Bocadillo Vegetariano	✓	✓	✓						

ADDITIONAL ITEMS

- Chips (Corn Tortilla)
None of the Big 9
- Black Beans
None of the Big 9
- Yellow Rice
None of the Big 9
- Guacamole
None of the Big 9
- Queso La Fonda Dip
Milk
- Artichoke Dip
Milk
- Sour Cream
Milk
- Flan (Homemade)
Milk, Egg
- Churros
Wheat, Egg
- Apple Empanadas
Wheat
- Horchata
(Contains Almond)
Tree Nuts (Almond)

FDA BIG 9 ALLERGENS:

Milk, Egg, Wheat, Soy, Fish, Shellfish, Peanuts, Tree Nuts, Sesame

MENU DISCLAIMER



La Fonda Latina prepares food in a kitchen that handles wheat, milk, egg, soy, fish, shellfish, and tree nuts. While we take precautions to minimize cross-contact, we cannot guarantee that any menu item is completely free of allergens. Some ingredients are sourced from third-party manufacturers whose facilities may also process peanuts and tree nuts. Guests with food allergies should notify a manager before ordering.

~ Due to the nature of our recipes and kitchen operation, we can not safely alter dishes to accommodate allergies ~
~ Not responsible for Acts of Mother Nature when seated outdoors ~

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