

La Fonda Bar Restaurante

269 Franklin Ave Ste 1 Hartford CT 06114-1849 · +18602968256 · Updated: Jan 14, 2026

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APERITIVOS /APPETIZERS 10

Empanada De Res O Pollo	\$1.25
beef or chicken patty.	
Chorizo	\$3.95
colombian sausage with arepa and green plantain.	
Chicharron	\$5.00
pork rind with arepa and green plantain.	
Arepa Frita Con Hogao	\$3.95
fried arepa with onion and tomato sauce.	
Arepa Con Queso	\$3.95
arepa with cheese.	
Arepa De Chocolo Con Queso	\$3.50
sweet corn arepa with cheese.	
Platano Maduro Con Queso	\$3.95
baked sweet plantain with cheese.	
Papa Criolla Frita Con Hogao	\$4.50
fried criolla potato with onion and tomato sauce.	
Aguapanela Con Queso	\$3.95
water sweetened with sugar cane paste served with cheese.	
Mazamorra	\$3.95
cooked corn served with milk.	

DELEITES /DELIGHTS 13

Parrillada (para Dos)	\$26.00
pieces of blood sausage, grilled skirt steak, grilled top sirloin steak, yellow potatoes, arepa and sweet plantain. served with guacamole, chimichurri and encurtido.	
Picada (para Dos)	\$22.95
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 21

Entrana 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 Montanera	\$11.95
arroz, frijol, carne asada, chicharron, chorizo, platano maduro y huevo frito. typical peasant platter. grilled beef, pork rind, fried sweet plantain, white rice, red beans and fried egg.	

Cazuela Montanera 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 EntraNa 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	AVAILABLE OPTIONS
bbq pork ribs. half rack or full rack. served with white rice, red beans and sweet plantain.	Medio Costillal (6-8oz): \$10.95
	Costillal Complete (12oz):
	\$16.95
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
sauteed 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 sauteed 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 sauteed 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 sauteed 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 sauteed onions. served with white rice, red beans and fried sweet plantain.	
Chuleta De Cerdo Con Hueso (12oz)	\$11.50
arroz, frijol y platano 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.	

PESCADOS Y MARISCOS / FISH AND SEAFOOD 13

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	
sauteed, 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 Caribenos	\$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
sauteed 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.	

POSTRES / DESERTS 6

Esponjado De Maracuya	\$3.50
puff passion fruit cake.	
Esponjado De Tres Leches	\$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.	