La Fogata

MEXICAN GRILL

We Serve
COKE PRODUCTS

Sides

3.49 .....

REFRIED BEANS | BLACK BEANS | MEXICAN RICE | RICE & BEANS

3.99 .....

TACO: GROUND CHUCK, CHICKEN TINGA, CARNITAS OR PESCADO | TOSTADA: GROUND CHUCK, CHICKEN TINGA, OR CAFRNITAS | TAMALE: CHICKEN OR PORK | SPICY FRIES

4.79 .....

TACO: CARNE ASADA, BARBACOA, AL PASTOR, OR CAMARONES | RAJAS: SAUTEED ONIONS, GREEN PEPPERS, POBLANO PEPPERS, TOMATO, AND GARLIC | ENCHILADA: TRES QUESOS, CHICKEN TINGA, OR RAJAS

FOOD DIETARY AND ALLERGY INFORMATION

GLUTEN FREE

Due to the fact that almost all spices contain gluten fillers of some kind, La Fogata cannot guarantee any of our meals are 100% free of gluten.

Items that we feel comfortable classifying as gluten-free are:

GRILLED CHICKEN (REQUEST UNSEASONED)
CARNITAS – STEWED PORK
SHRIMP (REQUEST UNSEASONED)
HONGOS – THREE-MUSHROOM BLEND
PESCADO – TILAPIA (REQUEST UNSEASONED)
CORN TORTILLAS
CHEESE
VEGETABLES
SUIZA SAUCE
BLACK BEANS
CORN PICO DE GALLO
TAMALES
ALL SALSAS BESIDES THE HABANERO SALSA

VEGAN-FRIENDLY

CORN TORTILLAS - Request dry.

MOST of our dishes and sauces are made with chicken flavoring. Please ask your server about items that do not have this flavoring.

HONGOS – THREE-MUSHROOM BLEND
CORN TORTILLAS (REQUEST NO BUTTER)
PICO DE GALLO
SUIZA SAUCE

CONTAINS PEANUTS/TREE NUTS

MOLE SAUCE
MAI TAI (Made with amaretto liqueur)

CONTAINS EGGS

BREAD – TORTA AND BURGER BUNS
CHICKEN STRIP AND BAJA FISH BATTER
POLLO GORDO
CHILE RELLENOS
FRIED ONION STRAWS

CONTAINS SHELLFISH

OUR SIGNATURE FAJITA SAUCE

*We prepare all meats on the same grills as shrimp. Please let your server know you have a shellfish allergy and we will prepare your meal separately.

CONTAINS SOY

All deep fried items
All tortillas - including tortilla chips

CONTAINS DAIRY

ALL DISHES CONTAINING CHEESE
DIABLA SAUCE
POBLANO CREAM SAUCE
CHIPOTLE SAUCE
RICE
RANCHERO SALSA
RAJAS
CORN PICO DE GALLO
CHICKEN TORTILLA SOUP

Please Note: All meats are grilled with butter. Please request olive oil.

Our Mexican rice and refried beans are not vegan, vegetarian, or gluten free.