

AREPA&CO

Venezuelan food with a pinch of love...!



PASAPALOS - APPETISERS

Tajadas (V) - {M} 4.25

Tasty ripe plantains with sprinkle of white cheese

Yuca (V) - {E, MU} 5

Cassava fingers with granny's recipe of garlic & parsley sauce

Arepa & Co's Tequeños (V) - {C, M, E} 7.5

Crispy cheese pastries with fruity seasonal sauce.

Domino (V) 3.75

So simple, so nice... black beans and rice.

Patacones en la Playa (V) - {M, E, MU} 3.75

Coleslaw with white cheese on green plantain crostini

Patacones en Canaima - {M, E, MU} 4.25

Shredded beef with guacamole on green plantain crostini.

Coriander and mayo sauce on top

Patacones Mixtos - {M, E, MU} 5

2 x Half of "Playa" and 2 x half of "Canaima"

Ensalada de Palmito y Aguacate (V) - {MU} 7.5

Palm hearts, avocados, tomatoes, mixed lettuces, red onions with mustard dressing

PLATOS FUERTES - MAINS

Pabellón Criollo - {M} Signature Venezuela Dish 10

Shredded Beef*. Rice. White cheese. Black Beans. Plantains

*Alternatively:

- Chicken (cold & contains mayo) & Avocado {M, E, MU, CE}
- Roasted Vegetables (V)

EXTRAS - SIDES

Solterona - Arepa or Cachapa {C,M} with butter {M} 2 / 2.5

Avocado Half (V) 1.5

Venezuelan artisan grilled cheeses (120 gr.) {M} 5

Guayanes / Mano / Telita

Grated white cheese (queso duro) {M} 1.5

POSTRES - SWEET TOOTH

Arepa & Co's Tequeños de Chocolate - {C,E,M} 6

Dark chocolate pastries. Vanilla ice cream. Passion fruit coulis

3 Leches - {C,E,M} 5.5

Unknown origin but, we (Venezuelans) like it so much that we decided to "adopt" it..!

Coconut ice cream in a coconut shell - 4.5

With this pudding is always summer..

AREPAS - 100% wheat and gluten free cornbread

Pabellón 7.5 {M}

Shredded beef. Cheddar. Black Beans. Plantains

Mariana 7.5 {M,MU,E,CE}

Chicken (cold & contains mayo) . Avocado. Cheddar. Plantains

Pernil 7

Pork shoulder. Tomato. Avocado.

Pelua 7 {M}

Shredded beef. Cheddar.

Reina Pepiada 7 {M,MU,E,CE}

Chicken (cold & contains mayo) & Avocado.

Arepa with Artisan Venezuelan cheeses -7 {M}. Choose from:

Guayanes (Slightly salty, soft and creamy)

Telita (mousse like texture)

De Mano (Fresh and delicate flavour)

Jardinera (V) 7 {M}

Roasted vegetables. Grilled goat cheese

Mulata (V) 7 {M}

Plantains. Cheddar. Black Beans

Choroni 7.5 {M,F}

Smoked salmon. Roquette. Cream cheese

CACHAPAS - Sweet corn pancake with toppings and folded in half

Pabellón 8 {C,M}

Shredded beef. Cheddar. Black Beans. Plantains

Mariana 8 {C, M,MU,E,CE}

Chicken (cold & contains mayo) . Avocado. Cheddar. Plantains

Pernil 7.75 {C,M}

Pork shoulder. Tomato. Avocado.

Pelua 7.5 {C, M}

Shredded beef. Cheddar.

Reina Pepiada 7.5 {C, M,MU,E,CE}

Chicken (cold & contains mayo) & Avocado.

Cachapa with Artisan Venezuelan cheeses -7.75 {C, M}. Choose from

Guayanes (Slightly salty, soft and creamy)

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De Mano (Fresh and delicate flavour)

Jardinera (V) 7.5 {C, M}

Roasted vegetables. Grilled goat cheese

Mulata (V) 7.5 {C, M}

Plantains. Cheddar. Black Beans

FOOD TO GO

- Harina Pan (cornflour) 2.5

- Frozen Tequeños {C, M, E} 15 for 12u / 48 for 40u

- Venezuelan cheeses {M} Mano & Guayanes 9 / Telita 9.5

{KEY TO ALLERGIES} C - cereal containing gluten,

CE - celery and celeriac, E - eggs, F - fish, M - milk, MU - mustard, N - nuts, S - soya beans

Please let your waiter/waitress know if you have severe allergies or intolerances

BRUNCH



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A discretionary 12.5% service charge will be added to your bill
and it goes to all members of the team

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Tasty ripe plantains with sprinkle of white cheese

Yuca (V) - {E, MU} 5

Cassava fingers with granny's recipe of garlic & parsley sauce

Tequeños (V) - {C, M, E} 7.5

Crispy cheese pastries with sugar mango sauce.

Domino (V) 3.75

So simple, so nice... black beans and rice.

Patacones en la Playa (V) - {M, E, MU} 3.75

Coleslaw with white cheese on green plantain crostini

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Ensalada de Palmito y Aguacate (V) - {MU} 7.5

Palm hearts, avocados, tomatoes, mixed lettuces, red onions with
mustard dressing

BRUNCH TIME - 10AM to 4PM - Eat glitter for breakfast and shine all day

Avocado, chilli flakes, lime & coriander Arepa* 8

Avocado puree, chilli flakes, lime, coriander oil,
roquette on Arepa base

Add: Perico** 3 / Black Beans 2.5 / Smoked Salmon {F} 3

Desayuno Criollo - {E,C,M} 10.5

Perico**, beef, black beans, white cheese and plantains.
Choose an Arepa* or Cachapa*** {C,M}

Desayuno Reina - {E, M, MU, C, CE} 10.5

Perico**, chicken & avocado, black beans, white cheese and plantains.
Choose an Arepa* or Cachapa*** {C,M}

Desayuno Avila (V) - {E, M, C} 9.5

Perico**, roasted vegetables, black beans, grilled goat cheese and
plantains. Choose an Arepa* or Cachapa*** {C,M}

Cachapas Tower "La Previsora" - {C, M, E} 9

Tower of corn pancakes (cachapas***) with layers of grilled ham, cheese
and fried egg on top with maple syrup

Arepa Choroni - {C, M, F} 7.5

Arepa stuffed with smoked salmon, roquette and cream cheese

Arepa* is a 100% cornbread, wheat and gluten free

Perico:** Venezuelan style scrambled eggs with tomato and onions

Cachapa*** is a slightly sweet corn pancake

Chicken & cold recipe contains mayo.

EXTRAS - SIDES

Avocado Half (V) 1.5

Venezuelan artisan cheeses (120 gr.) {M} 5 Guayanes / Mano / Telita

Grated white cheese (queso duro) {M} 1.5

Harina P.A.N 2.5 - cornflour to make arepas

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CALIENTE - HOT DRINKS

Fresh Mint Tea

2.2

Tea Bags Birchall

Lemongrass & Ginger, Peppermint, Earl Grey,
Green Tea & Peach, Red Berry and Flowers,
Breakfast Tea, Green Tea
2.2

Coffee beans by Nude Roaster

Espresso 2
Macchiato 2.3
Americano 2.3
Guayoyo 2.4
Flat White 2.5
Latte 2.6
Cappuccino 2.6
Mochachino 3.5

Venezuelan Hot Chocolate

100% Las Trincheras Cacao {N}
3

Soya Milk available for all coffees, teas and hot chocolate 20p extra
Soya Milk available for all milkshakes 40p extra

FRIO - COLD DRINKS

Sugar Cane Lemonade

Glass 3 / Jug 7

Freshly prepared juices

Small 2 / Large 3.5

Blackberries - Mango - Passion Fruit - Guava

Fruity milkshakes {M} 4

Blackberries - Mango - Passion Fruit - Guava

Coke / Diet Coke / Fanta / Sprite 2

Still & sparkling water 2

Iced Teas

Passion Fruit Iced Tea
Mango Strawberry Iced Tea
Wild Berry Iced Tea

3.75

COFFEE AND TEA'S BEST FRIENDS / cakes

Walnut and Carrot - {C, M, N} 3.5
Chocolate & almond flourless - {E,N,M} 3.5
Almond, rosemary, lemon & olive oil - {E, N, C, S} 3.5
Chocolate & raspberry brownie - {M,E,C} 3.5
Chocolate & Guinness cake - {M,E,C} 3.5

arepaandco.com    ArepaAndCo

58 A De Beauvoir Crescent / N1 5SB / 020 7923 3507

Want to celebrate a birthday, anniversary, pay rise, a divorce, etc.

Book your table at: bookings@arepaandco.com or visit our website

MON to FRI 8AM - 1030PM

SAT 10AM - 1030PM

SUN 10AM - 6PM

Bank Holidays - from 10AM until

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COCKTAILS

@ AREPA & CO.

Spring /Summer Collection 2017

Guarapita - signature cocktail

Gold rum, orange rum, passion juice
sugar cane lemonade

Arepa Sour

White Venezuelan rum, lime, foam, bitter {e}

De Beauvoir Gin & Tonic

Gin, elderflower, lemon, pink peppercorns

Aperol Spritzer

Aperol, prosecco, soda

Classic Collection

Mojito

White venezuelan rum, lime, mint

Caracas Old Fashioned

Homemade spiced rum, honey, bitter

Cuba Libre

Gold rum, coke, lime

Espresso Martini

Vodka, coffee liqueur, shot of coffee

Spice Lychee Martini

Vodka, lychee juice, apple juice, homemade
chilli syrup, foam {e}

e - egg white