

# AREPAS, EMPANADAS & CACHAPAS

**Arepas:** is a type of food made of ground maize dough, Gluten Free originates from the Northern Region of South America in Pre-Columbian times and is notable in the cuisines of Venezuela and Colombia. **Empanadas:** Latin American pastry turnover filled with a variety of savory ingredients baked, grilled or fried.

**Cachapas:** is the Spanish word for "crumpets" and are a traditional Venezuelan dish made from Corn. The texture is similar to Corn Pancakes but the flavor is Unique.

We offer a variety of Venezuelan food like: Pabellon Criollo, Asado Negro, Asopado de Mariscos, Paella, Callos a la Madrileña, Hallacas, Pan de Jamon, Pernil, Pasticho, Chivo en Coco between others

**Minimum Order 12 units**



## Arepas

- ✓ Reina Pepiada (Chicken Salad, Peas, Avocado Aioli).
- ✓ La Pelua (Cheddar and Mozzarella Cheese).
- ✓ Carne Mechada (Shredded Beef)
- ✓ Domino (Black Beans, Sweet Plantain and White Cheese)
- ✓ Pernil (Shredded Pull Pork)

## Empanadas (Only To Go)

- ✓ Cheese
- ✓ Ham and Cheese
- ✓ Pabellon (Black Beans, Shredded Beef, Rice and Sweet Plantain)
- ✓ Carne Mechada (Shredded Beef)
- ✓ Shredded Chicken
- ✓ Baby Shrimp

## Cachapas

- ✓ Mozzarella Cheese
- ✓ Ham and Cheese
- ✓ Shredded Chicken and Avocado
- ✓ Shredded Pork
- ✓ Pork Belly (Chicharron)

We can make Arepas and Cachapas in your own yard or patio, and you choose the filling by your preference Or, we bring them Ready to Eat with a different fill according to your selections.

