

Food Menu



NIBBLES

While you wait...

Crunchy Corn	1.50
Caramelised Crunchy Corn	1.50
Cassava Crisps	2.50
Plantain Crisps (Platanitos)	3.50

Please note:

We are a CASHLESS business

SMALL PLATES

Tapas-style dishes, great to share and sample our Venezuelan kitchen.

Arepitas with Nata 3.75

Three fried mini arepas served with a rich, buttery sour cream, typical of Venezuela.

Tostón Avocado 5.95

Twice-cooked green plantain crostinis topped with pico de gallo, spicy mayo* and avo mash.

Tajadas with Whipped Feta 6.75

Soft ripe plantain, fried crispy, topped with whipped feta, grated cheese and leaves.

Buñuelos 7.75

Yuca dough balls on a bed of whipped feta cheese with sugar cane syrup and chilli flakes.

Pastelitos 7.75

Three deep fried beef OR ham and cheese turnovers with spicy mayo. Extra units +£2.75

Tequeños 8.25

Three crispy cheese pastries with guava sauce. A Venezuelan classic! Upgrade to five +£5

Yuca Fries 8.25

Fried cassava chips tossed in paprika salt with our garlic mayo (or guasacaca vegan dip).

Guava Glazed Fried Chicken 10.95

Crunchy fried chicken covered in chipotle guava glaze and spring onions.

AREPAS *Eat with your hands*

Venezuela's most iconic street food! A crispy, gluten-free corn bread packed with bold and vibrant flavours

Ox Cheek Arepa 15.50 *Premium Special*

Slow roasted ox cheeks, chilly jam, pineapple chutney, burt cheese and caramelised onions.

Arepa Pabellón 12.75

Shredded beef, black beans, ripe plantains and grated cheddar cheese.

Arepa Mariana 12.50

Chicken, mayo and avocado mix (cold), grated cheddar and fried plantains.

Arepa Playera 12.75

Venezuelan fish stew panned into croquettes with fruity coleslaw and tartare sauce

Arepa Sabich 11.25

Aubergine, braised red cabbage, boiled egg*, pineapple chutney, tahini, pico and spicy sauce

Arepa del Campo 11.50

Black beans, plantain, avocado mix and cheese* (indicate if vegan preferred)

CACHAPAS

Traditional sweetcorn pancakes filled with good stuff

Cachapa Pabellón 12.75

Shredded beef, black beans, ripe plantains and grated cheddar cheese.

Cachapa Mariana 12.75

Chicken, mayo and avocado mix (cold), cheddar and fried plantains.

Cachapa del Campo 12.50

Creamy black beans, fried plantain, mashed avo and grated cheese.

Cachapa con Queso 12.95

Cachapa filled with only grilled cheese and butter. Simple, but the traditional way.

BOWLS

Traditional Venezuelan rice bowls

Pabellón Criollo 13.95

Rice bowl with black beans, fried plantains, grated cheese and shredded beef. The traditional way Venezuelans have it! Add on: Fried Egg £1.50, Avo Mix £1.50

Pabellón Reina 13.75

Rice bowl with black beans, plantains, cheese and our chicken, mayo and avo mix (cold).

Pabellón Veggie or Vegan 12.50

Rice bowl with black beans, ripe plantain, grated cheese (vegan option available) and grilled sweet potatoes.

GYMBOWLS: The health conscious and fitness range

The Bulking Bowl 15.95

42g of protein, good carbs and low fat / 810 Kcal
Double portion of shredded beef, black beans, grilled sweet potatoes, rice and a boiled egg.

The Fat Loss Cutting Protein Bowl 13.75

Dropping calories but still with protein / 515 kcal
Shredded beef, creamy black beans, broccoli and grilled sweet potatoes with pico de gallo.

The Fat Loss Cutting Veg Bowl 12.50

Dropping calories / under 500 kcal
Aubergine, sweet potatoes, black beans and pico de gallo. Make veggie: Add boiled egg £1

The Keto Bowl 13.75

Protein and fats but no carbs
Shredded beef, mashed avocado, grilled cheese, broccoli and pico de gallo

Plant Goodness 12.50

All the good stuff / under 500 kcal
Mashed avocado topped with seeds mix, sweet potatoes topped with pico de gallo, creamy black beans, broccoli & fried plantains.

SIDES

Add a side or two to complement your dishes

Artisan Grilled Cheese 5.75 ♥ V

Traditional Venezuelan cheese grilled and soft

Grilled Broccoli 5.50 V

Broccoli with a passion fruit dressing

Yuca Fries (Half Portion) 4.95 V

Add our crunchy yuca chips to any dish

Creamy Black Beans 3.75 V

Adding richness, fibre and protein

Palm Heart Salad 5.75 V

Grilled palm hearts, tomatoes, capers & leaves

Pico de Gallo 3.50 V

Diced tomatoes with shallots, herbs and spices

Mashed Avocado 3.95 V

Mashed avo with shallots, coriander and spices.

Fried Plantain 4.75 V

Fried plantains, crispy and soft, on their own

Home-Made Sauces 1.50 each V

- Guasacaca
- Guava
- Picante
- Chipotle Guava
- Garlic Mayo
- Tahini Sauce
- Spicy Mayo

Home-Made Dips 2.50 each V

- Nata
- Whipped Feta
- Pineapple Chutney

DESSERTS

It is not fully Venezuelan if you haven't had the pudding

Tres Leches 7.50 ♥ V

A soft sponge soaked in three different milks and covered with meringue. Fluffy & indulgent.

Tequeños de Chocolate 8.25 V

Fried chocolate pastries served with vanilla ice cream and passion fruit coulis. Great to share!

Ice Cream & Sorbets 4.50 (per scoop)

- Classic Vanilla
- Passion Fruit (and coconut flakes)

Venezuelan Afogato 6.50

Make it boozy: add a shot of Khalua +£1.50

LUNCH DEAL

Monday to Fridays 12-5 pm

Choose from a selection of arepas, cachapas or bowls + homemade lemonade for **£12**

TASTING MENU

The Venezuelan Food Experience

Enjoy the most popular dishes in a smaller format for only **£29.50 pp**

Brunch

the Venezuelan way!

Available only Saturday, Sundays and Bank Holidays from 10 am until 4 pm

Signature Brunch Plates

Breakfast Criollo 17.75 ♥

Scrambled eggs with sofrito, shredded beef, creamy black beans, fried plantains, cheese and choice of arepa or cachapa. The traditional!

Breakfast Reina 17.75

Scrambled eggs with sofrito, chicken, mayo and avocado mix (cold), creamy black beans, ripe plantains, grated cheese with arepa or cachapa.

Veggie Breakfast 15.50 V

Scrambled eggs with sofrito, sweet potatoes, creamy black beans, fried plantains, grated cheese and choice of arepa or cachapa.

Vegan Breakfast 15.50 V

Mashed avocado, sweet potatoes with sofrito, creamy black beans, fried plantains with vegan cheese and arepa.

Our large brunch plates come with a choice of Arepa o Cachapa. **Arepas** are round and flat cornbreads (gluten-free) that are slightly crusty on the outside, soft inside and are used as side bread with your brunch. **Cachapas** are fluffy traditional sweetcorn pancakes made of fresh corn dough.

Special Guests

Dirty Yuca 16.00

Our yuca fries made 'dirty' with pulled ham hock, pickled red onion, cheddar, home made spicy bbq mayo and a fried egg on top.

Cachapa Stack 15.50 ♥

Two cachapas layered with grated cheddar and ham, fried egg on top and sugar cane syrup.

V Vegetarian ♥ Favourites
V Vegan *Vegan Option

An optional 13.5% service charge will be automatically be added to your bill. 100% goes to staff.

WiFi: Arepa Public
Password: ilovearepa!

@arepaandco
arepaandco.com

SEE IT IN PICTURES

Scan the QR codes with your phone and see our menu in photos



Drinks

COCKTAILS

Arepa Sour ♥ 10.50 Bacardi Carta Blanca, lime, gomme syrup, bitters and egg white foam	Margarita ♥ 10.75 Cazadores blanco tequila, cointreau, lime and agave syrup
Guarapita ♥ 10.50 Carta Negra rum, cointreau, passion fruit juice and sugar cane lemonade	Paloma ♥ 11.50 Cazadores blanco tequila, grapefruit fizz, lime, agave syrup and soda
Caipirinha 10.75 Cachaca, sugar and lime	Negroni 10.00 Gin, Campari and Martini Rosso
Passion Pornstar Martini 10.75 Vodka, passoa, passion fruit puree, lime and sugar and shot of prosecco	Arepa G&T 10.75 Bombay Sapphire, elderflower, lime, tonic and pink peppercorns
Caribbean Old Fashion 10.50 Dewar's Caribbean Smooth, sugar cane syrup and Angostura bitters	Aperol Spritz 10.50 Aperol, prosecco, soda and rosemary
Espresso Martini 10.50 Vodka, kahlua and a shot of coffee	Hugo Spritz 10.50 St Germain, prosecco, soda and mint

Pimm's Lemonade Quintessentially British	PapeRum Rum, cointreau and our lemonade
Glass (250 ml) 10.50	Glass (250 ml) 9.95
Jug (900 ml) 34.50	Jug (900 ml) 32.50

Bloody Maria 8.00 Eristoff vodka, our own tomato mix juice and Arepa's picante sauce and celery. Available on weekends only	Mimosa 8.00 Orange juice and prosecco
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BEER & CIDERS

Camden Hells 3.95 / 6.95 Draft London Lager 4.5%	Corona Cero 5.00 Non-Alcoholic Beer 0%
Camden Pale Ale 5.95 330 ml Can / 4.5%	Kopparberg Apple Cider 7.00 500 ml / 4%
Polar 6.95 330 ml / 4.5% Venezuelan Pilsner	Kopparberg Fruity Cider 7.75 Strawberry & Lime / 500 ml / 4%

SPIRITS

All spirits are served double by default (50ml). Singles by request

Rum	Tequila
Bacardi Carta Blanca - 37% 6	Cazadores Blanco - 40% 7.50
Bacardi Carta Negra - 40% 7	Cazcabel Tequila - 34% 7.75
Bacardi Spiced Rum - 40% 6	Patron Silver Tequila - 40% 12
Diplomático Mantuano - 40% 8	Whisky & Bourbon
Diplomático Planas - 47% 8	Dewar's Caribbean - 40% 7
Diplomático Reserva - 40% 11	Dewar's Illegal Mezcal - 40% 7
1796 Santa Teresa - 40% 15	Johnnie Walker Black - 40% 8
Gin	Woodford Reserve - 43% 9
Bombay Sapphire - 40% 6	Vodka
Bombay Presse Citron - 37% 7	Eristoff Vodka - 40% 5
Bombay Bramble - 37% 7	Grey Goose - 40% 10
Bombay Premier Cru - 47% 9	

WINE

175ml / 250ml / Bottle

White Wine

Callesella - Inzolia Terre Siciliane 7 / 9.5 / 29 Italy / Crisp, dry and refreshing
La Di Motte - Pinot Grigio (12.5%) 8 / 11 / 32 Italy / Dry, crisp and well balanced with a fruity forward and creamy palate.
Domaine de Cidadies - Chardonnay (13.5%) 9 / 12 / 34 France / Aromas of citrus fruits, peach, apricot and dried fruits, with vanilla and floral notes.
Swift Sure - Sauvignon Blanc (13.5%) 11 / 15 / 45 New Zealand / The nose is an inviting bouquet of tropical fruits, grilled lime, and fresh herbs.

Red Wine

Caleo - Montepulciano d'Abruzzo (13%) 7 / 9.5 / 29 Italy / Rich and full of cherries and a lovely hit of vanilla oak
Bodegas Perica Crianza - Rioja (13%) 9 / 12 / 35 Spain / Notes of cherry, blackberry and cocoa with warming spicy aromas
Finca Ambrosia - Malbec (14%) 11 / 15 / 45 Argentina / Notes of sweet raspberry marmalade, ripe cherries, cedar and blueberries.
Sebastiani - Cabernet Sauvignon - 2021 (14%) 12 / 17 / 49 US California / Aromas of blackstrap molasses, mint, cinnamon, blueberries and espresso.

Rose and Bubbles

Reserve de La Motte - Rose - Grenache (12%) 7 / 9.5 / 29 France. Full-bodied and smooth. Delicious red fruits, peach and melon
Prosecco Amore Della Vita (11%) Italy 7.5 / - / 33 Lively and intense scents of white flowers and golden apple

MOCKTAILS

Nojito 6.50 Lime, lemon, elderflower and mint	Citrousy 8.50 Citrus crossip, elderflower, lemonade
Elderblush 8.50 Hibiscus, elderflower, lime and soda	Tropical Fizz 8.50 Pineapple crossip, elderflower, lemonade
Gingerly 8.50 Mother root ginger, elderflower & soda	Orange & Safron Iced Tea 5.50 Infused speciality tea with elderflower

SOFT DRINKS

Sugar Cane Lemonade	
Glass 4.25	
Jug 11.95	
Juices	
Mango / Guava / Passion Fruit 4.65	
Orange / Apple 4.00	
Fizzy	
Coke / Coke Zero 3.95	
Grapefruit Soda 3.95	
Malta Polar 5.25	
Mixers - Tonic or Soda 2.50	
Water (330ml / 750ml) 3.00 / 4.95	
Hot Drinks	
Coffee	
Espresso 3.00	
Americano / Macchiato 3.20	
Guayoyo (with sugar cane) 3.20	
Latte / Flat White 3.60	
Cappuccino / Mochaccino 3.60	
Hot Chocolate 3.85	
Cold Coffee	
Vanilla/Caramel Iced Latte 3.85	
Strawberry Matcha Iced Tea 4.50	
Teas	
Breakfast, Earl Grey, Green Tea	
Green Tea and Peach, Peppermint	
Fresh Mint	