





SMALL PLATES






Perfect to share or just to eat on your own. Tapas style small dishes to please your palate and introduce you to the Venezuelan flavours. Two of you? Pick 2-3 per pair

Buñuelos 5.50  

Yuca fritter tossed in sugar cane syrup and chilli flakes on a base of whipped cheese.

Canoa de Maiz 6.50  


Corn dough with herbs, spices, chilli and goat cheese, wrapped in corn husk and steamed.

Yuca Chips 5.50   




Fried cassava chips tossed in paprika salt. Garlic and parsley mayo sauce.

Pastelitos 5.50 




Three savoury beef turnovers with apple salsa verde on the side.

Tajadas 5.50 

Soft, ripe plantain fried crispy, with aji amarillo, cheese, spring onion and thin fennel slices.

Tequeños 5.50 / 8.00   

Crispy cheese pastries with fruity seasonal sauce. Choose 3 or 5 tequeños. A favourite!

Tostones 3.75   

Twice cooked green plantain crostini topped your choice of beef OR mashed avocado 

Palm Heart, Avo & Tomato Salad 5.50  

Grilled palm hearts, mashed avocado, seasonal tomatoes, pickled red onion, capers, basil and lettuce.

While you wait

Yuca Crisps 2.00

Golden strips of deep fried cassava seasoned with cumin salt

Platanitos (Plantain Crisps) 2.50

Crispy fried plantain with spicy dip

AREPAS


Arepas are Venezuela's most popular and traditional meal. A **round and flat cornbread** that is slightly crusty on the outside, soft inside and filled with any of the fillings below. Totally Gluten Free.

Pabellon (Beef) 8.75 

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

Mariana (Chicken Avocado) 8.50 

Chicken thighs (cold), mayo, fresh avocado, crispy chicken skin, cheddar and plantains.

Pernil (Pork) 8.50 

Braised pork shoulder, avocado mix, pico de gallo, spicy mayo, pickled red onions, orange segments and fresh herbs.

Reina (Chicken Avocado) 8.00

Chicken thighs (cold), mayo, fresh avocado and chicken crispy skin.

Del Conuco (Vegan - Vegetarian) 8.00  

Sweet potatoes, charred apple sauce, crunchy corn, pico de gallo and fresh leaves

Del Campo (Vegan - Vegetarian) 8.00  

Black beans, plantain, avocado and cheese



What do they look like? Some people refer to them as a stuffed pita bread, a Venezuelan burger or a cornbread sandwich. **Best eaten with your hands.**

CACHAPAS

Cachapas are traditional **pancakes made of fresh corn dough** that are topped with a savoury fillings and folded over to create a hearty dish. Totally Gluten Free.

Pabellon (Beef) 9.50

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

Pernil (Pork) 9.25  

Braised pork shoulder, avocado mix, pico de gallo, spicy mayo, pickled red onions, orange segments & fresh herbs.

Mariana (Chicken Avocado) 9.25 

Chicken thighs (cold), mayo, fresh avocado, crispy chicken skin, cheddar and plantains.

Del Campo (Vegetarian) 8.75 

Black beans, plantain, avocado and cheese

BOWLS



The traditional Venezuelan meal is a **rice bowl** with either chicken or beef and plenty of black turtle beans, fried plantain and grated cheese. Here's our offering:

Pabellon Criollo (Beef) 7.00 / 11.50 

Rice, shredded beef, black beans, ripe plantains and grated cheese.

Pabellon Reina (Chicken) 7.00 / 11.00

Rice, cold chicken and avocado mix, black beans, ripe plantains and grated cheese.

Pabellon Veggie (Vegan) 6.00 / 10.50  

Rice, black beans, ripe plantain, grated cheese and sweet potatoes with sofrito.




Palm Heart, Avo & Tomato Salad 9.00 

Grilled palm hearts, mashed avocado, seasonal tomatoes, pickled red onion, capers, basil and lettuce.

DESSERTS


Tequeños de Chocolate 6.00  

Dark chocolate pastries served with vanilla ice cream and passion fruit coulis!

Tres Leches 5.95   

Soft sponge soaked in three different milks. Fluffy and indulgent. A Venezuelan classic!

Scoop 2.75

- Ice cream - Chocolate (with chilli flakes)
- Ice cream - Vanilla (and crunchy corn)
- Sorbet - Mango (and fresh mint) 

Party Time

We have a private dining room for large groups and parties in our Bethnal Green venue. Email us haggerston@arepaandco.com and it's yours!

Allergies

We have an allergen list available to all our customers, please advise your server if you have any allergies

COCKTAILS

Caracas Old Fashioned 10.00

Homemade infused and spiced rum, honey bitters and syrup

Guarapita 9.00

Gold rum, orange liqueur, passion fruit juice, sugar cane lemonade

Beso del Diablo Martini 10.00

Vodka, lychee, lime and apple juice. Home made chilli syrup and egg white foam

Arepita Sour 9.50

Venezuelan rum, lime, gomme syrup, bitters and egg white foam

De Beauvoir G&T 9.00

Gin, elderflower, lime, tonic and pink peppercorns

Aperol Spritz 9.00

Aperol, prosecco and soda

Classic Mojito 9.00

Venezuelan gold rum, lime, sugar and mint

Espresso Martini 9.50

Vodka, coffee liqueur, shot of coffee

Cuba Libre 9.00

Gold rum, lime, coke and lime

SPIRITS

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

1796 Santa Teresa (40%)	11.00
Tanqueray Gin (43.1%)	7.00
Hendrick' Gin (41.4%)	9.00
Finlandia (40%)	8.00
Grey Goose Vodka (40%)	10.00
Johnnie Walker Black (40%)	8.50
Woodford Reserve (43.2%)	9.00
Tequila 8 (40%)	5.50

RED

	Glass / Bottle
Cuma Organic - Argentina Malbec 13% (2017)	4.50 / 22.50
Leyda Reserva - Chile Merlot 13.5% (2016)	5.50 / 30.00
Crianza (DOC) - Spain Rioja 13.5% (2015)	35.00
Anciens Temps - France Rose 12%. (2017)	35.00

WHITE

	Glass / Bottle
Stormy Cape - South Africa Chardonnay. 13% (2017)	4.50 / 22.50
de Grass Reserva - Chile Savignon Blanc. 13% (2017)	5.50 / 30.00
Eidosela - Portugal Albarino 12.5% (2016)	35.00
Prosecco Quadri - Italy Light and delicate. 11% (2017)	7.50 / 35.00

BEER & CIDER

Polar	5.00
Venezuelan Pilsner - 4.5% - 330 ml	
Arepa & Co Beer	5.00
IPA crafted for our own food - 4% - 330 ml	
Camden Hells	5.00
4.6% - 330 ml	
Rekorderlig	7.50
4.5% Pear - 500 ml	
4% - Strawberry & Lime - 500ml	

SOFT DRINKS

Freshly Prepared Juices

Mango	3.75
Guava	3.75
Passion Fruit	3.75
Blackberry	3.75
Apple	3.50
Orange	3.50

Fruity Milkshakes

Mango	4.50
Guava	4.50
Passion Fruit	4.50
Blackberry	4.50

Sugar Cane Lemonade ♥

Glass	3.25
Jug	8.50

Sodas

Coke	2.50
Diet Coke	2.50
Malta	3.50
Water (330ML)	2.50
Water (750ml)	4.75

HOT DRINKS

Coffees

Latte	3.00
Flat White	3.00
Macchiato	3.00
Cappuccino	3.00
Espresso	2.30
Americano	2.50
Guayoyo	2.60
Mochaccino	3.75
Soya/Oat Milk	0.50

Teas

Fresh Mint Tea	2.00
Breakfast Tea	2.20
Green Tea	2.20
Earl Grey	2.20
Peppermint	2.20
Lemongrass and Ginger	2.20
Red Berry and Flowers	2.20
Green T & Peach	2.20
Hot Chocolate	3.50