

Brunch Menu

NIBBLES

While you wait...

Crunchy Corn	1.50	Cassava Crisps	2.50
Caramelised Corn	1.50	Platanitos	3.50



SMALL PLATES

Tapas-style dishes great to share and sample the Venezuelan cuisine. We recommend 1-2 per person

Arepitas with Nata 3.75

Introducing you to arepas. Three fried mini arepas with a rich, buttery sour cream.

Tajadas with Whipped Feta 6.75

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

Tostón Avocado 5.95

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

Pastelitos 7.75

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

Buñuelos 7.75

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

Yuca Fries 8.25

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

Tequeños 8.25

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

Guava Glazed Fried Chicken 10.95

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

BRUNCH PLATES

Brunching the Venezuelan way!

Breakfast Criollo 19.50

Scrambled eggs with sofrito, shredded beef, creamy black beans, ripe plantains, grated cheese and choice of arepa or cachapa.

Breakfast Reina 18.50

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

Breakfast Veggie 16.50

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

Breakfast Vegan 16.50

Mash avocado, sweet potato with sofrito, creamy black beans, grated vegan cheese, fried plantains and arepa.

Cachapa Stack 16.00

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

Dirty Yuca 16.00

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

Pizca Andina 8.50

Traditional breakfast soup from the Andes region (Chowder style) with potatoes, cheese, egg and herbs. Served with fried arepitas.

THE FITNESS RANGE

The Bulking Bowl 17.50

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

The Fat Loss Protein Bowl 14.50

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

The Fat Loss Veg Bowl 12.95

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

Keto Bowl 13.75

Protein and fats but no carbs. Shredded beef, mashed avo, grilled cheese and pico de gallo

Plant Goodness 12.50

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

SIDES

Creamy Black Beans 3.75

Add richness, fibre and protein to your meal

Pico de Gallo 3.50

Diced tomatoes with shallots, herbs and spices

Mashed Avocado 3.95

Avo mixed with shallots, coriander and spices.

Fried Plantain 4.75

Fried plantain, crispy and soft, on their own

Yuca Fries (Half Portion) 4.95

Add a side of yucas to your plate

Artisan Grilled Cheese 5.75

Traditional Venezuelan cheese grilled and soft

Scrambled Eggs with Sofrito 5.50

Boiled or Fried Egg 1.50

Extra Sauce Portions 1.50 each

Guasacaca, picante, garlic mayo, spicy mayo

DESSERTS

Tres Leches 7.50

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

Tequeños de Chocolate 8.25

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

Ice Cream & Sorbets 4.50 (per scoop)

- Classic Vanilla
- Chocolate (with chilli flakes)
- Dulce de Leche (with crunchy corn)
- Passion Fruit (and coconut flakes)
- Mango (and fresh mint)

Venezuelan Afogato 6.50

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

Please note we only take card payments

Vegetarian Vegan *Vegan Cheese Fav

WiFi: Arepa Public

Password: !LOveAr3P4*



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arepaandco.com

LUNCH DEAL

Monday to Fridays 12-5 pm

Choose from a selection of arepa, cachapa or bowl + homemade lemonade for £12

Allergies: Please notify our servers if you have any allergies.

Notice: An optional 13.5% Service Charge will be added to your bill. 100% goes to staff.

SEE MENU IN PICTURES

Scan the QR codes with your phone and see our menu



FOOD



DRINK