

LA TIENDA MENU

ENTRE

EMPANADAS (2 SERVINGS) (gf)

Crunchy polenta dough filled with potato, tomato, spring onion and premium shredded beef served with aji.

BEEF	\$7.5
VEGETARIAN	\$6.5

MAICITOS (GF)

This is the perfect snack, served with corn chips, melted cheese white sauce, mixed with corn and topped with bacon strips on a bed of shredded chicken.

COCTEL DE CAMARONES (GF) \$16

Shrimp, onion, cilantro, parsley, garlic, lime juice, pink sauce and patacones.

GOOD FOR SHARING

PATACOMBOS (GF)

Fried servings of green banana plantain with guacamole, pulled beef, ricotta cheese and hogao (tomato and onion salsa).

SALCHIPAPAS (GF)

Chopped fried sausages and hot chips; topped with melted mozzarella cheese and salsa rosada (pink sauce).

YUCA FRITA (GF)

Casava chips served with salsa rosada (pink sauce).

AREPAS

What is Arepa? An Arepa is a type grilled tortilla made with ground maize dough.

AREPA WITH THE LOT

Topped with guacamole, pulled beef, mozzarella cheese, shredded chicken and pork belly.

AREPA WITH CHORIZO (GF)

AREPA WITH QUESITO (GF)

Grilled and topped with ricotta cheese.

AREPA CHOCLO (GF)

Grilled sweet corn topped with ricotta cheese.

AREPA CHOCLO (GF)

Grilled sweet corn topped with an option of shredded chicken, pulled beef or guacamole.

AREPA POCKETS

Grilled, filled with mozzarella cheese

AREPA DE QUESO (ORIGINAL)

Served with a side of condensed milk (lecherita).

AREPA PAISA

Frijoles (beans), maduro (sweet banana plantain), chicharron (pork belly).

AREPA WITH THE LOT

Topped with guacamole, pulled beef, mozzarella cheese, shredded chicken and chicharron (pork belly).

AREPA CHICKEN AND MUSHROOM

AREPA WITH PULLED BEEF

AREPA WITH GARLIC PRAWNS

AREPA WITH AVOCADO

AREPA WITH SHREDDED CHICKEN

AREPA WITH CHOPPED TOMATO AND OREGANO

AREPA 'E HUEVO

Deep fried arepa filled with a fried egg.

AREPA WITH HUEVOS PERICOS

Scrambled eggs with chopped tomato and onion.

AREPA CHORIZO

AREPA MORCILLA

EXTRAS

AREPA (EACH)

AJI (CHILLI SAUCE)

AVOCADO

BEEF

CHICKEN

CHORIZO COLOMBIANO (PORK)

CHICHARRON (PORK BELLY)

MORCILLA (BLACK PUDDING)

SALADS

GREEN SALAD

TOPPED WITH CHICKEN GRILLED STRIPS WITHOUT CHICKEN

Lettuce, capsicum, ricotta, mixed grains, platano maduro (ripe plantain) drizzled with balsamic vinegar and olive oil.

GREEN SALAD

Lettuce, cucumber, tomato drizzled with balsamic vinegar and olive oil.

EL VERDE BOWL

Steamed veggies (broccoli and green beans).

\$9

\$14

\$12

\$12

\$12

\$12

\$12

\$10

\$8

\$12

\$12

\$12

\$6

\$2

\$2

\$5

\$5

\$6

\$6

\$6

\$18

\$14

\$10

\$10

\$10

\$8

LA TIENDA MENU

MAINS

PICADA (GF) SINGLE SERVE \$24

Meat platter served with patacones (green plantain), chicharron (pork belly), grilled beef (topside), grilled chicken, morcilla (black pudding), papa criolla (yellow potato), colombian chorizo, yuca frita (fried casava), platano maduro (ripe plantain), guacamole and hogao salsa.

BANDEJA PAISA (GF) \$26

The most popular dish in colombia, originally from the antioquia region where the people are called "paisas" and the area where i was born, if i could choose my last meal before i die, it would be this one; bandeja paisa includes beans, white rice, chicharron (crispy pork belly), premium minced beef, colombian chorizo, fried egg, ripe plantain, avocado and arepa.

CAZUELA DE FRIJOLES (GF) \$22

Served with beans, diced chicharron (crispy pork belly), colombian style chorizo chopped, ripe plantains, corn, potato crisps and chopped avocado.

CAZUELA DE FRIJOLES VEGETERIAN (GF) \$18

Served with beans, ripe plantain, corn, potato crisps and chopped avocado.

AJIACO (GF) \$20

Is a soup made with chicken and three kinds of potatoes, corn and a herb called guascas. Served with a side of rice, cream, capers and avocado.

CAZUELA DE MARISCOS \$24

Seafood stew with patacon.

LENTEJAS VEGETERIAN (GF) \$16

Lentil soup served with rice and avocado.

BEEF OR CHICKEN BURGER \$15

Slightly grilled bread roll served with a beef patty or grilled chicken breast, bacon, mozzarella cheese, coleslaw, tomato, bbq and pineapple sauces, potato chip crumbs and topped with a quail egg, served with hot chips.

VEGGIE BURGER \$15

Slightly grilled bread roll served with a veggie patty mozzarella cheese, coleslaw, tomato, bbq and pineapple sauces; served with potato chip crumbs and topped with a quail egg, served with hot chips.

HOTDOG \$15

Served in a bread roll with pan fried beef sausage, coleslaw, melted mozzarella cheese, tomato, bbq and pineapple sauces; served with potato chip crumbs and topped with a quail egg, served with hot chips.

CHEF'S SPECIALS (WEEKENDS ONLY)

1st Weekend of the Month

BANDEJA COSTEÑA \$32

Whole deep fried pink snapper, served with coconut rice, deep fried "patacon" (banana plantain) and avocado. This dish is very typical in Atlantic coast of Colombia.

2nd Weekend of the Month

MONDONGO SOUP \$25

Mondongo is made with pork, beef stock and with a lot of cilantro (coriander). Many vegetables such as peas, carrots and onion are used to flavor the beef stock. Corn is used in the soup for extra flavoring. The tripe used for this soup is beef tripe. this dish is a signature dish in every home in the andean zone of Colombia.

3rd Weekend of the Month

SANCOCHO \$25

A thick, flavorful and hearty soup, almost a stew, made with root vegetables, corn, chicken and beef, along with spices and herbs. Served with rice and avocado. Sancocho always coincided with a celebration with friends and family.

4th Weekend of the Month

SOBRE BARRIGA SUDADA \$25

Casarole served with topside beef, chicken, potato, yuca (casava), vegetables in a delicious sauce and accompanied with rice and a slice of avocado.

DESSERTS

OBLEA \$6

Wafer sandwich filled with arequipe, cream, ricotta cheese and strawberry jam.

ARROZ CON LECHE/RICE PUDDING (GF) \$8

This Colombian-style rice pudding version is sweet, creamy and delicious.

PLATANO MADURO (GF) \$10

Ripe plantain with mozzarella cheese and guava paste.

MAZAMORRA (GF) \$8

Made from maiz (corn) served with milk, panela (sugar cane) or bocadillo (guava paste).

CHOCOLATE BROWNIE (GF) \$10

Served with arequipe (caramel) and vanilla ice cream.

BOCADILLO CON QUESO (GF) \$8

Guava paste with cheese.