

**\*\*our restaurant is 100% gluten free!\*\***

**♥ = vegetarian options**

**\*\*ask about making it vegan\*\***



[arepamiatlanta.com](http://arepamiatlanta.com)

5% is added to all to go orders

**\*\*NO SUBSTITUTIONS PLEASE\*\***

## appetizers / sides

<b>arepa mia chips</b>	fresh shaved yucca & plantain. served with nata & guasacaca	\$4.00	<b>tostones</b>	sliced green fried plantains served with cilantro sauce and salsa rosada	\$4.00
<b>arepitas fritas</b>	fried mini plain arepas served with nata	\$4.00	<b>tajadas con nata</b>	fried sweet plantains served with nata	\$4.00
<b>avocado &amp; heart of palm salad</b>	heart of palm, avocado, picketed red onion, sweet corn vinaigrette	\$8.00	<b>black beans &amp; rice</b>	organic black beans and jasmine rice	BOWL \$7.00
<b>carajotas negras</b>	organic black beans venezuelan style garnished with nata and cilantro sauce	CUP \$4.00 BOWL \$6.00 QUART \$9.00	<b>yuca frita &amp; guasacaca</b>	fresh made crispy fried yuca served with guasacaca sauce	\$4.50

## entrees / plates

<b>Pabellón</b>	A traditional Venezuelan dish with shredded grass-fed beef, organic black beans, fried sweet plantains, queso de año and jasmine rice.	\$18.00	<b>Asado negro</b>	grass-fed beef roasted for 12 hours with red wine, cumin & sugar cane. served with jasmine rice, fried sweet plantains & and seasonal vegetables.	\$18.00
<b>Pescado</b>	ask about our daily selection of "sea to table" wild sustainably sourced American seafood! Grilled or fried served with fried green plantains (tostones), salad greens and jasmine rice.	\$18.00	<b>Pollo</b>	grilled or fried organic chicken breast served with fried green plantains (tostones), salad greens and jasmine rice.	\$17.00

## empanadas

Empanadas are half-moon shaped stuffed turnovers made with corn flour, fried until golden crispy, & served with nata & guasacaca sauce. Two per order-same kind. Made fresh to order.

<b>La Pelua</b>	shredded grass-fed beef, caramelized onion, bell pepper & cheddar cheese	\$8.50	<b>Pernil</b>	12 hour roasted Riverview Farms pork cooked in a mojo sauce & caramelized onion	\$8.50
<b>Pollo la catira</b>	shredded chicken, cheddar cheese, caramelized onion & bell pepper	\$8.50	<b>Domino</b>	organic black beans, fried sweet plantains & queso de año	\$8.50
			<b>Queso</b>	mix of guayanés cheese & queso de año	\$8.50

## arepas - (ah-ray-pahs)

arepas are grilled patties made with 100% corn meal flour. we slice them in half & stuff them with fresh organic goodness.

we use grass-fed beef & support our local Georgia farms!

arepas are served with fresh cilantro sauce unless otherwise requested

<b>Asado negro</b>	grass-fed beef roasted for 12 hours with red wine, cumin & sugar cane. served with caramelized onions & thai chili sauce	\$9.50	<b>Pollo la catira</b>	shredded chicken, caramelized peppers, onions with cheddar	\$9.00
<b>Sifrina</b>	shredded chicken, lettuce, tomato, avocado, guayanés cheese, thai chili, fried sweet plantains	\$9.50	<b>Pernil</b>	12 hour roasted Riverview Farms pork, caramelized onions	\$9.00
<b>La sureña</b>	fried or grilled chicken breast, thai chili, avocado, lettuce, tomato	\$9.00	<b>Domino</b>	organic black beans, fried sweet plantains, caramelized onions, roasted red peppers & queso de año	\$8.50
<b>Pescado</b>	fried or grilled seafood selection, lettuce, thai chili, tomato, avo-	\$9.50	<b>Pabellón</b>	shredded grass-fed beef, organic black beans, fried sweet plantains & queso de año	\$9.50
<b>Diablitos</b>	deviled ham, sliced ham, guayanés cheese	\$8.50	<b>vegetariana</b>	picked fresh from Georgia's gardens changes seasonally	\$8.50
<b>perico</b>	venezuelan style organic scrambled eggs, tomato, caramelized onions, queso de año	\$8.50	<b>guayanesa</b>	avocados, guayanés cheese, lettuce & tomato	\$8.50
<b>La Pelua</b>	shredded grass-fed beef, caramelized peppers, onions with cheddar	\$9.50	<b>reina pepiada</b>	traditional Venezuelan. savory & creamy filling of cold chicken salad mixed with lime, cilantro and avocado	\$9.00

## Cachapas - (ka-chop-az)

A traditional Venezuelan dish made like pancakes with fresh corn dough. Like arepas, they are also popular at roadside stands. Sweet, salty & savory. Rico!

<b>Pabellon</b>	shredded grass-fed beef, fried sweet plantain, organic black beans, queso de año & cilantro sauce	\$9.50	<b>Pollo</b>	shredded chicken, cilantro sauce, queso de año, caramelized onion & bell pepper	\$9.50
<b>Pernil</b>	12-hour roasted Riverview Farms pork cooked in a mojo sauce, caramelized onion, cilantro sauce & guayanés cheese	\$9.50	<b>Traditional</b>	served with guayanés cheese	\$8.50
			<b>vegetariana</b>	vegetables picked fresh from Georgia's local farms, changes seasonally	\$9.50

## little extras for arepas & cachapas

free range organic chicken	\$6.00	nata	\$1.50
Riverview Farms pork	\$6.00	cilantro sauce	.50¢
white oak pastures Grass-fed beef	\$6.00	guasacaca	.50¢
organic fried egg	\$1.50	sweet corn sauce	.50¢
jasmine white rice	\$2.00	take home a bottle of your favorite sauce	\$9.50
guayanés	\$3.50		
queso de año	\$2.00		
cheddar	\$2.00		
♥ organic black beans	\$2.00		
seasonal veggies	market price		
red peppers	.75¢		
lettuce	.50¢		
onions	.50¢		
tomato	.50¢		
avocado	\$1.85		

\*\*consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

for information on catering and special events please contact: [arepamia2011@gmail.com](mailto:arepamia2011@gmail.com)

## glossary

### arepa - (ah-ray-Pah)

Traditional Venezuelan grilled corn patties, crunchy on the outside and moist on the inside, cut in half and then stuffed with savory, delicious, fresh ingredients.

### cachapas - (ka-choP-aZ)

A corn pancake made out of fresh sweet yellow corn. In Venezuela, the cachapa is usually eaten with queso de mano or queso guayanés ( an artisanal Venezuelan fresh cheese), ham or roasted pork.

### empanada - (em-Pah-nah-dah)

Half moon shaped stuffed turnovers made with corn meal flour. usually filled with cheese, meat, beans or veggies, then fried until crispy. We like to serve ours with nata and guasacaca.

### guasacaca - (wa-sa-ka-ka)

Typical Venezuelan sauce made with cilantro, onion, parsley, vinegar & garlic; there are many variations of guasacaca in Venezuela. some recipes even use avocado.  
Every Arepera in Venezuela has their own recipe.

### nata - (nah-tah)

A traditional Latin American salted cream made of cow's milk and pasteurized, kind of like crème fraiche or sour cream. In Venezuela, it is used in arepas, cachapas, empanadas, soups or just a dollop on top of our famous black beans.

### tostones - (tos-toh-nes)

Popular all over our country, it's a side dish also known as patacones. They are sliced and smashed green plantains, fried twice until golden and crispy. We serve ours with cilantro sauce but it is also delicious with fresh nata for dipping!

### yuca - (yu-ka)

A tuberous root, also known as cassava, rich in starch and contains a significant amount of calcium, phosphorus and vitamin C. very popular in Latin America, the Caribbean and Africa.  
Try it in our chips!

### carraotas - (ka-rah-oh-taZ)

Black beans are as emblematic of Venezuela as the colors of the flag, and while other Latin American countries might refer to their beans frijoles, judias or habichuelas, in Venezuela they are always carraotas. They are also the only ingredient in the national dish "Pabellón Criollo" that is truly indigenous to the Americas. Black beans are incredibly healthy.  
our recipe is inspired by the city of Caracas, Venezuela. sabroso!

### tajadas - (tah-ha-das)

slices of ripe plantains that are fried and sweet. They are served usually as a side and they are also part of our traditional dish "Pabellón Criollo"

### arepitas - (ah-ray-Pe-tahZ)

Mini corn meal patties, fried until golden crispy, and served with Nata.

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## the story of arepa mia

This story, as most do, begins with my mother and food. The name Arepa Mia is about my heart, my arepas, and my mom.

In Venezuela, my mother made arepas on the streets for more than 25 years. As a young child, I helped her as much as I could. Along the way, I learned more and more about the business and she taught me many recipes. We would go to the arepa stand every day and sell the arepas that we had made in our home.

When we strolled through the market picking out fresh veggie and meats, I soon realized how much I enjoyed the process of cooking.

As a teenager, I decided that cooking was my passion and that I wanted to share my gift. When I moved to America, I knew immediately that I wanted to bring the traditional cuisine of my home country here.

I moved to New Orleans in 1998 and eventually ended up in Atlanta starting Arepa Mia through the Atlanta underground market in 2011. To me, Arepa Mia is about simple comfort, simple love and simple food. When I call my mom back home in Venezuela and tell her that people here love her arepas she just can't believe it!

Thank you to everyone especially close friends and family, for supporting and believing in the dream of Arepa Mia! - LIS



NOW SERVING BRUNCH!  
SATURDAY & SUNDAY  
11:30 - 3:00 PM

FLAVORS OF VENEZUELA