



♥ Our restaurant is 100% gluten free!

♥ No substitutions, please!

♥ Ask about making it vegan!

♥ 50¢ added to each item on to-go orders

🌿 Vegetarian options

🌿 Vegan options

## APPETIZERS

### 🌿 Arepa Mia Chips | \$5.95

Fresh shaved yuca and plantain. Served with nata and guasacaca

### 🌿 Arepitas Fritas | \$5.50

8 Fried MINI plain arepas served with nata

### 🌿 Avocado & Heart of Palm Salad | \$9.50

Heart of palm, avocado, pickled red onion and sweet corn vinaigrette

### 🌿 Black Beans & Rice | Bowl: \$7.50

Organic black beans and jasmine rice

### 🌿 Caraotas Negras

**Cup: \$4.00 | Bowl: \$6.00 | Quart: \$9.00**

Organic black beans Venezuelan style garnished with nata and cilantro sauce

### 🌿 Tajadas con Nata | \$5.25

Fried sweet over-ripe plantains served with nata

### 🌿 Tostones | \$5.95

Sliced green fried plantains served with cilantro sauce

### 🌿 Yuca Frita & Guasacaca | \$5.95

Fresh made crispy fried yuca served with guasacaca sauce

## EMPANADAS

Two per order, same-kind.

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



### La Pelua | \$10.50

Shredded grass-fed beef, caramelized onion, bell pepper and shredded cheddar cheese



### Pollo la Catira | \$10.00

Shredded chicken, cheddar cheese, caramelized onion and bell pepper



### Pernil | \$10.50

12 hour roasted Riverview Farms pork cooked in a mojo sauce and caramelized onion

### 🌿 Domino | \$9.50

Organic black beans, fried sweet plantains and queso de año

### 🌿 Queso | \$9

Mix of guayanés cheese and queso de año

## PATACONES

Patacones are a variety of our delicious fillings served between two fried slices of green plantains.



### Patacón De Res | \$14.50

White Oak Pastures tender shredded beef, lettuce, tomatoes, cheddar cheese, garlic sauce, cilantro sauce and salsa rosada



### Patacón Maracucho | \$13.95

Shredded chicken, sliced nitrite-free ham, lettuce, tomato, avocado, cheddar cheese, garlic sauce, cilantro and salsa rosada



### Patacón Pernil | \$13.95

12 hour slow roasted pork, lime juice, fresh garlic, sliced red onion, cilantro and garlic sauce

### 🌿 Patacón Vegetariano | \$11.95

Sauteed organic seasonal vegetables with olive oil, organic black beans and queso de año with cilantro and garlic sauce

## 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 and savory. Rico!



### Pabellón | \$13.50

Shredded grass-fed beef, fried sweet plantain, organic black beans, queso de año and cilantro sauce



### Pollo | \$12

Shredded chicken, cilantro sauce, queso de año, caramelized onion and bell pepper



### Pernil | \$13

12-hour roasted Riverview Farms pork cooked in a mojo sauce, caramelized onion, cilantro sauce and guayanés cheese

### 🌿 Traditional | \$9.00

Served with guayanés cheese and butter

### 🌿 Vegetariana | \$9.95

Vegetables picked fresh from Georgia's gardens (changes seasonally) and cilantro

## AREPAS (ah-re-pahs)

Arepas are grilled patties made with 100% cornmeal flour. We slice them in half and stuff them with fresh organic goodness. We use grass-fed beef and support our local Georgia farms! Arepas are served with fresh cilantro sauce (UNLESS OTHERWISE REQUESTED)



### Asado Negro | \$10.25

Grass-fed beef roasted for 12 hours with red wine, cumin and sugar cane. Served with caramelized onions, cilantro and Thai chili sauce

### La Pelua | \$10.50

Shredded, grass-fed beef, caramelized peppers, onions with cheddar and cilantro

### Pabellón | \$11

Shredded grass-fed beef, organic black beans, fried sweet plantains, queso de año and cilantro



### La Sureña | \$10.25

Fried or grilled chicken breast, avocado, lettuce, tomato, thai chili, cilantro and sweet corn sauces

### Pollo la Catira | \$10.25

Shredded chicken breast, roasted red bell peppers, caramelized onions, cheddar cheese, sweet corn sauce and cilantro sauce

### Reina Pepiada | \$10.25

Traditional Venezuelan chicken salad made with shredded chicken breast, tons of avocado, lime, cilantro sauce and sliced red onions

### Sífrina | \$11

Shredded chicken, lettuce, tomato, avocado, guayanés cheese, fried sweet plantains, Thai chili, cilantro and sweet corn sauces



### Diablitos | \$9.75

Deviled ham, sliced ham, guayanés cheese and cilantro sauce

### Pernil | \$10.25

12 hour roasted Riverview Farms pork, caramelized onions, cilantro and sweet corn sauce



### Grilled Wild Salmon Arepa | \$13

Grilled wild salmon, lettuce, tomato, avocado, habanero infused pickles (not spicy) red onion, cilantro and garlic sauce

### Pescado | \$10.25

Fried or grilled tilapia, lettuce, tomato, avocado, Thai chili, cilantro and sweet corn sauces

### 🌿 Domino | \$8.75

Organic black beans, fried sweet plantains, caramelized onions, sautéed red peppers, queso de año and cilantro

### 🌿 Arepa de Queso | \$8.50

Choose cheddar, guayanes cheese, or shredded queso de año cheese and butter

### 🌿 Vegetariana | \$8.95

Vegetables picked fresh from Georgia's gardens, (changes seasonally) and cilantro sauce

### 🌿 Guayanesa | \$8.95

Avocado, guayanés cheese, lettuce, tomato, cilantro and sweet corn sauce

### 🌿 Perico | \$9

Venezuelan style organic scrambled eggs, tomato, caramelized onions, queso de año and cilantro sauce

## ENTREE PLATES



### Asado Negro | \$21

Grass-fed beef roasted for 12 hours with red wine, cumin and sugar cane. Served with jasmine rice, fried sweet plantains and seasonal vegetables.

### Pabellón | \$22

A traditional Venezuelan dish with shredded grass-fed beef, organic black beans, fried sweet plantains, queso de año and jasmine rice.



### Pollo | \$19

Grilled or fried organic chicken breast served with fried green plantains (tostones), green salad and jasmine rice.



### Pescado | \$19.50

Grilled or fried tilapia, served with fried green plantains (tostones), green salad and jasmine rice.

### 🌿 Seasonal Organic Salad | \$9.50

Organic green leaf lettuce, spinach, avocado, heart of palm, broccoli, tomato, red onion, shredded carrots, fresh cilantro and our delicious sweet corn vinaigrette on the side

\*\*\* add a protein for an additional price

Grilled wild salmon, grilled or fried thinly sliced chicken breast and grilled or fried tilapia

## EXTRAS FOR AREPAS, CACHAPAS AND EMPANADAS

Free range organic chicken .....	\$7.00	Guayanés Cheese .....	\$3.50	Onion .....	\$0.50
Riverview Farms pork .....	\$9.00	Queso de año .....	\$3.00	Tomato .....	\$0.75
White Oak Pastures grass-fed beef .....	\$9.50	Jasmine white rice .....	\$3.00	Avocado .....	\$2.50
Tilapia (grilled or fried) .....	\$8.00	Organic black beans .....	\$4.00	Nata .....	\$2.00
Wild Salmon .....	\$9.75	Seasonal veggies .....	\$5.95	Cilantro sauce .....	\$0.75
Organic fried egg .....	\$1.50	Red pepper .....	\$0.75	Guasacaca .....	\$0.75
Cheddar .....	\$2.50	Lettuce .....	\$0.75	Sweet corn sauce .....	\$0.75

**Take home a bottle of your favorite sauce | \$10.95 + tax**

Sweet Corn Sauce, Vinaigrette, Salsa Rosada, Garlic Sauce, Cilantro, Thai Chili, Habanero, or Guasacaca



## Fresh Juices and Sodas

(No refills)

Parchita (Passion Fruit) | \$4.25

Guayaba (Guava) | \$4.25

Guanabana (Soursop) | \$4.25

Papelón Con Limón | \$4.25  
(Dehydrated sugarcane with lemon juice -  
Sweet and refreshing!)

Make it **FIZZY!** | \$5.50  
(Fresh Parchita, Guayaba, or Guanabana juice  
mixed with **TOPO CHICO**)

## Bottled Soft Drinks

(in the cooler behind you!)

Bottle of **TOPO CHICO** Mineral Water | \$3.00

Mexican Sodas | \$3.00  
(Coke, Sprite, Fanta Orange,  
Pineapple and Grape)

Frescolita | \$3.00  
(A venezuelan cola similar to a  
cream soda in the USA)

Malta Polar | \$3.00  
(Malta is a lightly carbonated malt beverage,  
brewed from barley and hops)

Banjo Nitro Iced Coffee | \$3.99  
(Cocoa Vanilla, Unsweetened, Sweetened)

## Hot Drinks

Americano/Guayoyo | \$3.75

Espresso | \$2.95

Café con Leche/Cappuchino | \$4.25

Hot Tea | \$2.95

## Desserts

### Guava Empanada | \$7.00

Fried crispy turnover stuffed with  
cream cheese and guava paste  
and dusted with powdered sugar

### Arepitas Dulces | \$6.50

Four crispy arepitas with anise seeds,  
drizzled with green papaya syrup  
and dusted with powdered sugar

### Passion Fruit Flan | \$8.00

(quesillo de parchita)

Delicious, made in house  
egg custard, with fresh passionfruit

## Beer/Cerveza

### Can/Bottle Local

Atalanta Plum Saison - Orpheus Brewing | \$6.50  
Bells Two Hearted Ale - American IPA | \$6.50  
Blue Moon - Belgian White Wheat Ale | \$6.00  
Night on Ponce Indian Pale Ale - Three Tavern | \$6.00  
Sweetwater IPA | \$6.50  
Sweetwater 420 - Extra pale ale | \$6.00

### Imported Beer

Dos XX - Mexico | \$5.50  
Imperial - Cerveza de Costa Rica | \$5.00  
Sol - Mexico | \$5.50  
Tecate - Original Mexican | \$5.50  
Toña - Lager especial from Nicaragua | \$5.00

### On Draft

Abita Amber | \$6.00  
Wild Heaven Emergency | \$6.00  
Sweetwater 420 G13 IPA | \$6.50  
Wrecking Bar Kolsh | \$6.50  
Tropicalia | \$6.50  
Scofflaw Basement IPA | \$7.00  
Scofflaw American IPA | \$7.00  
Hi-wire IPA | \$7.00

### Gluten Free Beer

Glutenberg IPA Indian Pale Ale | \$6.50  
Glutenberg Blonde Ale | \$6.50

## Wine/Vino

### White Wine

Brut Sparkling Champagne (France) | \$7/24  
Backhouse Chardonnay (California) | \$7/27  
Santa Marina Pinot Grigio (Italy) | \$7/27  
Natura Savignon Blanc - Organic (Chile) | \$8/30  
Natura Rosé - Organic (Chile) | \$8/30

### Red Wine

Casillero Del Diablo  
Concha y Toro Pinot Noir (Chile) | \$8/30  
Finca Del Castillo Tempranillo (Spain) | \$7/27  
Gran Reserva Concha y Toro  
Cabernet Sauvignon | \$9/31  
Amado Sur Dark Red Blend (Malbec, Syrah) | \$9/31

## Specialty Drinks

**Red Sangria** - Fresh made in house! Best in the city! | \$8 glass | \$24 pitcher

**Tinto de Verano** - Refreshing summer drink made with  
sangria and champagne | \$8 glass | \$24 pitcher

**Mimosas** - Made with any of our fresh daily juices  
(passionfruit, guava, guanabana (soursop), orange) & sparkling wine | \$8 glass | \$24 pitcher

**Michelada** - Imperial beer and freshly squeezed lime juice  
served on ice in a pink sea salt rimmed glass | \$7



10 N Clarendon Ave SE, Suite A  
Avondale Estates, GA 30002

404-600-3509

### Hours

Sunday & Monday  
Closed

Tuesday - Saturday  
11:30am - 9pm

FOR INFORMATION ON CATERING AND SPECIAL EVENTS  
PLEASE CONTACT  
[ArepaMia2011@gmail.com](mailto:ArepaMia2011@gmail.com)

## Our Story

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 everyday and sell the arepas that we had made in our home. When we strolled through the market picking out fresh vegetables 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 and started 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!

