

Food Menu



NIBBLES

While you wait...

Crunchy Corn	1.50
Caramelised Crunchy Corn	1.50
Cassava Crisps	2.00
Plantain Crisps (Platanitos)	3.00

Please note:

We are a CASHLESS business

SMALL PLATES

Tapas-style dishes, great to share and sample our Venezuelan kitchen.

Tequeños 7.85

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

Pastelitos 7.50

Three deep fried beef or chicken turnovers with spicy mayo. Extra units for +£2.25

Buñuelos 7.50

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

Tajadas with Aji Amarillo 5.75

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

Yuca Fries 7.95

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

Guava Glazed Fried Chicken 9.95

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

Tostón Avocado 5.95

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

Arepitas with Nata 4.00

Five fried mini arepas served with a rich, buttery sour cream, typical of Venezuela.

AREPAS *Eat with your hands*

Venezuela's most iconic street food! A crispy, gluten-free corn bread packed with bold and vibrant flavours

Ox Cheek Arepa 13.75

Braised beef cheeks with chilly jam, pineapple chutney, burt cheese and caramelised onions.

Arepa Cangrejo 12.75

Crispy breaded soft shell crab with pineapple chutney, pico de gallo and spicy sauce.

Arepa Pabellón 11.95

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

Arepa Mariana 11.95

Chicken, mayo and avocado mix (cold), grated cheddar and fried plantains.

Arepa Sabich 10.95

Grilled aubergine, braised red cabagge, boiled egg*, tahini, pico and herby spicy sauce

Arepa del Campo 10.95

Black beans, plantain, avocado mix and cheese* (indicate if vegan preferred)

SPECIALS & CACHAPAS

Traditional meaty dishes with a twist and sweetcorn pancakes filled with good stuff

Asado Negro 17.75

Traditional beef dish with a caramelised dark gravy, celerian puree and mixed grilled veg.

Veggie Asado Negro 15.50

King oyster mushrooms on a caramelised dark gravy, celerian puree and mixed grilled veg.

Venezuelan Ribs 15.95

BBQ pork ribs served with hallaquita (seasoned corn dough parcel) and fruity coleslaw.

Cachapa Pabellón 11.95

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

Cachapa Mariana 11.95

Chicken, mayo and avocado mix (cold), cheddar and fried plantains.

Cachapa del Campo 11.75

Black beans, plantain, mashed avo and cheese.

BOWLS

Traditional Venezuelan rice bowls

Pabellón Criollo 12.95

Rice bowl with black beans, fried plantains, grated cheese and shredded beef. The traditional way Venezuelans have it!
Add on: Fried Egg £1.50, Avo Mix £1.50

Pabellón Reina 12.95

Rice bowl with black beans, plantains, cheese and our chicken, mayo and avo mix (cold).

Pabellón Veggie or Vegan 12.25

Rice bowl with black beans, ripe plantain, grated cheese (vegan option available) and grilled sweet potatoes.

GYMBOWLS: The health conscious and fitness range

Bulking Bowl 15.50

42g of protein, good carbs and low fat / 810 Kcal
Double portion of shredded beef, black beans, sweet potatoes, rice and an egg

Cutting Protein Bowl 11.95

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

Cutting Vegan Bowl -9.95

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

Keto Bowl 12.95

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

Plant Goodness 9.95

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