



MENU

What is an Arepa?

It is a corn cake made from dough of precooked corn flour, in a circular form and semi-flattened out to approximately a finger's width, soft on the inside and toasted outside, generally prepared by roasting (on a griddle or hotplate) or fried. It is eaten as a main dish or a side, by itself or stuffed. The Arepa is the queen of breakfast in Venezuela and at the same time, an excellent companion for lunches and dinners.

Arepas are naturally vegan and without gluten.

What are Tequeños?

The **tequeño**, or cheese stick, is a popular food in Venezuela. They are the appetizer of choice at parties and meetings, especially at weddings. They are also a quick food and may be served as a snack. They are prepared from a white flour dough that wraps around a piece of white cheese cut into small rectangular blocks, and are fried for two to three minutes in oil. Once fried, they acquire a cylindrical form with a crunchy outer layer that covers the melted cheese.

What is a Cachapa?

The **cachapa** is a soft, thin corn cake made of ground sweet corn to which is added milk or water, sugar, salt and oil, until it forms a semi-liquid mix. Traditionally, it is cooked on the griddle. It is eaten accompanied by cheese (queso de mano or guayanese) and butter.

What is Papelón con Limón?

Papelón con Limón is a refreshing Venezuelan drink made with papelón (hardened paste of sugar cane), water, and lime juice. Normally, it is served during the hottest hours of the day and offered with traditional Venezuelan food, such as arepas, cachapas and empanadas. This drink is not only refreshing but also due to its natural sweetener, it does not affect the levels of sugar in the blood.

*El Venezolano Food Truck
Indiana.-*

AREPA

(Corn cakes, made from a special precooked corn flour)

Pabellón

(Fried plantains, black beans and shredded beef and Queso)..... 7.00

Reina Pepiada

(Chicken salad, and avocado)..... 7.00

Pollo

(Shredded seasoned chicken)..... 6.00

Catira

(Chicken and Queso)..... 6.50

Mechada

(Shredded seasoned beef)..... 6.00

Pelúa

(Queso and shredded beef)..... 6.50

Dominó

(Black beans and Queso)..... 6.50

Queso

(Venezuelan White cheese)..... 6.00



TEQUEÑOS

(Venezuelan fried cheese sticks with El Venezolano's special sauce) 4 x \$5

CACHAPA

(Venezuelan's corn pancakes with soft white cheese)..... 7.00

BEVERAGES

Papelón con limón..... 2.50

Malta, Frescolita.....2.50

Bottle water..... 1.00

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