



La
Colombiana

Gluten-free Latin Food

About La Colombiana

From the founder of Las Paletas comes la Colombiana, first 100% authentic Colombian street food. Born and raised in Colombiana, Diana Chavarro bring her authentic latin flavor and family recopies to Cape Town.

In a country where street food is naturally gluten free, you can expect to find us serving arepas, fluffy handmade corn patties filled with slow cook meat, handmade cheese and sauces. Corn fried empanadas filled with slow cooked meat or cheese and Patacones, fried plantains topped with your choice of meat and authentic Latin toppings.



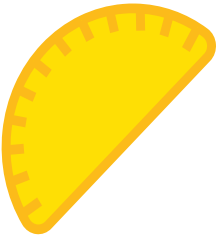


Menu



INTRODUCING AREPAS

Arepa are traditionally made of ground corn dough, eaten in the northern region of South America since pre-Colombian times, and notable primarily in the cuisine of Colombia & Venezuela. They are a delicious GLUTEN-FREE staple, eaten on their own or stuffed with various meat, beans, cheese or guacamole.



INTRODUCING EMPANADAS

These typical Colombian empanadas are GLUTEN-FREE tasty turnovers made with savory yellow corn dough stuffed with slow cooked beef, chicken or cheese. Served with a slice of lime and Colombian Ají (mild chili sauce)



INTRODUCING PATACONES

Patacones are green plantains cut into thick slices, fried until tender, then mashed into circles and refried. Have them topped with our slow cooked beef, chicken or kidney beans. Colombian cheese, guacamole and sauces.





Canapes

- Mini beef empanada with Aji Sauce (tomato, onions, lemon relish)
- Mini Chicken empanada & Garlic Coriander Mayo
- Mini Cheese empanada & Pineapple & Chili Sauce
- Mini Cheese Patacon , topped with guacamole and Hogao sauce
- Mini Cheese Arepa & Hogao sauce
- Pinchos, mini beef skewer with chimichurri sauce (surcharge R20pp)

3 Items R120 pp

6 items – R220 pp





Mains

AREPAS – R110 each

- **Stuffed Arepa - Slow Cooked Beef**
Beef, kidney beans, queso fresco, chimichurri
- **Stuffed Arepa - Slow Cooked Chicken**
Chicken, queso fresco, guacamole, Aji Sauce
- **Stuffed Arepa - Kidney Bean**
Kidney beans, queso fresco, guacamole, Hogao Sauce

PATACONES – R120 each

- **Slow Cooked Beef Patacones**
Beef, kidney beans, queso fresco, chimichurri
- **Slow Cooked Chicken Patacones**
Chicken, queso fresco, guacamole, Aji Sauce
- **Kidney Bean Patacones**
Kidney beans, queso fresco, guacamole, Hogao Sauce





Dessert

- Churros & Dulce de Leche Sauce R60
- Churros & Dulce de Leche Ice Cream & Chocolate sauce R90 – By Las Paletas
- Las Paletas R40 pp





Contact

www.lacombiana.co.za

hola@lacombiana.co.za

