

VENEZUELAN  
**BienMeSabe**  
 AREPA BAR

29 EAST ADAMS ST.

**CARRY OUT & DELIVERY**

MON-THU 11:00AM - 7:00PM  
 FRIDAY 11:00AM - 7:00PM  
 SATURDAY 10:30AM - 7:00PM  
 SUNDAY CLOSED

DOWNLOAD OUR APP

**BIENMESABE TO-GO**

312.285.2911



@BienMeSabeChicago

BienMeSabe

BienMeSabeLoop@gmail.com

M E N U

**AREPAS**

THE TRADITIONAL VENEZUELAN CORN FLOUR BREAD

- 1 **PELÚA** SHREDDED BEEF, GOUDA CHEESE 12.95
- 2 **CATIRA** SHREDDED CHICKEN, GOUDA CHEESE 12.95
- 3 **AFTER PARTY** ROASTED PORK, GOUDA CHEESE, GUASACACA 13.95
- 4 **TROPICAL VEGAN** MARINATED TOFU, SWEET PLANTAINS, BLACK BEANS 12.95
- 5 **PABELLÓN** ☆ SIGNATURE SHREDDED BEEF, BLACK BEANS, SWEET PLANTAINS, CARIBBEAN CHEESE 14.95
- 6 **REINA PEPIADA** CHICKEN SALAD AVOCADO, GOUDA CHEESE 13.95
- 7 **DOMINO** BLACK BEANS, CARIBBEAN CHEESE 12.95
- 8 **TROPICAL** SHREDDED CHICKEN, SWEET PLANTAINS, BLACK BEANS 13.95
- 9 **CARIBBEAN** CARIBBEAN CHEESE, SWEET PLANTAINS, GUASACACA 13.95
- 10 **VEGGIE SETA** MUSHROOMS, CARIBBEAN CHEESE, GUASACACA 13.95

VEGETARIAN



☆ VISIT US AT OUR NORTH SIDE LOCATION ☆  
 1637 W MONTROSE AVE

**BOWLS**

- 11 **PABELLÓN** ☆ SIGNATURE SHREDDED BEEF OR CHICKEN, RICE, BLACK BEANS, CARIBBEAN CHEESE, SWEET PLANTAINS 15.95
- 12 **REINA PEPIADA** CHICKEN AVOCADO SALAD, RICE, BLACK BEANS GOUDA CHEESE, SWEET PLANTAINS 15.95
- 13 **AFTER PARTY** ROASTED PORK, RICE, GOUDA CHEESE, BLACK BEANS, GUASACACA 15.95
- 14 **BIENMESABE VEGGIE** MARINATED TOFU, RICE, BLACK BEANS, SWEET PLANTAINS, GUASACACA 14.95
- 15 **VEGGIE SETA** MUSHROOMS, RICE, BLACK BEANS, SWEET PLANTAINS, GUASACACA 14.95

**CACHAPAS**

VENEZUELAN SWEET CORN PANCAKE

- TRADITIONAL** STUFFED WITH HANDMADE CHEESE 15.95
- BIENMESABE** THE TRADITIONAL CACHAPA WITH YOUR CHOICE OF PROTEIN 17.95

**PATACONES**

GREEN FRIED PLANTAIN SANDWICH

- TRADITIONAL** YOUR CHOICE OF PROTEIN, CARIBBEAN CHEESE, VEGETABLES AND OUR SIGNATURE SAUCE 15.95
- VEGAN** TOFU, VEGETABLES AND VEGAN AIOLI SAUCE 13.95

**SIDES**

- TEQUEÑOS (3)** FRIED CHEESE WRAPPED IN WHEAT FLOUR 6.95
- EMPANADITAS (3)** BEEF, CHICKEN, CHEESE 6.95
- TOSTONES (3)** GREEN FRIED PLANTAINS, CARIBBEAN CHEESE, SAUCES 6.95
- MANDOCAS (3)** SWEET FRIED CORNMEAL RINGS WITH CARIBBEAN CHEESE 6.75
- FRIED YUCCA & GUASACACA** 6.95
- PLANTAINS & CARIBBEAN CHEESE** 6.95
- MIXED GREEN SALAD** 6.50
- RICE OR BLACK BEANS 8oz** 4.50

**EXTRAS**

ADD TO ANY ITEM

- |                 |      |           |      |
|-----------------|------|-----------|------|
| CHEESE          | 3.25 | GUASACACA | 3.75 |
| BLACK BEANS     | 2.25 | VEGGIES   | 1.50 |
| SWEET PLANTAINS | 2.25 | SAUCES    | 1.25 |

**SWEETS**

- QUESILLO** CREAMY VENEZUELAN FLAN 6.95
- TRES LECHES** MOIST CAKE SOAKED IN THREE KINDS OF MILK 7.95
- NUTELLA MARQUESA** 7.95

**DRINKS**

- PAPELÓN** VENEZUELAN LEMONADE 4.50
- CHICHA** RICE-BASED MILKSHAKE 5.25
- TROPICAL JUICES** PASSION FRUIT, MANGO, GUAVA 4.50
- MALTA POLAR** 4.25
- FRESCOLITA** 4.25
- SODAS** 3.25
- BOTTLED WATER** 2.75

DISHES AND PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE. TAXES ARE NOT INCLUDED

GLUTEN FREE VEGETARIAN