

LA TIENDA
COLOMBIAN FOOD

A COLOMBIAN EXPERIENCE

We set out to create a menu with nostalgia at its heart, We have created a hub of familiar sights, smells, sounds and flavours. We are here to cure nostalgic urges when we think of Colombian food, but also provide to anyone who loves trying new tastes or who have fond memories of travelling in Colombia.

DID YOU KNOW COLOMBIA

Colombia is **the second most biodiverse country in the world**, after only Brazil which is 10 times its size, and one of only 17 "mega diverse" countries. It has the highest amount of species by area in the world, including more species of bird than all of Europe and North America combined.

Colombia is **the world's leading source of emeralds.** It is also the third largest exporter of coffee in the world after Brazil and Vietnam.

The area covered by modern day **Colombia was originally inhabited by the indigenous tribes Muisca, Quimbaya, and Tairona.** In 1499 the Spanish arrived and colonized the area, calling it New Granada.

Colombia is a Country of Celebration. It has 18 public holidays each year.

The official name of Colombia is the Republic of Colombia and is derived from the last name of explorer Christopher Columbus. **The country's name is pronounced Col-o-mbia, not Col-u-mbia,** which is a common mistake by non-Spanish speaking visitors.

Colombia's Sierra Nevada de Santa Marta, at 13,000m, is **the world's highest coastal mountain range.** It is also has moved more than a thousand miles in the last 170 million years.

It is mandatory for radio and public television in Colombia to **play the national anthem every day at 6 am and 6 pm.**

Colombia is the **only country** in South America that **has coastlines on both the Pacific and Atlantic Ocean.**

Colombia is home to the Cano Cristales – the "River of Five Colors" or the "Liquid Rainbow." Located in the Serrania de la Macarena province of Meta, the river's bed changes color between yellow, green, blue, black, and especially red, beginning the end of July and through November.

CHEF'S ESPECIAL



BANDEJA COSTEÑA $38

Whole deep fried pink Snaper, served with coconut rice, patacon (banana plantein), Tomato and onion salad and avocado. This dish is very typical in Atlantic Coast of Colombia

*** VG: Vegetarian | *GF: Gluten Free**

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ENTREE



EMPANADAS x 2 (GF)

Crunchy polenta dough filled with potato, tomato, spring onion served with ají

BEEF $8
CHICKEN $8
VEGETARIAN $8



CEVICHE (GF) $18

Shrimp, onion, capsicum, chili sauce, lemon juice served with patacon



YUCA FRITA (GF) (VG) $12

Casava chips served with salsa rosada (pink sauce)



PAPA CRIOLLA (GF) (VG) $12

Yellow potato served with salsa rosada (pink sauce)



PATACOMBO (GF) $18

Fried servings of green banana plantain with avocado, pulled beef, ricotta cheese & hogao (tomato & onion salsa)



CHICKEN WINGS (GF)

Fried with our special BBQ sauce and served with carrot sticks

1/2 Dozen $12
1 Dozen $24

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MAINS



BANDEJA PAISA (GF) $32

The most popular dish in Colombia, originally from the Antioquia region, if I could choose my last meal before I die, it would be this one; Bandeja Paisa includes beans, white rice, chicharron (crispy pork belly), premium minced beef, chorizo, fried egg, ripe plantain, avocado & arepa



PICADA (GF) $34

Meat platter served with patacones (green plantain), chicharron (pork belly), grilled beef, grilled chicken, morcilla (black pudding), papa criolla (yellow potato), chorizo, yuca frita (fried casava), platano maduro (ripe plantain), salsa rosada & hogao salsa



POLLO A LA BRASA $28

Grilled marinated chicken, served with chips and salad



CAZUELA DE FRIJOLES (GF) $28

Served with beans, diced chicharron (crispy pork belly), chorizo chopped, ripe plantains, corn, rice & chopped avocado



CAZUELA DE FRIJOLES VEGETERIAN (GF) (VG) $22

Served with beans, ripe plantain, corn, rice & chopped avocado

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PAY IN CASH GET 10% DISCOUNT! | ALL CARD PAYMENTS INCUR A SURCHARGE OF 1.9% | PUBLIC HOLIDAYS INCUR 15% SURCHARGE NO SPLITTING BILLS

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MAINS



LENTILS (VG) (GF) $22

Lentil soup served with rice, sweet plantain & avocado



AJIACO (GF) $28

Is a soup made with chicken, three kinds of potatoes, corn & a herb called Guascas. Served with a side of rice, cream, capers & avocado



SOPA DE PATACÓN (GREEN PLANTAIN SOUP) $26

If you're looking for a hearty soup this will hit the spot, green plantain is a staple in Colombian cuisine. Cooked with green plantain and potatoes garnished with coriander. Served with a side of rice, beef and avocado



CALDO DE COSTILLA (BEEF RIBS SOUP) $26

It's a rich and delicious soup made with beef ribs, potatoes and herbs. Served with rice, avocado and arepita

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SALADS



MADURO SALAD WITH GRILLED CHICKEN (GF) $26

Lettuce, capsicum, ricotta, mixed grains, platano maduro (ripe plantain) drizzled with balsamic vinegar & olive oil (Contains nuts)



MADURO SALAD (GF) (VG) $20

Lettuce, capsicum, ricotta, mixed grains, platano maduro (ripe plantain) drizzled with balsamic vinegar & olive oil (Contains nuts)



GREEN SALAD (GF) (VG) $12

Lettuce, avocado, tomato drizzled with balsamic vinegar, olive oil & corn kernels

EXTRAS

AREPA (each) $6
AJI (chilli sauce) $3
HOGAO (onion & tomato salsa) $3
BEEF $5
CHICKEN $5
COLOMBIAN CHORIZO (pork) $8
CHICHARRON (pork belly) $8
MORCILLA (black pudding) $8
FRIES $10

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SPECIAL AREPAS

What is Arepa?

An Arepa is a type grilled tortilla made with ground maize dough

***AREPAS ONLY AVAILABLE ON WEEKDAYS**



AREPA WITH THE LOT (GF) $22

Topped with avocado, pulled beef, Mozzarella cheese, shredded chicken & pork belly



AREPA CRIOLLA (GF) $22

Topped with ají, Mozzarella cheese, shredded chicken, avocado, pork belly & pink sauce

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AREPA CHEESE POCKETS

***AREPAS ONLY AVAILABLE ON WEEKDAYS**



AREPA DE QUESO (GF) (ORIGINAL) $12

Grilled, filled with Mozzarella cheese served with condensed milk



AREPA PAISA (GF) $22

Grilled, filled with Mozzarella cheese, frijoles (beans), maduro (sweet banana plantain), chicharron (pork belly)



AREPA WITH THE LOT (GF) $22

Grilled, filled with Mozzarella cheese, avocado, pulled beef, shredded chicken & chicharron (Pork belly)

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KIDS MENU

EMPANADA (GF)

Crunchy polenta dough filled with potato, tomato & spring onion.

BEEF $4
CHICKEN $4
VEGETARIAN $4

CHIPS $ 14

With Shredded Chicken or Shredded Beef

FRIJOLITOS CON ARROZ $12

PICADITA $16

Meat platter served with patacones (green plantain), chicharron (pork belly), grilled beef, grilled chicken, morcilla (black pudding), papa criolla (yellow potato), Colombian chorizo, yuca frita (fried casava), & platano maduro (ripe plantain),

MINI BANDEJA PAISA $16

Beans, white rice, chicharron (crispy pork belly), premium minced beef, Colombian chorizo, fried egg, ripe plantain, avocado & arepa

AJIAQUITO $14

Is a soup made with chicken, three kinds of potatoes, corn & a herb called Guascas. Served with a side of rice & avocado

*** VG: Vegetarian | *GF: Gluten Free | *KIDS MEALS, ONLY FOR KIDS 10 AND UNDER**

DESSERTS



OBLEA $10

Wafer sandwich filled with caramel spread, cream, ricotta cheese & strawberry jam



ARROZ CON LECHE (RICE PUDDING) (GF) $10

This Colombian style rice pudding version is sweet, creamy & delicious



PLATANO MADURO (GF) $12

Ripe plantain with Mozzarella cheese & guava paste



BOCADILLO CON QUESO (GF) $10

Guava paste with Mozzarella cheese



CHOCOLATE BROWNIE WITH ICE CREAM (GF) $14

Served with Vanilla Ice Cream

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LA TIENDA COCKTAILS

Tienda Island $20
Aguardiente, rum, gin, tequila, cointreau & coke

Sangria Antioqueña $20
Aguardiente, vodka, orange, sliced apples, cherries & apple flavoured soft drink

Aguardiente Sour $20
Aguardiente, lemon juice, egg white & syrup

Los Cafeteros $20
Bailey's, kahlua & shot of cafe

Rey de Copas $20
Aguardiente, midori, cointreau, lemon juice & cherry

Parceros $20
Rum Medellín, cointreau, lemon juice & syrup

CLASSIC COCKTAILS

Mojito $20
Mint leaf, dark rum, syrup, lemon juice & soda

Margarita $20
Tequila, lemon juice & cointreau

Tequila Sunrise $20
Tequila, orange juice & raspberry dash

Long Island $20
Vodka, rum, gin, tequila, cointreau & coke

Pisco Sour $20
Pisco, lemon juice, egg white & syrup

Espresso Martini $20
Vodka, kahlua & a coffee shot

SPIRITS

Vodka $10

GIN $10

Scotch $10

Bourbon $10

Tequila $10

Aguardiente Antioqueño	**Shot: $6 I b: $100 750ml**
Rum Medellin 8 años	**Shot: $7 I b: $120 750ml**
Ron Viejo Caldas	**Shot: $7 I b: $60 375ml**
Old Parr	**Shot: $12**

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WINES

RED

Are you Game — **G: $10 | B: $40**
Shiraz, Vlc 2014

Farm to Table — **G: $12 | B: $55**
Cab Sav, Vic 2016

Farm to Table — **G: $10 | B: $45**
Pinot Noir

ROSE

Stone Dwellers — **G: $12 | B: $55**
Rose, Vic 2016

BUBBLES — **G: $10 | B: $45**
Famiglia Zonin Prosecco, Vic

WHITE

Farm to Table — **G: $12 | B: $50**
Sav Blanc, Vic 2017

Wild Bouquet — **G: $12 | B: $55**
Chardonnay, Vic 2014

Are you Game — **G: $10 | B: $45**
Pinot Grigio, Vic 2017

JUGS

Refajo $26
Colombiana & beer

Aperol Spritz $35
Aperol, soda, prosecco & fresh orange

Sangría Antioqueña $35
Aguardiente, vodka, orange, sliced apples, cherries & apple flavoured soft drink

Sangría $35
Red wine, fireball, oranges, apples & ginger ale

BEERS

Aguila $10
A crisp, clear pilsner

Pilsen $10

Poker $10

Club Colombia Dorada $10

4 Pines $9
Pale ale Scooner 435ml

Corona $9

Peroni $9

Stone & Wood $10

Michelada $12
Beer served with salt & lemon juice

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NON ALCOHOLIC DRINKS

JUICES $8
Water or milk base

Guanabana (Soursop)
Maracuya (Passionfruit)
Mora (Blackberry)
Lulo

AGUAPANELA $6
Sugar cane juice, served hot or cold with lemon

LIMONADA DE COCO $8
Coconut Lemonade on Milk base

LIMONADA DE HIERBABUENA $8
Mint lemonade

SOFT DRINKS

COLOMBIAN SOFT DRINKS $5

Colombiana
Manzana
Uva
Naranjada

PONY MALTA $6
Malt flavoured soft drink with vanilla essence

Coke, Coke Zero, Sprite $4

SPARKLING WATER $4
San Pellegrino

HOT DRINKS

COFFEE $4
Cappuccino, café latte, flat white, long black, short black, mocha or hot chocolate

HOT TEA $3
Raspberry, strawberry & loganberry flavoured, cranberry & pomegranate flavoured, pure peppermint, English breakfast, earl grey & Chai

COLOMBIAN HOT CHOCOLATE $8
Served with a slice of Mozzarella cheese

A LA ORDEN

Suerte Huevon | UN CHORRO | Pilas | El Parche

Billete **Te caigo** CHUSPA *Qué más*

Juepucha Q´ubo (pues) Parcero GUACALA Pola **BACANO**

MAMADO ÑAPA PAILA

En La Olla **SAPO** Un Catorce Los Tombos **CAMELLO CASCAR**

Dar Papaya Juemadre Rumbiar Foquiado *Paila* Parar Bola

Sumercé Guayabo **Ábrase**

Nombre de Dios

Marica Ya **Vaina** *Rancho* Mamera

Lo que no mata, engorda

No Se Fia De malas De Una Mañe

POLAS MAMAR GALLO

Guaro Lucas Es Una Nota

Que Chimba

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La Tienda Melbourne

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