

La Central

PANADERÍA - RESTAURANTE



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Pasabocas

Snacks & Bites



- **CHORIZO**
Colombian pork sausage with boiled potato



- **CHICHARRÓN**
Fried pork belly with boiled potato.



- **MORCILLA**
Blood sausage with boiled potato.

- **PASTEL DE POLLO**
Corn dough chicken pastry.

- **PAPA RELLENA**
Stuffed potato with vegetables, shredded beef.

- **EMPANADA DE CARNE**
Beef empanada.

- **EMPANADA DE POLLO**
Chicken empanada.





Desayunos Típicos

Traditional Breakfasts



ACOMPAÑADOS DE AREPA Y QUESO

served with arepa and cheese



- **HUEVOS REVUELTOS**

Plain scrambled eggs or with ham.

- **HUEVOS PERICOS**

Scrambled eggs with tomato and onion.

- **CALENTADO PAISA CON HUEVOS AL GUSTO**

Mixed rice and beans with eggs any style.

- **DESAYUNO MONTAÑERO CALENTADO PAISA CON CARNE O POLLO A LA PLANCHA**

Mixed rice and beans with grilled round steak or thin sliced chicken breast, egg any style.

- **MIGAO**

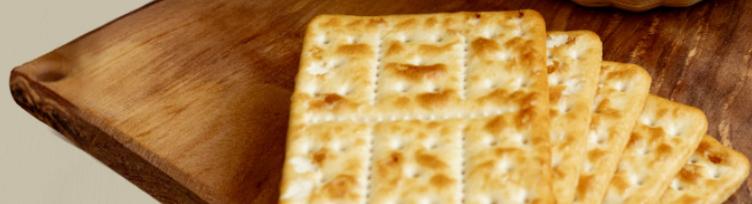
Colombian classic made with pieces cheese and bread soaked in rich hot chocolate.



- *On Weekends*

CALDO DE COSTILLA CON AREPA O ARROZ

Beef rib soup with rice or corn patty.



Platos Fuertes

Main Dishes

Almuerzo del Día **MEAL OF THE DAY**

Ask about our freshly prepared lunch special! A hearty Colombian meal featuring a main dish, rice, soup and salad, made with love.

- **TAMAL**

Corn dough with meat, wrapped in banana leaf.

- **ARROZ CON POLLO**

A traditional Latin dish made with seasoned rice, tender shredded chicken, vegetables, and our special house spices comforting and full of flavor.



Platos Fuertes

Main Dishes

- **CARNE ASADA**

Grilled steak with rice and salad of the day.

- **PECHUGA A LA PLANCHA**

Grilled chicken breast with rice and salad of the day.

- **BANDEJA PAISA**

Traditional platter with beans, rice, grilled steak, egg, sweet plantain, avocado, corn patty, pork belly and sausage.

- **PICADA COLOMBIANA**

Mixed Colombian platter with steak, sausage, pork belly and sides such as boiled potato and tomato.



Panadería & Repostería

Bakery & Pastries

- **EMPANADAS DE CAMBRAY**
Puff pastry filled with cream cheese and guava
- **ROSCÓN DE GUAYABA**
Guava-filled sweet bread
- **PAN ALIÑADO**
(grande o personal)
Soft seasoned sweet and salty bread
- **BUÑUELOS**
Fried cheese dough balls
- **AREPA DE CHOCLO**
Sweet corn arepa
- **ALMOJÁBANA**
Cheese cassava bread
- **PANDEBONO**
Cheese cassava bread



Panadería & Repostería

Bakery & Pastries

- **OREJAS**
Crispy puff pastry cookies with a sweet glaze (elephant ears)
- **CHICHARRÓN DE GUAYABA**
puff pastry shaped like pork belly filled with guava
- **PASTEL GLORIA**
Puff pastry filled with milk caramel
- **PAN DE QUESO**
Soft white bread filled with cheese
- **GALLETAS**
Assorted Colombian-style cookies
- **SUSPIROS**
Light and airy meringue kisses
- **BRAZO DE REINA**
Swiss roll cake filled with dulce de leche or jam

Y mucho más...
And much more...



Bebidas

Drinks

- **AGUAPANELA CON LIMÓN**

sugarcane drink with
lime juice

- **SODAS COLOMBIANAS**

Colombian flavored sodas

- **JUGOS NATURALES**

FRESH FRUIT JUICES

- **CHOCOLATE**

Creamy Colombian-style
hot chocolate

- **MILO**

FRÍO O CALIENTE



Bebidas

Drinks

- **MAZAMORRA**

Tender white corn cooked slowly, served with milk.

- **SALPICÓN**

A refreshing Colombian fruit cocktail made with a mix of tropical fruits, fresh juice, and a touch of sweetness served chilled.

- **AVENA**

A creamy, homemade oatmeal drink made with milk, oats, cinnamon, and vanilla smooth, lightly sweet, and deliciously refreshing.





Somos una empresa familiar con raíces profundamente colombianas.
We are a family-owned business with deeply rooted Colombian traditions.

Todo comenzó en una panadería llamada Mi Colombia, en Elizabeth, New Jersey, donde Wilson, panadero de corazón y oficio, conoció a Mari, una mujer dedicada al servicio y al amor por la gente.

Wilson viene de una familia pereirana de panaderos, y Mari de una familia cafetera de Balboa, Risaralda. Unidos por el mismo sueño, decidieron mudarse a Houston en el 2017 para construir su propio camino.

La Central fue fundada en el año 2002, y desde entonces ha mantenido su nombre como símbolo de tradición, sabor y hogar. Más que una panadería, La Central es un lugar donde el pan se hace con pasión, el café se sirve con cariño y cada cliente es recibido como parte de la familia.

Aquí, el ambiente se siente como cuando llegas a la casa de tu mamá o tu abuela a almorzar: cálido, familiar y lleno de amor. Porque en La Central, la tradición colombiana no solo se hornea, se comparte.

It all began at a bakery called Mi Colombia, in Elizabeth, New Jersey, where Wilson —a baker by heart — met Mari, a woman devoted to service and the joy of caring for others.

Wilson comes from a family of bakers from Pereira, Risaralda, and Mari from a coffee-growing family in Balboa, Risaralda. United by the same dream, they decided to move to Houston in 2017 to build their own path.

La Central was founded in 2002, and since then, it has carried its name as a symbol of tradition, flavor, and home. More than just a bakery, La Central is a place where bread is made with passion, coffee is served with care, and every customer is welcomed as part of the family.

Here, the atmosphere feels like arriving at your mom's or grandmother's house for lunch —warm, familiar, and full of love.

Because at La Central, Colombian tradition isn't just baked —it's shared.



**Servicio
de envío**

La Central

PANADERÍA - RESTAURANTE

“Deja en manos de Dios
todo lo que haces y tus proyectos
se harán realidad”

Proverbios 16:3