

Welcome!

Panas specializes in all-natural, gourmet empanadas, which are crescent-shaped turnovers, stuffed with a variety of well-seasoned meats, vegetables, and seafood.

"Panas" is our unique abbreviation for the word **empanadas**. Coincidentally, "panas" means buddy or friend in several Latin American countries; befitting to our concept of creating an enjoyable environment to eat healthy with friends.

Our cooking: Everything baked, never fried, never microwaved.

Our dough is 100% Natural: We make it fresh daily with wheat flour, free of preservatives or bleaching agents, no lard, and no animal fats.

Our food: Our salads and dripping sauces are made fresh daily at our restaurants and our empanadas and other sides are made daily at our **USDA** certified Central kitchen in Rockville, MD.

Navigating Our Menu

Step 1: Choose a combo for one, a canoa to share, a dozen to go, or you can pick anything from our menu.

Step 2: Select your empanadas, salads, and dripping sauces.

Step 3: Pick your drinks, individual sides, or anything else you want.

Step 4: Enjoy and come again!



Bethesda,	Dupont Circle
4731 Elm Street	2029 P Street NW
301.657.7371	202.223.2964

We accept cash and all major credit cards



Bethesda Menu
eat in - carry out - catering

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www.panasgourmet.com

To order, call or email:
order@panasgourmet.com

Free Panas Party of the Month.
Friend us on Facebook and follow us on Twitter for our random draw of the month. The winner gets a free party for 10 people.



Order Combos for one, Canoas to share, or any item from our menu

Combos for 1

Include 2 of our freshly made dripping sauces and all-natural baked plantain chips.

Combo x 3 empanadas	\$7.00
Combo x 3 empanadas + salad	\$11.00
Combo x 4 empanadas	\$8.50
Combo x 6 empanadas	\$11.50

Canoas for 2 or More

Canoas are platters to share an assortment of empanadas or side dishes for 2 or more.

Parranda Your selection of 8 empanadas, assortment of 4 dripping sauces and plantain chips.	\$14.00
Picadita Chorizo Skewer, Assortment of cheeses and olives, ceviche.	\$16.00
Fresca (Vegetarian) Ceviche, Ticos (cucumbers, avocado, cream cheese, black beans), Veggie Skewer (Plantains, Mushrooms, Peppers).	\$16.00

How to tell empanadas apart? Look for the 2 letters on the tip of the empanadas. Example CA is Carne.

Meat Empanadas (2.5 oz)

Carne (CA): Beef, green olives, Spanish peppers, hard boiled eggs, onions, and parsley.

Chipotle Steak (CS): Shredded sirloin steak, carrots, and onions with chipotle sauce.

Chicken Pesto (CP): Grilled chicken on a fresh pesto sauce, fresh tomatoes, and onions.

Chicken Melodía (CM): Grilled chicken thighs on a creamy, Sauvignon Blanc mushroom sauce with onions and cilantro.

CubaNovo (CU): Roasted pork with onions, cilantro, lime, and Grand Marnier.

Jamón y Queso (JQ): Ham with reggiano parmesano, mozzarella, onions, and herbs.

Pepe (PE): Pepperoni, mozzarella, and fresh tomatoes.

Our Dough is 100 % Natural, No Lard, No Animal Fats, Zero Trans, and No Preservatives

Veggie Empanadas (Size 2.5 oz)

Smoked Eggplant (SE): Eggplant, onions, red peppers, mushrooms, tomatoes, and mozzarella.

Popeye (PY): Sautéed spinach and onions, golden raisins, cream, and goat cheese.

Tamal (TA): Corn, onions, farmer cheese, scallions, and roasted jalapeños.

BrieArt (BA): Brie cheese, mushrooms, and artichoke hearts.

Fiesta Cheese (FC): Swiss, mozzarella, and parmesan cheeses with brandy-caramelized onions.

Seafood Empanadas (Size 2.5 oz)

Samba Shrimp (SS): Shrimp, shredded coconut, cilantro, onions, red and green peppers.

Tuna Ole (TO): Tuna, onions, hard boiled eggs, scallions, tomatoes, olive oil, and peppers.

By the Dozen (4 dripping sauces per dozen)

1-3 dozens: \$22.00 per dozen
4-8 dozens: \$20.00 per dozen
9-12 dozens: \$18.00 per dozen

Dripping Sauces

Drip the sauce into the empanada.

Salsa Verde (Mild): Fresh and lemony sauce made with onions, fresh cilantro and parsley. Great with any empanada.

Ají (Spicy): Yellow peppers, mayo, spices. Pairs well with veggie and cheese empanadas.

Chimi (Mild): Cilantro, oregano, and spices. Great with meat empanadas.

Pimentón (Spicy): Smokey and spicy red peppers and chipotle peppers.

Drinks (Beer & Wine Carry Out)

Fountain Drinks (16oz.)		\$1.50
Bottled Water		\$1.75
Beer	Bottle	\$5.00
	6-pack carry out	\$16.00
Wine	By the Glass	\$6.00
	1/2 Liter Carafe	\$14.00
	By the bottle	\$16.00
	Bottle Carry Out	\$14.00
Espresso Drinks		
Tinto	\$2.00	Cortado \$2.00
		Capuccino \$2.50

Salads

All Salads \$6.00

Your choice of Balsamic or Citrus Dressing.

Primavera: Lettuce, red pepper, corn, cilantro, and black beans.

Mixed Greens: Mesculin mix, soy sprouts, cucumbers, and feta cheese.

Blanca: Lettuce, radishes, red onions, cilantro, and feta cheese.

Quinoa: Quinoa, mushrooms, baby spinach, and dried cranberries.

Sides

Ceviche (Side 1) \$7.00
Tilapia or Sea bass marinated in fresh lime juice with peppers, onions, and cilantro.

Chorizo Skewer (Side 2) \$6.00
Skewer with Chorizo, baked plantains, and mushrooms.

Guacamole (Side 3)
Small (3.25 oz) **\$1.75** Large (11 oz) **\$6.00**

Picada de Quesos y Aceitunas (Side 4) \$8.00
Assortment of cheeses and olives.

Plantain Skewer (Side 5) \$6.00
Baked plantains and roasted veggies.

Ticos (Side 6) \$6.00
Cucumbers, avocado, cream cheese, and black beans.

Cholados Shaved Ice and Fruit Dessert

Jamundí \$7.00
Mango, pineapple, green apples, strawberries, mango syrups, and sweetened condensed milk.

Cali Viejo \$7.00
Bananas and green apples with coffee and horchata syrups, cinnamon, and shredded coconut.

Borra-Cholado \$9.00
Our Jamundí Cholado with your choice of red or white wine. Must be 21 or older to enjoy.

Create your own: Choose from our selection of fruit, syrups, and toppings.

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