

# About Us

The business was born in 1999 when our country, Colombia, went into a deep economic crisis. Faced with lack of stable employment and an uncertain future, we found inspiration in the recipes left behind by Ernesto's mother. From these recipes, we built a business from the ground up, gained financial and labor independence, and found an immense satisfaction from sharing our homemade food with others.

After immigrating to the United States, the idea of transplanting our business developed slowly over a nine-year period, and now we are happy to have our first store in the San Francisco Bay Area.

We are a Green Certified Business through AnewAmerica's certification program. We use all natural ingredients, minimize the use of disposable food ware, and bake in small batches to minimize food waste.

The name "Milohas" comes from the Spanish words "mil hojas," which mean one thousand layers, just like the dough in our pastries. We hope you enjoy the food we prepare with love and the best ingredients.

**Mireya Báez & Ernesto Prada**  
Owners



Grandma Maria Isabel Silva de Prada

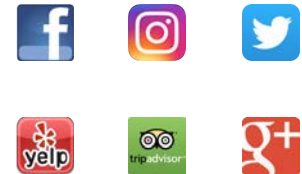


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# Menu

Milohas is a family-owned business that offers fresh Colombian empanadas and baked goods. Our food is prepared by hand daily with high-quality ingredients. We don't use preservatives or additives, just grandma's recipes. Try our Colombian empanadas with coffee for an energizing breakfast, with a side salad for a nourishing lunch, or with a cup of hot chocolate for a light afternoon snack.



## We Offer Catering Services



### Meat Empanadas

Beef.....	\$4.35
Chicken.....	\$4.35
Turkey.....	\$4.35
Ham & Cheese.....	\$4.35
Sausage Finger.....	\$4.35
Egg & Ham.....	\$4.35
Hawaiian.....	\$4.35

### Vegetarian Empanadas

Mushroom & Quinoa.....	\$4.35
Cheese.....	\$4.35
Potato.....	\$4.35
Egg.....	\$4.35
Pineapple.....	\$4.35
Apple & Cinnamon.....	\$4.35

### Large Empanadas

Beef.....	\$7.50
Chicken.....	\$7.50

### Combos

#1 Empanadas (2) + salad + guava finger.....	\$12.25
#2 Large empanada (1) + salad.....	\$10.75
#3 Empanada (1) + salad + soup.....	\$12.25

### Sides

Spring (mixed greens with feta) .....	\$4.25
Summer (jicama, carrot, apple, cabbage).....	\$4.25
Soup of the day.....	\$4.35

### Gluten Free

Pandebono (corn & cassava flour bread).....	\$3.10
Pandebono w/ guava .....	\$3.10
Pandeyuca (cassava flour bread) .....	\$3.10
Almojábana (corn flour bread) .....	\$3.10
Buñuelo (cheese fritter) .....	\$3.25
Cheese Arepa (grilled corn patty).....	\$4.25
Choclo Arepa (grilled sweet corn patty).....	\$4.25

### Sweets

Guava finger.....	\$1.75
Mantecada (sweet corn cake).....	\$3.95
Roscón (sweet bread w/ guava).....	\$3.85
Milhoja (custard & arequipe).....	\$4.75
Oblea w/ arequipe (wafer).....	\$3.25
Passion Fruit Mousse.....	\$5.75
Lime Mousse.....	\$5.75
Small Ice Cream (1 Scoop).....	\$3.50
Large Ice Cream (2 Scoops).....	\$5.50
Seasonal Flavors: zapote, mango, guava lúcuma, chirimoya, 3 leches, strawberry, rum & raisins, passion fruit, cheesecake, Colombian coffee, coconut and milhoja.	

### Cold Drinks

Fruit juices 16 oz (passion fruit, lulo, guava, blackberry, guanábana, mango).....	\$4.50
Colombiana (Cream soda).....	\$2.95
Manzana Postobon (Apple soda).....	\$2.95
Milo (Chocolate milk).....	\$3.25
Avena Alpina (Oat smoothie).....	\$2.95
Pony Malta (Malted soda).....	\$2.95
Yerba Mate.....	\$3.99
Bottled Lemonade.....	\$2.95

### Hot Drinks

Colombian Coffee 12 oz .....	\$2.75
Colombian Coffee 16 oz.....	\$3.25
Colombian Hot Chocolate 12 oz.....	\$2.95
Colombian Hot Chocolate 16 oz.....	\$3.25
Small Tea 12 oz.....	\$1.50
Large Tea 16 oz.....	\$1.75

### Ají Sauce and Salad Dressing Tubs

8 oz.....	\$5.75
16 oz.....	\$10.75