

PUERTO RICO



Mayo Ketchup

Located in Midtown on Olive

Must-haves:

Ropa Vieja, Pernil Bowl, and mini empanadas



Anna Lottes & Piper Davis

ARGENTINA

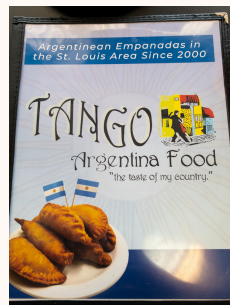


Tango Argentina Food

Located in St. Charles on Clay St

Must-haves:

Empanadas, Flan con dulce de leche, and alfajores



JP Dohm & Max Fehniger

GUIDE TO HISPANIC FOOD IN STL

Throughout the 2026 Winter Term class **Hispanic Food and Culture in STL**, students researched the presence of Hispanic culture within St. Louis. This guide will name authentic Hispanic restaurants for each country researched.

VENEZUELA



Amazing Arepa Bar

Located near City Museum

Must-haves:

arepas, empanadas, cachapas, y tequenos

Salsa Rosada

Located near City Museum

Must-haves:

Pentagon de pollo, queso frita, & cachitos



Ava Cervera & Paolo Giaimo-Ochoa

MICDS WINTER TERM 2026

If you would like more information on these restaurants or the course, please contact:

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Designed by:

Ava Cervera '27, Isadora Yokoo '28, Daniel Haas '27



Students were fortunate enough to visit multiple Hispanic restaurants, including **El Guanaco Pupusería y Taquería** (pictured).

MEXICO



Rosalita's Cantina

Located in downtown AND Town and Country

Must-haves:

Quesadillas, Tacos, & Queso

Chava's Mexican Restaurant

Located in downtown

Must-haves:

Salsa, Guacamole, & Tacos



Kendall Lay & Lily Harris

CUBA



Havana's Cuisine Restaurant

Located near Central West End

Must-haves:

Chorizo empanadas & Cuban sandwiches

Havana 1961

Located in St. Peters

Must-haves:

Ropa Vieja & Cuban Sandwiches



Nikhil Manjar & Daniel Haas

SPAIN



Barcelona Tapas Restaurant

Located in Clayton on Forsyth Blvd

Must-haves:

Paella, Mejillones Picantes and Empanadas



Evan Gao & Shaurya Maru

PERU



Brasas

Located in the Loop

Must-haves:

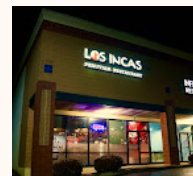
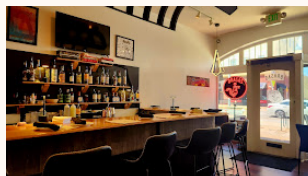
Grilled pork belly and ceviche

Los Incas

Located in O'Fallon

Must-haves:

Lomo Saltado and Ahí de Gallina



Elise Tourais & Abby Selner

EL SALVADOR



El Guanaco

Located in Overland on Page Ave

Must-haves:

Pupusas, yuca and street
tacos.



Jen Salazar Estrada & Isadora Yokoo

NICARAGUA



Fritanga

Located in Saint Louis on

Must-haves:

Chimichurri chicken, Empanadas, & Pupusas



Lincoln Pickett & DJ Bello