

# PUERTO RICO



## Mayo Ketchup

Located in Midtown on Olive

### Must-haves:

Ropa Vieja, Pernil Bowl, and mini empanadas



Anna Lottes & Piper Davis

# ARGENTINA

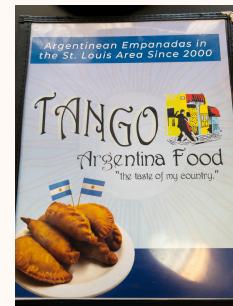


## Tango Argentina Food

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 tequeños

## Salsa Rosada

Located near City Museum

### Must-haves:

Pentacon 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 Maniar & 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:

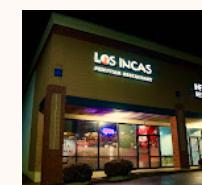
Grilled pork belly and ceviche

## Los Incas

Located in O'Fallon

### Must-haves:

Lomo Saltado and Ahí de Gallina



Elise Tourais & Abby Seher

# 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