



\$4/ea Original Flavors

BF	Beef
SBF	Spicy Beef
CHX	Chicken
SCX	Spicy Chicken
SP	Spinach
CHO	Cheese and Onion
HC	Ham & Cheese
BLU	Blue Cheese
MAR	Margherita
LA	Lamb
VEG	Roasted Vegetables
PE	Pepperoni
MB	Meatballs
4C	Four Cheese
STK	Steak & Cheese
BSQ	Butternut Squash
MED	Mediterranean Beef
BK	Breakfast
VBK	Veggie Breakfast
GY	Guava and Cheese

\$6/ea Plant Based

VAL	Argentine Lentil
VMU	Onions & Mushrooms
VCP	Veggie Chickpea
VBT	Vegan Breakfast
VSP	Spinach & Broccoli
VSQ	Curry Sweet Potato & Butternut Squash



Instructions

KEEPING

1 week in the refrigerator or
3 months in the freezer

HEATING

Preheat oven or toaster oven to 450°F

Use cookie sheet

If REFRIGERATED, bake for 6-10 minutes

If FROZEN, DO NOT PREHEAT, bake for 15-20 minutes

To heat refrigerated empanadas in a pinch, use a sautee pan on medium heat to crisp empanadas on both sides

PRO TIPS!

To check if empanadas are ready, flip empanada over and touch the underbelly to gauge the internal temperature

If freezing empanadas, wrap well so as to prevent freezer burn

If heating 8+ empanadas at a time, add at least 5 minutes of heating time to make up for heat displacement

Our Storefront

4141 S. Tamiami Trail Sarasota FL 34231

941.870.2729

M-F 9:30am-5:30pm & Sat 9:30am-4:30pm

Downtown Sarasota Farmer's Market

Every Saturday, year-round

7am - 1pm, rain or shine!

Home Delivery of Frozen Empanadas

Go to our website to place your order and to check our delivery schedule

Currently servicing from Tampa to Port Charlotte

Delivery order hotline **TEXT ONLY** 941.404.3479



The Empanada Girl



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