

\$6/ea CARNIVORE FLAVORS

BF	Beef
SBF	Spicy Beef
CHX	Chicken
SCX	Spicy Chicken
HC	Ham and Cheese
STK	Steak and Cheese
MB	Meatballs
PE	Pepperoni
MED	Mediterranean Beef
LA	Lamb

\$6/ea VEGGIE FLAVORS

SP	Spinach
4C	Four Cheese
VEG	Roasted Vegetables
BSQ	Butternut Squash
MAR	Margherita
CHO	Cheese and Onion

\$6/ea DESSERT FLAVOR

GY	Guava and Cheese
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Empanada MENU
941.870.2729

EmpanadaGirl.com  

\$6/ea BREAKFAST FLAVORS

BK	Breakfast
BC	Bacon, Egg & Cheese
VBK	Veggie Breakfast

\$6/ea VEGAN FLAVORS

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

\$7/ea GLUTEN FREE FLAVORS

BF	Beef (Dairy Free)
CHX	Chicken (Dairy Free)
BK	Breakfast

\$7/ea GLUTEN FREE & VEGAN FLAVORS

VEG	Roasted Vegetables
VAL	Argentine Lentil
VMU	Onions & Mushrooms
VCP	Curry Veggie Chickpea

\$6/ea AREPAS (GLUTEN FREE)

B-A	Bean Arepa (Vegan)
C-A	Cheese Arepa

\$8/ea SAUCES

8oz Jar	Chimichurri
8oz Jar	Creamy Chimichurri

Keeping & Heating Instructions

KEEPING

1 week in the refrigerator or 3 months in the freezer

TO HEAT EMPANADAS

OVEN

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

AIR FRYER

if refrigerated, heat at 350°F for 4-5 minutes

If frozen, heat at 350°F for 8 minutes

SAUTE PAN

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 they are ready, flip empanada over and touch the underbelly to gauge the internal temperature
If heating 8+ empanadas at a time, add 5+ mins of heating time



TO HEAT GLUTEN FREE EMPANADAS

OVEN

Preheat oven or toaster oven to 350°F Use cookie sheet

Heat refrigerated empanadas for 5-7 minutes

AIR FRYER

Heat refrigerated empanadas at 350°F for 4-5 minutes

TO HEAT AREPAS

Use sautee pan or skillet at medium heat. Heat arepas a few minutes on each side until desired level of crisp

TO HEAT DESSERT FINGERS

Preheat oven or toaster to 450°F use cookie sheet,
heat refrigerated fingers for 2-3 minutes

Where to Buy our Empanadas

OUR STOREFRONT

4141 S. Tamiami Trail, Sarasota, FL
M-F: 9:30am - 6pm • SAT: 9:30am - 4pm

941.870.2729

SARASOTA FARMER'S MARKET

1 N. Lemon Ave, Sarasota, FL • Saturday Mornings 7am - 1pm

FARMERS MARKET AT LAKEWOOD RANCH WATERSIDE PLACE

1561 Lakefront Dr. Sarasota, FL • Sunday Mornings 10am - 2pm

PHILIPPI FARMHOUSE MARKET

5500 S Tamiami Trail, Sarasota, FL
Wednesday 8am - 1pm Oct - April

HOME DELIVERY OF FROZEN EMPANADAS

Place your order for delivery online at

EmpanadaGirl.com

To check delivery radius and schedule,
please refer to our website