Empanada MENU

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

VEGGIE FLAVORS

SP	Spinach
4C	Four Cheese
MAR	Margherita
CHO	Cheese and Onion

ASK US ABOUT CATERING

Hot Delivery for Parties & Events

Food Truck Bookings

BREAKFAST FLAVORS

BK	Bacon, Sausage, Egg & Cheese
BC	Bacon, Egg & Cheese
VBK	Veggie Breakfast

VEGAN FLAVORS

VAL	Argentine Lentil
VMU	Onions & Mushrooms
VCP	Curry Veggie Chickpea
VSQ	Curried Sweet Potato and Butternut Squash

Follow us on social media for our food truck's weekly schedule

EmpanadaGirl.com

GLUTEN FREE FLAVORS

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

GLUTEN FREE & VEGAN FLAVORS

VMU	Onions & Mushrooms
VCP	Curry Veggie Chickpea
VSQ	Curried Sweet Potato and Butternut Squash

SAUCES

8oz Jar	Chimichurri
8oz Jar	Creamy Chimichurri

DESSERT FLAVOR

GY	Guava and Cheese

PRE ORDER ONLY

COCKTAIL SIZED Empanadas

- Beef
- Spicy Beef
- Chicken
- Spicy Chicken
- Spinach
- Cheese & Caramelized Onions
- Mushrooms & Caramelized Onions

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

Pro Tip - Brush with oil or water to rehydrate before heating

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

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

NOW ACCEPTING FOOD TRUCK BOOKINGS

Contact Us at
EmpanadaGirl.com