

FOOD
SERVICE

mmppanadas[®]

Eat Happy



AWARD WINNING

- excellent source of protein
- always baked, never fried
- meal-sized portions
- easy to heat & serve
- handcrafted

WOMEN
OWNED™



GO TEXAN.

THOUGHTFULLY SOURCED & SKILLFULLY CRAFTED



Non-GMO Wheat Flour

Never bleached. Never bromated. American-Grown. It's our not-so-secret secret ingredient.



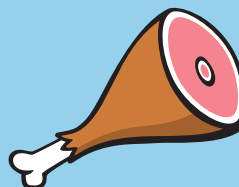
Non-GMO Palm Oil

Sustainably harvested, too. If it ain't broke, don't modify it.



Cage-Free Eggs

Happier chickens lay tastier eggs. That's just science.



High-Quality Meats

No antibiotics, no hormones ever, and all-vegetarian diets. Sci-Fi should be read, not fed.



Aluminum-Free Baking Powder

We take a hard pass on Alzheimer's, Parkinson's, and Kidney Disease. Aluminum does NOT belong in your body!



Hatch Chile Chicken



10859434002213

INGREDIENTS: Chicken Filling (Chicken Breast, Chicken Thigh, Monterey Jack Cheese [Cultured Pasturized Milk, Salt, Enzymes], Green Chile Peppers [Chiles, Water, contains less than 2% of Calcium Chloride, Citric Acid, and Salt], Jalapenos, Sour Cream [Cultured Cream, Enzymes], Spices, Kosher Salt), Dough (Unbleached Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Whole Milk [Milk, Vitamin D3], Non-Hydrogenated Palm Oil Shortening, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Kosher Salt, Liquid Eggs with Citric Acid).

CONTAINS: MILK, EGG, and WHEAT



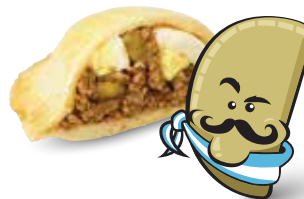
Chicken Pot Pie



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INGREDIENTS: Filling (Chicken, Roux [Water, Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter (Pasteurized Cream, Natural Flavors), Whole Milk (Milk, Vitamin D3), Vegetable Chicken Broth (Maltodextrin, Salt, Autolyzed Yeast Extract, Natural Flavor, Dehydrated Vegetables [onion, celery, parsley, spinach, garlic, carrot], Potato Flour, Xanthan Gum, Spices, Extractive of Spices [including turmeric], Soy Lecithin [emulsifier], Soybean Oil), Salt, Thyme, Black Pepper], Peas, Carrots), Dough (Unbleached Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Whole Milk [Milk, Vitamin D3], Non-Hydrogenated Palm Oil Shortening, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Kosher Salt, Liquid Eggs with Citric Acid).

CONTAINS: MILK, EGG, and WHEAT



Argentine Style Beef



10859434002220

INGREDIENTS: Beef Filling (Ground Beef, Hard Boiled Egg, Tomato Puree [Tomato Puree, Citric Acid], Onion, Green Olives [Olives, Water, Salt, Lactic Acid], Garlic, Oregano, Kosher Salt, Paprika, Cumin), Dough (Unbleached Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Whole Milk [Milk, Vitamin D3], Non-Hydrogenated Palm Oil Shortening, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Kosher Salt, Liquid Eggs with Citric Acid).

CONTAINS: MILK, EGG, and WHEAT



Cheeseburger



10859434002442

INGREDIENTS: Filling (Ground Beef, Cheddar Cheese [Pasturized Milk, Cheese Culture, Salt, Enzymes, Color Added], American Cheese [Cultured Pasturized Milk and Skim Milk, Water, Cream, Milkfat, Salt, Contains less than 2% of Sodium Phosphate, Enzymes], Onion, Garlic, Pickle [Cucumbers, Distilled Vinegar, Salt, Alum, Tumeric, Spices, 1/10 of 1% Sodium Benzoate as Preservative, Polysorbate 80], Salt, Paprika, Cumin), Dough (Unbleached Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Whole Milk [Milk, Vitamin D3], Non-Hydrogenated Palm Oil Shortening, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Kosher Salt, Sesame Seeds, Liquid Eggs with Citric Acid).

CONTAINS: MILK, EGG, WHEAT, SESAME SEEDS



Spinach Mushroom



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INGREDIENTS: Filling (Spinach, Cremini Mushroom, White Mushroom, Feta Cheese [Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes], Onion, Asiago Cheese [Cultured Milk, Enzymes, Salt], Garlic, Pine Nuts, Kosher Salt, Nutmeg), Dough (Unbleached Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Whole Milk [Milk, Vitamin D3], Non-Hydrogenated Palm Oil Shortening, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Kosher Salt, Liquid Eggs with Citric Acid).

CONTAINS: MILK, EGG, WHEAT, PINE NUTS



Soy Chorizo & Brie



10859434002046

INGREDIENTS: Filling (Soy Chorizo [Water, Textured Vegetable Protein (Defatted Soy Flour), Soybean Oil, Red Wine Vinegar (Red Wine Vinegar, Potassium Metabisulfite [Preservative], diluted with Water to 5% acidity), Spices, Kosher Salt], Brie [Pasteurized Cow Milk, Cheese Cultures, Salt, Enzymes], Dough (Unbleached Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Whole Milk [Milk, Vitamin D3], Non-Hydrogenated Palm Oil Shortening, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Kosher Salt, Liquid Eggs with Citric Acid).

CONTAINS: SOY, MILK, EGG, WHEAT



Vegan Spicy Black Bean



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INGREDIENTS: Filling (Black Beans, Spinach, Corn, Red Pepper [Diced Red Peppers, Water, Salt, Citric Acid, Calcium Chloride], Jalapenos, Onion, Cilantro, Kosher Salt, Spices), Dough (Unbleached Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Non-Hydrogenated Palm Oil Shortening, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Kosher Salt).

CONTAINS: WHEAT



Vegan Samosa Style

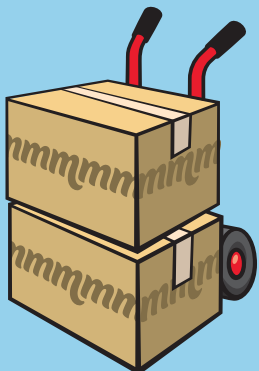


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INGREDIENTS: Filling (Potatoes, Peas, Garlic, Cilantro, Coconut Oil, Spices, Kosher Salt), Dough (Unbleached Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Non-Hydrogenated Palm Oil Shortening, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Kosher Salt).

CONTAINS: WHEAT, COCONUT

Put **mmm**
on Your Menu



	quantity	dimensions	weight
unit	1 empanada	1.75" L x 6" W x 4" H	5.11 oz
case	20-22 empanadas	16" L x 10" W x 4" H	8-9 lbs
pallet	140 cases 2,800-3,080 empanadas	10 TI x 14 HI Pallet Height: 5.66 feet	1,120-1,260 lbs

*Now
Available*

*mmp*panadas®

*Pineapple
Cinnamon*

handcrafted
empanada



10859434002015

INGREDIENTS: Filling (Pineapple, Cane Sugar, Brown Sugar, Corn Starch, Water, Cinnamon), Dough (Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Milk (Milk, Vitamin D3), Non-Hydrogenated Palm Oil Shortening, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Kosher Salt, Liquid Eggs with Citric Acid).

CONTAINS: MILK, EGG, and WHEAT





mmpnanadas[®] is the creation of husband and wife powerhouse Cody and Kristen Fields. Shortly after graduating from UT Austin, Cody fell in love with empanadas while working in Costa Rica. He met Kristen on a trip back to Austin in 2006 and fell in love with her, too. Together, they began making a variety of empanadas for local bars and coffee shops. Next thing they knew, they were married and slinging gourmet empanadas out of a big red food truck. Thirteen years, two kids, and over a million empanadas sold later, mmpnanadas has grown beyond the truck and is now rolling into grocers' frozen aisles across the country.

Take a bite and find out what the mmm is all about!

   @mmpnanadas

mmpnanadas.com

