

JUAN & MARIA'S
“Home of the Highly Addictive SpaisH Foods”

BECAUSE OUR CUSTOMERS HEALTH, IS SO
VERY IMPORTANT TO US...WE
PROMOTE HEALTHY EATING

When new customers look at our Empanadas
one of the questions most often asked is:
Are J&M's Empanadas Fried or Baked

Why?

Simply because over the years we've
perfected the Empanadas and they hardly
retain any oil at all

WE ONLY USE LIGHT SALAD OIL, EVEN IN OUR DEEP
FRYERS

THIS OIL IS:
TRANS FAT FREE
CHOLESTEROL FREE
HYDROGENATED FATS FREE

OTHER REASONS TO EAT HEALTHY AT
J&M's:

- <> NO CHEMICALS OR PRESERVATIVES ADDED TO OUR FOOD
- <> WE USE 90% LEAN GROUND BEEF, CHICKEN & PORK LOIN

<> WE OFFER MANY GREAT TASTING
VEGETARIAN OPTIONS

<> WE OFFER HOMEMADE SPANISH FRUIT JUICES
AMAZING, JUST HOW OUR HEALTHY FOODS TASTE
SOOOO GOOOOOD!

We cater small and very large parties We accept all
major credit cards

(585)325-6650 *www.JuanAndMarias.com* *“Like” us on FB*
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