



SOUPS

Our Specialty...

Asian Carrot & Parsnip (V/GF)
Bacon, Lettuce & Tomato
Baked Onion & Potato (V)
Bavarian Lentil (V/LF/LC/GF)
Beef Borscht (GF)
Beef Goulash
Beef Stew
Black Bean (GF) (garnish w/chopped onion)
Brisket Barley
Butternut Squash (LF/LC/GF)
Calico Chicken (LF/LC/GF)
Chicken Broth (with or without carrot & herbs)
(LF/LC/GF)
Chicken Gumbo
Chicken Noodle (LF/LC)
Corn Chowder (GF)
Crawfish & Corn Chowder
Cream of Asparagus
Cream of Broccoli
Cream of Chicken
Cream of Mushroom
Cream of Potato Leek (GF)
Curry Cauliflower
Duck with Orzo
French Onion (garnish w/cheese croustade)
Fresh Tomato Rice (no cream)
Garden Vegetable (LF/LC/GF)
Gumbo Z'Herbes
Hungarian Mushroom
Italian Wedding (garnish w/grated cheese)
Lentil with Keilbasa (GF)
Manhattan Clam Chowder (GF)
Matzoh Ball

V = Vegetarian
LF = Low Fat
LC = Low Cholesterol
NC = No Cholesterol
NF = No Fat
GF = Gluten Free

Minestrone
Mushroom Barley (LF/LC)
Mussel Bisque
Navy Bean (GF)
New England Clam Chowder
Old Fashioned Cabbage
Pasta Fagioli (garnish w/grated cheese)
Pistou (LF/LC/GF)
Portuguese Kale (GF)
Pozole (LF/LC/GF) (garnish w/lettuce & chopped
onion)
Red Lentil & Carrot (NF/NC/V/GF)
Red Pepper (LF/LC/V/GF) (garnish w/croutons)
Ribollita (LF/LC)
Sancocho (GF) (garnish w/cilantro & chopped
jalapeno)
Split Pea (GF) (garnish w/croutons)
Tomato Provencale (LF/LC/GF)
Tortellini & Escarole en Brodo (LF/LC) (garnish
w/grated cheese)
Turkey Rice (LF/LC/GF)
Tuscan Tomato (LF/LC/V/GF)
Tuscany Tomato & Bread
Vegetable Cheddar Chowder (V/GF)
Vegetable Bean & Barley (LF/LC/V)
Vichyssoise (GF)
White Bean & Tomato (LF/LC/V/GF)

NON FREEZER SOUPS (Seasonal)

Carrot & Ginger (GF)
Gazpacho (NF/NC/V) (garnish w/croutons)
Green Goddess (GF/LC)
Hot & Sour (GF)
Iced Beet (LF/NC/GF)
Peach (NF/NC/GF/V)
Shrimp & Cucumber (LF/LC/GF)
Sugar Snap (LF/LC/GF)
Sun Dried Tomato Bisque (LF/LC/GF) (garnish
w/lettuce & bacon)