

**ALL SOUPS ARE FROZEN 850ML COMPOSTABLE CONTAINER (FEEDS 2-3 PEOPLE)**

DF= DAIRY FREE

GF=GLUTEN FREE

VEGAN=VEGAN (MAY CONTAIN HONEY)

NUTS=CONTAINS NUTS

M=MEAT SOUP

V=VEGGIE SOUP

*\* denotes that soup contains local honey*

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**\*Carrot Ginger – DF, GF, Vegan**

Bright citrus notes of orange and lemon lead the way for this smooth carrot puree with a gentle heat of ginger and sweet spice.

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**Chicken Noodle – DF**

Classic “Grandmother” style hearty broth soup made from our all-natural chicken stock, diced chicken, carrots, celery, and onions. It’s the perfect team to comfort or fight your cold or flu. With Ditali pasta.

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**Creamy Broccoli Cheddar – GF**

A smooth puree of broccoli, cheddar cheese, white potatoes, cream and milk creating a velvety texture. Light background notes of garlic, onion and parmesan.

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**Creamy Dilly Spuddy – GF**

A silky pureed potato base with a touch of onion, garlic, cream and milk – then LOADS and LOADS of chopped dill. Simple and delicious.

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**Maple Bacon – DF, GF**

*2015 #1 People’s Choice winner at the Alzheimer Society’s Soups On*

A smooth puree of navy beans, bacon, white potatoes, and sweet potatoes with maple syrup. Chef adds Dijon mustard and a gentle heat for layers of deliciousness.

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**Maple Roasted Sweet Potato – GF, DF, Vegan**

Sweet potatoes are slow roasted in maple syrup and cider vinegar with sweet potatoes; once caramelized we add hints of garlic, onion and puree until smooth.

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**Minestrone – GF, DF, Vegan**

With our veggie stock, tomato juice, and Italian herbs as a base; this hearty broth soup boasts large cut carrots, celery, kale, zucchini, onions, leeks and great northern beans for loads of texture.

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### **Mulligatawny – DF, GF, Vegan**

A curry lovers' dream! Started with carrot, celery, onion, and cauliflower; Chef purees this smooth with yellow split peas, red and green lentils, then coconut milk for a creamy finish to this medium-spiced soup.

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### **Potato Peameal – GF**

This classic creamy potato soup with a smooth texture harbours notes of parmesan cheese, while boasting large cut pieces of celery as well as diced fried peameal bacon.

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### **\*Sesame Roasted Chick Pea – DF, GF, Vegan**

Chick peas roasted in sesame oil and honey are pureed smooth with onion, garlic, carrot and fresh lemon. Our version of a hummus soup. It's finished with roasted red pepper relish.

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### **Southwest Chicken – DF, GF**

Hearty broth soup of chicken stock, tomato juice, chili spices and diced chicken; with pieces of peppers, carrots, celery, onions, corn and a medley of black turtle beans, red chili beans, pinto beans, and long grain rice.

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### **Spicy Chicken Samosa – DF, GF**

*2012 #1 Best Prof. Hearty Winner at the Alzheimer Society's Soups On*

A spicy hearty puree of potatoes, chick peas, curry and chicken stock with pieces of diced chicken and sweet peas. A great way to crush any cold!

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### **Sweet Pea – GF**

A bright fresh puree of sweet peas, potatoes, onion, garlic and butter finished with cider vinegar and red wine vinegar. Likened to "British mushy peas".

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### **Split Pea and Ham Hock – DF, GF**

A thick, smooth puree of green split peas, onion and ham stock with notes of Dijon mustard. Hand-pulled smoked pork hocks finish this old world classic.

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### **Sweet Onion Lentil – DF, GF, Vegan**

A lightly curried sweet onion broth with whole green and red lentils, and sliced sautéed onions for an array of textures; much like a hearty lentil stew.

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### **Veggie Cabbage Roll – DF, GF, Vegan**

This hearty soup boasts large pieces of tender cabbage, vegetable protein (soy) in a rich tomato and vegetable broth with long grain rice.

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