

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

DF = DAIRY FREE

NUTS = CONTAINS NUTS

GF = GLUTEN FREE

VEGAN = VEGAN (MAY CONTAIN HONEY)

M = MEAT SOUP

V = VEGGIE SOUP

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**CARROT GINGER** DF GF VEGAN V

BRIGHT CITRUS NOTES OF ORANGE AND LEMON LEAD THE WAY FOR THIS SMOOTH CARROT PUREE WITH A GENTLE HEAT OF GINGER AND SWEET SPICE.

*Ingredients: Carrots, Water, Onions, Orange Juice, Honey, Ginger, Lemon Juice/Zest, Garlic, Kosher Salt, Sunflower Oil, Spices.*

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**CHICKEN NOODLE** DF M

CLASSIC “GRANDMOTHER” STYLE HEARTY BROTH SOUP MADE FROM OUR ALL-NATURAL CHICKEN STOCK, DICED CHICKEN, CARROTS, CELERY AND ONIONS. IT’S HEARTWARMING COMFORT IN A BOWL.

*Ingredients: Chicken Stock (Chicken bones, carrots, celery, onions, herbs, water.) Ditali Noodles, Diced Chicken Breast, Kosher Salt, Sunflower Oil, Garlic, Spices.*

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**CREAMY BROCCOLI CHEDDAR** GF V

SMOOTH PUREE OF BROCCOLI, CHEDDAR CHEESE, WHITE POTATOES, CREAM AND MILK CREATING A VELVETY TEXTURE WITH LIGHT BACKGROUND NOTES OF GARLIC, ONION AND PARMESAN.

*Ingredients: Water, Broccoli, Potatoes, Onions, Celery, 2% Milk, 35% Cream, Cheddar Cheese, Parmesan Cheese, Garlic, Sunflower Oil, Kosher Salt, Pepper.*

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**CREAMY DILLY SPUDDY** GF V

SILKY PUREED POTATO BASE WITH A TOUCH OF ONION, GARLIC, CREAM AND MILK – THEN LOADS AND LOADS OF FRESH CHOPPED DILL. SIMPLE AND DELICIOUS!

*Ingredients: Potatoes, Water, Onions, 35% Cream, 2% Milk, Garlic, Herbs, Spices, Kosher Salt, Sunflower Oil.*

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## MAPLE BACON **DF GF M**

### 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 DELICIOUS.

*Ingredients: Water, Potatoes, Sweet Potatoes, Onions, Celery, Carrots, Bacon, Navy Beans, Maple Syrup, Dijon Mustard, Cider Vinegar, Spices, Herbs.*

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## MAPLE ROASTED SWEET POTATO **DF GF VEGAN V**

SWEET POTATOES ARE SLOW ROASTED IN MAPLE SYRUP AND CIDER VINEGAR WITH SWEET SPICES; ONCE CARAMELIZED, WE ADD HINTS OF GARLIC, ONION AND PUREE SMOOTH.

*Ingredients: Water, Sweet Potatoes, Onions, Maple Syrup, Sunflower Oil, Cider Vinegar, Spices, Kosher Salt, Garlic.*

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## MINESTRONE **DF GF VEGAN V**

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.

*Ingredients: Vegetable Stock (Water, Carrots, Parsnip, Onions, Butternut Squash, Cabbage, Turnip, Celery, Kale, Garlic, Ginger, Herbs, Spices), Tomato Juice, Leeks, Zucchini, Great Northern Beans, Herbs, Spices, Kosher Salt, Sunflower Oil.*

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## MULLIGATAWNY **DF GF VEGAN V**

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.

*Ingredients: Water, Coconut Milk, Onions, Carrots, Celery, Cauliflower, Green Lentils, Yellow Split Peas, Red Lentils, Tomato Paste, Spices, Kosher salt, Garlic, Sunflower Oil*

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## POTATO PEAMEAL **GF M**

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.

*Ingredients: Potatoes, Water, Onions, Peameal Bacon, Celery, 2% Milk, 35% Cream, Parmesan Cheese, Kosher Salt, Garlic, Spices, Sunflower Oil.*

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### SESAME ROASTED CHICK PEA **DF GF VEGAN V**

CHICK PEAS ROASTED IN SESAME OIL AND HONEY ARE PUREED SMOOTH WITH ONION, GARLIC, CARROT AND FRESH LEMON. OUR VERSION OF A HUMMUS SOUP WITH ROASTED RED PEPPER RELISH.

*Ingredients: Water, Chick Peas, Onions, Carrots, Garlic, Honey, Sesame Oil, Sunflower Oil, Lemon Zest/Juice, Kosher Salt, Spices. Roasted Red Pepper Relish: red pepper, onion, cider vinegar, sugar, spices.*

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### SOUTHWEST CHICKEN **DF GF M**

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, RED CHILI AND PINTO BEANS.

*Ingredients: Chicken Stock (Carrots, celery, onions, chicken bones, water, herbs), Tomato Juice, Diced Chicken, Tomatoes, Corn, Red Peppers, Green Peppers, Pinto Beans, Black Beans, Small Red Chili Beans, Long Grain Rice, Tomato Paste, Dijon Mustard, Kosher Salt, Garlic, Jalapeno Peppers, Spice, Sunflower Oil.*

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### SPICY CHICKEN SAMOSA **DF GF M**

#### 2012 #1 BEST PROFESSIONAL HEARTY WINNER AT THE ALZHEIMER SOCIETY'S SOUPS ON

SPICY HEARTY PUREE OF POTATOES, CHICK PEAS, CURRY AND CHICKEN STOCK WITH PIECES OF DICED CHICKEN AND SWEET PEAS. GREAT WAY TO CRUSH ANY COLD.

*Ingredients: Chicken Stock (Chicken bones, carrots, celery, onions, herbs, water) Potatoes, Chick Peas, Sweet Peas, Diced Chicken, Spices, Cilantro, Kosher Salt, Sunflower Oil.*

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### SWEET PEA **GF V**

BRIGHT FRESH PUREE OF SWEET PEAS, POTATOES, ONION, GARLIC, AND BUTTER FINISHED WITH CIDER VINEGAR AND RED WINE VINEGAR. LIKENED TO 'BRITISH MUSHY PEAS'.

*Ingredients: Water, Sweet Peas, Potatoes, Onions, Butter, Cider Vinegar, Red Wine Vinegar (contains sulphites), Garlic, Kosher Salt, Pepper.*

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### SPLIT PEA AND HAM HOCK **DF GF M**

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.

*Ingredients: Ham Stock (Water, Smoked Pork Hocks, Carrots, Onion, Celery, Herbs, Spices), Green Split Peas, Dijon Mustard, Garlic, Kosher Salt, Sunflower Oil.*

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**SWEET ONION LENTIL DF GF VEGAN V**

LIGHTLY CURRIED SWEET ONION BROTH WITH WHOLE GREEN AND RED LENTILS AND SLICED SAUTÉED ONIONS FOR AN ARRAY OF TEXTURES. LIKE A HEARTY LENTIL STEW.

*Ingredients: Water, Onions, Green Lentils, Red Lentils, Rice Vinegar, Garlic, Spices, Kosher Salt, Sunflower Oil.*

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**Veggie Cabbage Roll DF GF VEGAN V**

CLASSIC COMFORTING CABBAGE ROLL SOUP MADE WITH ALL VEGAN INGREDIENTS! RICH TOMATO AND TENDER CABBAGE MAKE THIS SOUP A SATISFYING VEGGIE TREAT.

*Ingredients: Cabbage, Vegetable Stock (Water, Carrots, Parsnip, Onions, Butternut Squash, Cabbage, Turnip, Celery, Kale, Garlic, Ginger, Herbs, Spices.) Tomato Paste, Textured Vegetable Protein, Long Grain Rice, Soy (GF), Red Wine Vinegar, Garlic, Kosher Salt, Sunflower Oil, Herbs, Spices.*

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