

OCTOBER SOUP MENU

All of our co-op made soups are made from scratch!
We use fresh, organic or all-natural ingredients
plus scratch-made stock!

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| 01 | chicken mulligatawny |
| 02 | tomato parmesan wf |
| 03 | bean + barley soup v |
| 04 | chef's choice |
| 05 | ginger chicken noodle |
| 06 | peruvian quinoa v + wf |
| 07 | potato florentine wf |
| 08 | chicken wild rice wf |
| 09 | broccoli cheddar wf |
| 10 | mushroom miso v + wf |
| 11 | chef's choice |
| 12 | ginger chicken noodle |
| 13 | spinach lentil v |
| 14 | indian vegetable soup wf |
| 15 | chicken mulligatawny |
| 16 | cheesy potato wf |
| 17 | pumpkin minestrone v |
| 18 | chef's choice |
| 19 | ginger chicken noodle |
| 20 | red lentil coconut curry v + wf |
| 21 | autumn rice with corn + potato |
| 22 | chicken wild rice wf |
| 23 | peruvian quinoa v + wf |
| 24 | spinach lentil v |
| 25 | chef's choice |
| 26 | ginger chicken noodle |
| 27 | golden split pea v + wf |
| 28 | spinach coconut v + wf |
| 29 | chicken mulligatawny |
| 30 | tomato parmesan wf |
| 31 | pumpkin minestrone v |

MAMA'S VEGGIE CHILI SERVED DAILY

WF - WHEAT FREE | V - VEGAN

OUTPOST
CO-OP SINCE 1970

our soups are made in a facility that also processes milk, eggs, tree nuts, peanuts, corn + wheat.
while we adhere to good safety + cleanliness practices that help to ensure ingredients
do not cross-contaminate other items, we cannot guarantee it.