

SEPTEMBER SOUP MENU

ALL OF OUR CO-OP MADE SOUPS ARE MADE FROM SCRATCH USING OUR FROM-SCRATCH STOCK, FRESH ORGANIC OR ALL-NATURAL INGREDIENTS.

YOU'LL TASTE THE DIFFERENCE!

- 01 CHEF'S CHOICE
- 02 CREAMY TOMATO PARMESAN | WF
- 03 PUMPKIN MINESTRONE | V
- 04 CHICKEN MULLIGATAWNY
- 05 SPINACH LENTIL | V
- 06 PARSNIP & APPLE | WF
- 07 INDIAN VEGETABLE SOUP | WF
- 08 CHEF'S CHOICE
- 09 GINGER CHICKEN NOODLE
- 10 BEAN & BARLEY SOUP | V
- 11 BROCCOLI CHEDDAR CHEESE | WF
- 12 CHICKEN WILD RICE | WF
- 13 RED LENTIL & COCONUT CURRY | V & WF
- 14 PERUVIAN QUINOA | V & WF
- 15 CHEF'S CHOICE
- 16 GINGER CHICKEN NOODLE
- 17 GOLDEN SPLIT PEA | V & WF
- 18 CURRIED SWEET POTATO SOUP & LENTILS | V & WF
- 19 CHICKEN & POTATO SOUP | WF
- 20 CARROT WITH CARAMELIZED ONION
- 21 SPINACH LENTIL | V
- 22 CHEF'S CHOICE
- 23 GINGER CHICKEN NOODLE
- 24 SOUTHERN FRENCH VEGETABLE SOUP | V
- 25 BROCCOLI CHEDDAR CHEESE | WF
- 26 SPINACH COCONUT | V & WF
- 27 CHICKEN WILD RICE | WF
- 28 SOUTHWEST CORN & POTATO CHOWDER | V & WF
- 29 CHEF'S CHOICE
- 30 GINGER CHICKEN NOODLE

MAMA'S VEGGIE CHILI SERVED DAILY



WF = wheat-free | V = vegan

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.