

LOCAL HANDMADE SOUPS

AZTEC

Black beans, wild rice, tomatoes, Soyrizo, orange bell pepper, green chili, Bragg's Liquid Aminos & spices

CHAYOTE CHOWDER

Roasted chayote squash, broccoli, purple, rose, Yukon, & sweet potatoes, almond milk, garlic, onion, Bragg's Liquid Aminos, Earth Balance heart healthy butter & spices

COCONUT CORN & SWEET POTATO CHOWDER

Sweet potatoes, red pepper, corn, onions, garlic, coconut milk, vegi broth, lemongrass & green curry

FIRE UP APPLE CURRY

Apples, turnip, curry, broth, almond milk, cardamom

FRENCH ONION

Medley of sautéed onions, Earth Balance butter, sherry & our vegi broth

KRAZY KALE & LENTIL

Organic kale, green lentils, vegi broth, Bragg's Liquid Aminos, curry, cumin, turmeric.

LUSCIOUS LEMON & ARTICHOKE

Artichoke hearts, veggie broth, almond milk, Earth Balance butter, lemon, Bragg's Liquid Aminos & thyme

MAGICAL MUSHROOM & BARLEY

Medley of mushrooms, barley, sherry, black truffle oil, tarragon, olive oil, Earth Balance heart healthy butter, Bragg's Liquid Aminos, chives & spices (contains Gluten)

MEGA VEGA CHILI

Tomatoes, white beans, chili beans, zucchini, onions, garlic, Bragg's Liquid Aminos, gluten free pasta & spices

MOM'S MEDITERRANEAN MANTA...GINO'S MOM'S RECIPE LIVES ON!

Onions, garlic, parsley, pasta & Boca Crumbles (contains Gluten)

ORGANIC TOTALLY TOMATO

Tomatoes, vegetable broth, almond milk, Earth Balance butter, Bragg's Liquid Aminos, basil & spices

PUMPKIN, SAGE & HEMPSEED

Pumpkin, hempseeds, vegi broth, almond milk, sage, Bragg's Liquid Aminos, Earth Balance butter & spices

RAE'S RED LENTIL

Red lentils, onions, diced tomatoes, vegi broth, Bragg's Liquid Aminos, cumin, tumeric, coriander

ROASTED EGGPLANT & GARLIC

Roasted eggplant & garlic, vegi broth, almond milk, Earth Balance butter, Bragg's Liquid Aminos & spices

SENSATIONAL SPLIT PEA

Split peas, carrots, onions, celery.

CURRIED CAULIFLOWER BISQUE

Cauliflower, Vegi Broth, Almond Milk, Bragg's Liquid Aminos, Earth Balance Butter, Onion, Garlic, Parsley, Curry, Nutmeg

SMOKIN' POTATO LEEK

Burbank Russet potatoes, leeks, vegetable broth, & spices

VEGISTRONI

Eggplant, yellow squash, zucchini, onions, garlic, brown rice, red beans, chick peas, spinach, gluten free pasta, Bragg's Liquid Aminos & vegetable broth



OUR HOMEMADE VEGI BROTH CONTAINS:
CARROTS, ONIONS, CELERY

WE USE LOCALLY GROWN AND ORGANIC INGREDIENTS
WHENEVER POSSIBLE