

SOUPS - 2025	Allergens	Dietary Info (V=vegetarian, VG = vegan, GF = gluten free)	Ingredients
10 Vegetable Minestrone	MILK, WHEAT	V	Water, Tomatoes, White Beans, Carrots, Onions, Zucchini, Yellow Squash, Tomato Paste, Orchiote Pasta (Durum Wheat Semolina, Niacin, Ferrous Lactate, Thiamine Mononitrate, Riboflavin, Folic Acid), Extra Virgin Olive Oil, Parmigiano Reggiano Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Cellulose Powder, Potassium Sorbate to Protect Flavor), Spinach, Basil, Kale, Garlic, Balsamic Vinegar, Onion Powder, Garlic Powder, Kosher Salt, Parsley, White Sugar, White Pepper.
15 Bean & Smoked Turkey Soup		GF	Kidney Bean, Red Beans, Pinto Beans, Black Beans, Great Northern Beans, Northern, Pinto, Large Lima, Yellow-Eye Bean, Garbanzo, Baby Lima, Green Split Pea, Cranberry Bean, Small White, Pink Bean, Small Red, Yellow Split Pea, Lentil, Navy, White Kidney, Carrots, Celery, Parsnips, Fennel, Celery Root, Onions, Parsley, Chives Olive Oil, Garlic, Shallots, Smoked Turkey, Thyme, Rosemary Smoked Paprika, Cumin, Kosher Salt, Smoked Salt, Black Pepper, Pink Pepper.
Baked Potato w/Bacon	MILK, WHEAT		Chicken Broth, Potatoes, Light Cream, Onions, Neufchatel Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Carob Bean Gum), Contains 2% or less of: Butter (Cream, Salt), Celery, Corn Starch, Wheat Flour, Fruitwood Smoked Uncured Bacon With No Nitrites or Nitrates Added Except For Naturally Occurring Nitrates in Sea Salt and Celery Powder (Natural Pork, Water, Sea Salt, Turbinado Sugar, Maple Syrup, Natural Flavorings, Lactic Acid Starter Culture), Tomato Paste, Chives, Salt, Garlic (Garlic, Water), Hot Pepper Sauce (Distilled Vinegar, Red Pepper, Salt), Nisin Preparation and Spice.
Carrot Ginger		GF, VG	Carrots, Coconut Milk, Onions, Garlic, Celery, Ginger, Olive Oil, Turmeric, Cumin, Coriander, Curry Powder, Red Pepper, Salt, Black Pepper, White Pepper.
Cheli's Chili		GF	Beef, Water, Diced Tomatoes (Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride), Dark Red Kidney Beans (Kidney Beans, Water, Sugar, Calcium Chloride, Disodium Edta [To Preserve Color]), Tomato Paste, Onions, Green Peppers, Celery, Salt, Flavorings, Coloring, Chili Powder (Chili Pepper, Salt, Spices, Garlic), Brown Sugar, Garlic Powder.
Chicken Lemon Rice	MILK, SOY, WHEAT		Rice, Chicken, Seasoning, Water, Salt, Less than 2% of Cream of Chicken (Chicken Broth [Water, Chicken Stock], Modified Corn Starch, Chicken Fat, Seasoned Chicken, Vegetable Oil [Corn, Canola and/or Soybean], Wheat Flour, Salt, Cream, Yeast Extract, Modified Milk Ingredients, Soy Protein Concentrate, Onion Powder, Vinegar, Beta Carotene, Flavour [Contains Celery]).
Chipotle Turkey Chili	SOY	GF	Turkey, Sweet Onions, Crushed Tomatoes (Vine Ripened Tomatoes, Salt, Citric Acid), Red Beans (Prepared Red Beans, Water, Salt, Calcium Disodium), Chipotle Peppers (Chipotle Pepper, Tomato, Water, Onion, Soybean Oil, Sugar, Iodized Salt, Vinegar, Garlic, Paprika, Spices), Corn Kernels, Garlic, Red Bell Pepper, Southwest Spices (Chili Powder, Cumin Powder, Garlic Powder), Black Pepper, Salt
Dahl Soup		GF, VG	Water, Channa Dahl (Yellow Split Peas), Curry spices, Sherry, Sugar.
Housemade Chicken Noodle	EGG, MILK, SOY, WHEAT		Water, Cooked Enriched Egg Noodles (Water, Semolina [Wheat], Eggs, Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Cooked White Meat Chicken (Chicken, Water, Potassium Lactate, Sodium Triphosphate, Salt), Onions, Carrots, Celery, Chicken Base (Chicken Meat, Chicken Juices, Salt, Hydrolyzed Soy Protein, Natural Flavorings, Sugar, Potato Flour, Turmeric [Color], Carrot Powder), Butter (Pasteurized Cream, Salt), Modified Cornstarch, Sugar, Granulated Garlic, Wpices, Xanthan Gum, Lemon Juice Concentrate)
Italian Wedding	EGG, MILK, WHEAT		Chicken Stock (Water, Roasted Chicken Meat, Salt, Chicken Fat, Dextrose, Sugar, Natural Flavoring, Chicken Broth), Meatballs (Beef, Water, Egg Whites, Bread Crumbs [Wheat Flour], Romano Cheese [Pasteurized Cow'S And Sheep'S Milk, Rennet, Salt, Cheese Cultures, Enzymes], Dehydrated Onion, Dried Cane Sugar, Salt, Natural Flavors), Spinach, Onions, Celery, Enriched Pasta (Semolina [Wheat], Egg Whites, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Parmesan Cheese (Pasteurized Cow'S Milk, Cheese Culture, Salt, Enzymes), Corn Starch, Sea Salt, Canola Oil, Onion, Powder, Spices, Maltodextrin, Dextrose, Guar Gum, Xanthan Gum, Extra Virgin Olive Oil, Carrot Powder (Carrot, Rice Hull), Yeast Extract.
Lasagna Soup	EGG, MILK, WHEAT		Water, Tomatoes (Tomatoes, Salt, Citric Acid), Cooked Ground Beef, Milk (Milk, Vitamn D3 Added), Enriched Macaroni Product (Semolina ,Wheat, Egg Whites, Niacin, Ferrous Sulfate, Thiaminmononitrate, Riboflavin, Folic Acid), Onions, Whipping Cream, Contains Less Than 2% Of Chicken Base (Roasted Chicken, Salt, Yeast Extract, Natural Flavor, Turmeric), Asiago Cheese (Pasteurized Cow'S Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [To Prevent Caking], Natamycin [Preservative]), Tomato Paste (Tomatoes, Citric Acid), Modified Corn Starch, Garlic, Grated Parmesan And Romano Cheese Blend (Pasteurized Part-Skim Cow'S Milk, Cheese Cultures, Salt, Enzymes), Spices, Salt, Granulated Garlic
Loyster Bisque	MILK, SHELLFISH (LOBSTER, SHRIMP), SOY, WHEAT		Milk (Milk, Vitamin D3 Added), Water, Whipping Cream, Lobster Meat, Butter (Cream, Salt), Sherry Wine (Sherry Wine, Salt, Potassium Sorbate [Preservative]), Potassium Metabisulfite [Added To Protect Color], Enriched Flour (Bleached Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains Less Than 2% Tomato Paste, Lobster Base (Lobster, Salt, Lobster Concentrate [Water, Lobster, Salt], Tomato Paste, Natural Starch, Chicken Base (Chicken Meat, Including Natural Chicken Juices, Salt, Hydrolyzed Soy Protein, Natural Flavorings, Sugar, Potato Flour, Turmeric [Color], Carrot Powder), Sugar, Salt, Turmeric (Color), Annatto (Color), Color (Water, Propylene Glycol, Red 40, Red 3, Propylparaben [Preservative])).
Moroccan Lentil		GF, VG	Red Lentil, Carrot, Onion, Celery, Sweet Potatoes, Potatoes, Garlic, Seasoning, Water, Salt.
New England Clam Chowder	MILK, SHELLFISH (CLAM), WHEAT		Half & Half (Milk, Cream), Clams (Clam Juice, Clams, Salt, Sodium Triphosphate, Autolyzed Yeast Extract, Clam Flavor, Dextrose, Calcium Disodium Edta, Disodium Inosinate, Guanylate), Clam Stock (Water, Cooked Clams In Natural Juices, Salt, Natural Flavoring, Butter (Pasteurized Cream, Salt), Dehydrated Potatoes, Dextrose, Onion Powder, Maltodextrin, Disodium Inosinate, Disodium Guanylate), Potatoes, Onions, Wheat Starch, Canola Oil, Modified Food Starch, Clam Broth (Dehydrated Clam Broth, Maltodextrin), Sea Salt, Granulated Garlic, Black Pepper.

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Shrimp & Corn Chowder	FISH (COD), MILK, SHELLFISH (SHRIMP), WHEAT		Shrimp Stock (Water, Cooked Shrimp, Salt, Natural Flavoring, Butter (Pasteurized Cream, Salt), Autolyzed Yeast Extract, Maltodextrin, Dextrose, Dehydrated Potatoes, Codfish Powder, Onion Powder, Sugar, Garlic Powder), Creamed Corn (Water, Corn, Cane Sugar, Cornstarch, Sea Salt), Shrimp, Cream, Corn, Potatoes, Red Bell Peppers, Butter (Cream, Salt), Onions, Carrots, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cornstarch, Scallions, Sea Salt, Onion Powder, Maltodextrin, Dextrose, Spices, Carrot Powder, (Carrot, Rice Hull), Yeast Extract, Blackened Red Fish Seasoning (Salt, Spices, Paprika, Garlic, Onion), Xanthan Gum, Granulated Garlic.
Spiced Pumpkin Bisque Stewed Cabbage	MILK, SOY		Pumpkin Purée, Flour, Cream (Milk), Pumpkin Spice (Clove, Nutmeg, Ginger, Cinnamon), Vegetable Purée (Carrots, Onions, Celery), Salt, Maltodextrin (From Corn), Onion Powder, Soybean Oil, Carrot Powder, Soy Flour, Natural Flavoring, Xanthan Gum, Ascorbic Acid, Cayenne, Spices
Stuffed Pepper w/Beef	SOY, WHEAT	GF, VG	Cabbage, Carrots, Celery, Green Beans, Garlic, Onions, Tomatoes, Water, Spices. Water, Green Bell Peppers, Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid, Cooked Ground Beef, Tomato Paste, Long Grain Rice (Long Grain Rice Enriched With Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid), Onions, Contains Less Than 2% Of Beef Au Jus Concentrate (Beef Stock, Salt, Natural Flavoring, Yeast Extract, Beef Fat, Caramel Color, Cornstarch, Sodium Phosphate, Onion Powder, Soy Sauce [Water, Soybeans, Wheat, Salt], Lactic Acid, Modified Potato Starch, Disodium Inosinate & Disodium Guanylate, Potato Starch, Beet Powder, Garlic Powder, Corn Syrup, Solids), Salt, Granulated Garlic, Granulated Onion, Spices, Sugar.
Vegan Chili	SOY	GF, VG	Tomatoes, Cooked Pinto Beans, Soy Protein Crumbles (Water, Soy Protein Concentrate, Canola Oil, Yeast Extract, Caramel Color, Salt, Distilled White Vinegar, Xanthan Gum, Onion, Garlic, Green Cabbage, Mushroom, Black Pepper, Ginger), Green Bell Peppers, Red Bell Peppers, Vegetable Stock (Water, Carrots, Onions, Celery, Salt, Sugar, Corn Oil, Potato Flour, Carrot Powder), Onions, Contains 2% or less of: Tomato Paste, Garlic, Water, Modified Corn Starch, Lime Juice, Cilantro, Jalapeno Peppers, Vegetable Base (Vegetables (Carrots, Tomatoes, Onions, Potatoes, Garlic), Sea Salt, Dextrose, Cane Sugar, Canola Oil, Spices, Turmeric), Distilled Vinegar, Garlic Powder, Salt, Nisin Preparation and Spices.