

**HALE  
and  
HEARTY  
SOUPS**



**AVAILABLE FOR DELIVERY**

**Week of January 30th, 2012**

## Hearty Soup Favorites

**CLASSIC BEEF STEW SOUP (GF)** \$38.50 \*USE BY 2/22\*

**PRICE BREAKDOWN:** \$0.19 per oz, \$2.22 per 12 oz serving

*Our version of a classic, hearty, American stew loaded with pieces of hearty vegetables and beef*

Chicken stock, beef cubes, potatoes, carrots, onions, celery, peas, tomato paste, butter, garlic blend, salt, black pepper, thyme.

Contains: Milk

**CHUNKY POTATO LEEK (GF)** \$27.50 \*USE BY 2/24\*

*Thick and creamy soup made with loads of diced potatoes and fresh leeks*

Potatoes, chicken stock, leeks, heavy cream, onions, butter, salt, parsley, white pepper.

Contains: Milk

**CHICKEN CORN BISQUE (GF)** \$40.50 \*USE BY 2/19\*

**PRICE BREAKDOWN:** \$0.19 per oz, \$2.34 per 12 oz serving

*Using tons of fresh corn right off the cob, this creamy bisque is velvety and loaded with white meat chicken*

Chicken stock, corn, chicken tenders, onions, heavy cream, corn flour, sugar, butter, salt, parsley, chives, paprika, white pepper, cayenne pepper. Contains: Milk

**SPINACH BISQUE (GF)** \$30.50 \*USE BY 2/24\*

*Creamy puree of spinach spiced with nutmeg*

Chicken stock, potatoes, spinach, heavy cream, onions, leeks, butter, salt, garlic blend, nutmeg, white pepper.

Contains: Milk

**THANK YOU FOR CHOOSING HALE AND HEARTY SOUPS!**

PLEASE CALL HEINEMAN AT (877) 238-6486 FOR ORDERS

**BEFORE NOON THURSDAY TO ENSURE NEXT WEEK'S DELIVERY**

**ALWAYS FRESH, NEVER FROZEN**

# WEEKLY SPECIALS MENU

## Seafood of the Week

**CHICKEN & SAUSAGE SEAFOOD PAELLA (D, GF)** \$45.50 \*USE BY 2/17\*

**PRICE BREAKDOWN:** \$0.22 per oz, \$2.63 per 12 oz serving

*Creative soup version of the traditional Spanish rice dish; loaded with white meat chicken, seafood, chorizo sausage and traditional Spanish seasonings*

Chicken stock, onions, chicken tenders, kielbasa, diced tomato, shrimp, mussels, mixed peppers, white rice, green peas, white wine, water, corn starch, salt, garlic, parsley, blended oil, paprika, saffron, cayenne pepper.

Contains: Crustacean Shellfish, Pork

## Vegetarian Options

**GINGER BUTTERNUT SQUASH (V, D, GF, RH)** \$38.50 \*USE BY 2/22\*

**PRICE BREAKDOWN:** \$0.19 per oz, \$2.22 per 12 oz serving

*Blends the smoothness of butternut squash with the gentle heat of fresh ginger and sweet coconut milk, just right for the long winter chill*

Butternut squash, water, coconut milk, onions, orange concentrate, ginger, dark brown sugar, curry powder, salt, blended oil, white pepper.

**MEDITERRANEAN VEGETABLE WITH PESTO (V, L)** \$30.50 \*USE BY 2/23\*

*Light and flavorful soup bursting with basil, sun ripened vegetables and that delicious pesto flavor*

Water, great northern beans, crushed tomatoes, onions, carrots, celery, plum tomatoes, zucchini, yellow squash, eggplant, fennel, green beans, basil, garlic, pine nuts, salt, parmesan cheese, blended oil, fennel seed, black pepper.

Contains: Milk, Pine Nuts, Wheat

**RED LENTIL WITH LEMON & CUMIN (V, L, D, GF, RH)** \$23.00 \*USE BY 2/18\*

*Vegetarian soup flavored with cumin, lemon and ancho chili giving it an exotic flavor, give it a taste and let it take you to another time and place*

Water, onions, carrots, red chief lentils, tomato paste, cilantro, cumin, garlic, kosher salt, ancho chili powder, olive oil, lemon juice, black pepper.

**TOMATO CURRY (V, D, GF, RH)** \$23.00 \*USE BY 2/19\*

*We have combined red ripe tomatoes, the freshest vegetables, some black beluga lentils and our own curry blend to create a fragrant vegetarian soup loaded with flavor and a hint of honey.*

Water, crushed tomatoes, onions, honey, celery, carrots, parsley, garlic, curry powder, raisins, orange concentrate, black beluga lentils, Idaho potatoes, kosher salt, garlic, olive oil, black pepper, crushed red pepper.

**TOMATO WILD RICE (V, GF)** \$27.50 \*USE BY 2/23\*

*Sweet blend of tomato studded with fresh vegetables, a touch of cream and wild rice*

Water, tomato puree, heavy cream, onions, carrots, parsnips, wild rice, leeks, celery, paprika, sugar, butter, garlic blend, salt, chives, basil, parsley, ground white pepper, cayenne pepper.

Contains: Milk

**VEGETABLE JAMBALAYA (V, L, D, GF)** \$23.00 \*USE BY 2/22\*

*Vegetarian version of our Jambalaya, this one is loaded with rice, fresh vegetables and classic Cajun seasonings*

Water, mixed peppers, celery, onions, diced tomatoes, white rice, scallions, crushed tomatoes, garlic blend, corn starch, salt, paprika, blended oil, oregano, basil, Tabasco sauce, gumbo file, black pepper.

**WINTER VEGETABLE WITH DUMPLINGS (V, L, D)** \$28.50 \*USE BY 2/15\*

*This soup is made combining sweet winter root vegetables, a touch of tomato and hearty potato dumplings simmered together for a cold blustery winter's day.*

Water, onions, crushed tomatoes, potato dumplings, sweet potatoes, butternut squash, celery root, carrots, celery, parsnips, white turnips, golden beets, leeks, garlic blend, salt, parsley, blended oil, black pepper.

Contains: Wheat

## P o u l t r y

### **CHICKEN & SWEET ITALIAN SAUSAGE (GF)** \$30.50 \*USE BY 2/22\*

*Come to northern Italy with us. Our soup version of Chicken Scarpariello is loaded with white meat chicken, sweet Italian sausage and traditional Italian flavors*

Chicken stock, diced tomatoes, onions, chicken tenders, potatoes, crushed tomatoes, sweet Italian sausage, celery, mushrooms, bacon, white wine, garlic blend, corn starch, butter, salt, parsley, rosemary, black pepper.

Contains: Milk, Pork

### **CREAMY CHICKEN & BROCCOLI (GF)** \$30.50 \*USE BY 2/22\*

*Creamy chicken soup enriched with garden fresh broccoli, sweet vegetables and herbs*

Chicken stock, onions, broccoli, chicken tenders, heavy cream, celery, leeks, parsnips, scallions, turnips, corn starch, garlic blend, butter, parsley, salt, white pepper.

Contains: Milk

### **CHICKEN POT PIE (GF)** \$30.50 \*USE BY 2/22\*

*Very satisfying soup version of this classic American dish; loaded with fresh vegetables, herbs, and white meat chicken*

Chicken stock, carrots, celery, potatoes, onions, chicken tenders, heavy cream, green peas, butter, corn starch, garlic, salt, parsley, thyme, white pepper.

Contains: Milk

### **MEXICAN CHICKEN POZOLE (L, D, GF, RH)** \$28.50 \*USE BY 2/23\*

*Traditional and authentic Mexican holiday soup made with hominy, white meat chicken and lots of wonderful seasonings*

Chicken stock, hominy, chicken tenders, onions, celery, scallions, cilantro, lemon juice, salt, jalapeño peppers, garlic blend, blended oil, black pepper.

### **SMOKED TURKEY CORN CHOWDER (GF)** \$38.50 \*USE BY 2/23\*

**PRICE BREAKDOWN:** \$0.19 per oz, \$2.22 per 12 oz serving

*A creamy flavorful farmhouse chowder loaded with fresh corn right off the cob, smoked turkey and sweet potatoes*

Chicken stock, corn, onions, sweet potatoes, smoked turkey, heavy cream, red peppers, celery, butter, garlic blend, salt, chives, parsley, polenta, sugar, chipotle peppers, liquid smoke, white pepper. Contains: Milk

## O t h e r   W e e k l y   F a v o r i t e s

### **CREAM OF BROCCOLI (GF)** \$30.50 \*USE BY 2/28\*

*Rich and creamy mixture of fresh pureed broccoli*

Broccoli, chicken stock, heavy cream, potatoes, onions, butter, salt, garlic, white pepper.

Contains: Milk

### **PORTUGUESE KALE SOUP (D, GF)** \$28.50 \*USE BY 2/15\*

*This soup combines 2 kinds of tender luscious beans with potatoes and of course gently simmered kale, Bolstered with pork sausage and a touch of crushed red pepper we know why it's a New England favorite*

Chicken stock, onions, pork sausage, turnips, cannellini beans, crushed tomatoes, diced tomatoes, red kidney beans, Idaho potatoes, kale, thyme, parsley, garlic, kosher salt, olive oil, crushed red pepper, black pepper.

### **TOMATO BISQUE (GF)** \$23.00 \*USE BY 2/23\*

*A delightful blend of tomatoes, fresh basil and heavy cream studded with fresh plum tomatoes added at the end just for good measure*

Chicken stock, tomato puree, onions, heavy cream, plum tomatoes, carrots, water, sugar, butter, basil, corn starch, salt, Spanish paprika, white pepper.

Contains: Milk

# HALE & HEARTY EVERYDAY SOUPS MENU

Please note you will receive an average of 2 1/2 - 3 week shelf life for the below soups

## **V e g a n**

- ❖ Classic Black Bean (V, L, D, GF) \$23.00
- ❖ Ginger, Carrot, Artichoke (V, L, D, GF) \$23.00
- ❖ Italian Lentil with Pastini (V, L, D) \$23.00
- ❖ Pasta E Fagioli (V, L, D) \$23.00
- ❖ Ten Vegetable (V, L, D, GF) \$23.00
- ❖ Tomato Basil with rice (V, L, D, GF) \$23.00
- ❖ Tuscan White Bean with Spinach (V, L, D, GF) \$23.00
- ❖ Vegetarian Split Pea (V, L, D, GF, RH) \$23.00
- ❖ Wild Mushroom Barley with peas & fresh dill (V, L, D) \$23.00

## **P o u l t r y**

- ❖ Classic Chicken Noodle *without* dill (L, D) \$30.50
- ❖ Chicken Noodle *with* dill (L, D) \$30.50
- ❖ Chicken & Sausage Jambalaya (D, GF) \$32.50
- ❖ Cream of Tomato with Chicken & Orzo \$30.50
- ❖ Senegalese Chicken with Peanuts (D, GF, RH) \$32.50

## **B e e f**

- ❖ Beef Barley \$34.50
- ❖ Traditional Italian Wedding Soup \$28.50

## **S e a f o o d**

- ❖ Manhattan Clam Chowder (contains Pancetta) (GF) \$34.50
- ❖ Traditional New England Clam Chowder (contains bacon) (GF) \$36.50

## **C h i l i**

- ❖ Texas Beef Chili (D) \$40.50
- ❖ Home-style Turkey Chili (D, GF) \$35.50
- ❖ Three Lentil Chili (V, L, D, GF) \$23.00

## **O t h e r D a i l y F a v o r i t e s**

- ❖ Classic Minestrone (contains Pancetta) (D) \$23.00
- ❖ Green & Yellow Split Pea w/Double Smoked Bacon (D, GF, RH) \$27.50
- ❖ Mulligatawny (GF) \$30.50
- ❖ Sweet Corn Chowder (contains Bacon) (GF) \$31.50
- ❖ Tomato Cheddar (GF) \$34.50

**V** = Vegetarian   **L** = Low Fat   **D** = Dairy Free   **GF** = Gluten Free   **RH** = Reheatable