

SOUP SCHEDULE

There are 3 soups made fresh daily and one specialty soup of the day.



MONDAY

MINISTRONE (VEGETARIAN)
CHICKEN NOODLE (MEAT)
NON-FAT YAM (VEGAN)

TUESDAY

ROASTED EGGPLANT (VEGAN)
BRAZILIAN BLACK BEANS (VEGETARIAN)
LENTILS AND SAUSAGES (MEAT)

WEDNESDAY

WEST AFRICAN (VEGETARIAN)
TOMATO AND LENTIL (VEGAN)
THAI RED CURRI CHICKEN (MEAT)

THURSDAY

SPLIT PEA (VEGAN)
TORTILLA CHICKEN (MEAT)
CLAM CHOWDER (SHELLFISH)



FRIDAY

MOCK CHICKEN CHILI (VEGAN)
BUTTERNUT SQUASH (VEGAN)
GUMBO (MEAT)

SATURDAY

LEMON-PEPPER CHICKEN (MEAT)
CHUNKY MOCK CHICKEN AND RICE (VEGAN)
THAI RED CURRI SHRIMP (FISH)

SUNDAY

CURRIED VEGETABLE SOUP (VEGAN)



harvest urban market