



118 High Street, Belfast ME
(207) 930-0304
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DAILY HOMEMADE SOUPS

Add a slice of artisan bread from Universal Bread Bakers in Waterville, ME for \$1.00

SUNDAY MARCH 19TH:

Sweet Potato and Cumin Soup with Feta Yogurt (Vegan/GF)

\$8.50 16 oz \$4.75 8 oz

Onions, garlic, cumin, and chili flakes are sautéed together with sweet potatoes until softened and very fragrant. Homemade vegetable broth is added and the soup simmers until the sweet potatoes are meltingly tender. It is then pureed and seasoned. It is served with a dollop of feta yogurt and cilantro.

Mediterranean Lentil Soup (GF)

\$9.00 16 oz \$5.00 8 oz

Onions, celery, carrots and garlic are sautéed in olive oil. French green lentils and homemade chicken broth are added. When the lentils are tender, bay leaves, oregano, basil, pepper flakes, tomatoes, and diced potatoes are added, along with a rind of parmigiano. A squeeze of fresh lemon juice is added, along with fresh chopped spinach, a grating of parmesan.

Chicken and Rice Soup (GF)

\$11.00 16 oz \$6.00 8 oz

“This soup may not be beautiful, but it sure is good.” Onions, celery, carrots, parsley, a whole organic chicken, and a cup of brown rice are thrown into a pot with water, and simmer until the chicken is tender. The chicken is removed; the meat is shredded and returned to the pot. Comforting, and delicious!

Yellow Split Pea Soup (GF)

\$10.00 16 oz \$6.00 8 oz

Split peas are combined with water, onions, and a meaty ham bone. The peas simmer until tender. Meanwhile, diced leeks and onions are sautéed in butter until softened, then added to the peas, along with freshly chopped chives and savory. The soup continues to simmer until the peas are falling apart.