



118 High Street, Belfast ME
(207) 930-0304
Order online at dailysoupbelfast.com

DAILY HOMEMADE SOUPS

Add a slice of Borealis Bread for \$1.00

MONDAY SOUPS:

Tomato Rasam (Vegan/GF)

\$10.00 16 oz **\$5.50** 8 oz

This is a hearty version of the classic Indian tomato soup, with red lentils added. Onions, garlic, and cilantro stems are cooked in oil. A freshly toasted and ground spice mix of coriander, cumin, black pepper, chile, fennel, and fenugreek is stirred in. Pureed tomatoes, red lentils, turmeric and lemon juice are added. The soup is finished with fried curry leaves and mustard seeds, and is garnished with cilantro.

Vegetable and Lentil Soup (Vegan/GF)

\$9.50 16 oz **\$5.25** 8 oz

Onions and garlic are sautéed in olive oil, and diced butternut squash, carrots, celery, and potatoes are added. When the vegetables have softened, green lentils, yellow split peas, herbs de Provence, and homemade vegetable broth are added. When tender, several cups of the soup are pureed with olive oil in the blender and returned to the pot. Chopped kale, fresh parsley, and a splash of sherry vinegar are stirred in.

Chicken and Rice Soup (GF)

\$12.00 16 oz **\$6.50** 8 oz

“This soup may not be beautiful, but it sure is good.” Onions, celery, carrots, parsley, a whole 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!