



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

Add a slice of Borealis Bread for \$1.00

THURSDAY AND FRIDAY SOUPS:

Vietnamese Sweet Potato-Coconut Soup (Vegan/GF)

\$11.00 16 oz \$6.00 8 oz

Onion and garlic are sautéed in vegetable oil. Fresh Fresno chilies, then homemade vegetable broth, lime leaves, and cubes of sweet potatoes are simmered together. Savoy cabbage, along with coconut milk, tamari, and cooked black-eyed peas finish the soup. A squeeze of lime is the garnish. This is mildly spicy; Add fresh slices of chilies for more heat.

Italian Harvest Vegetable Soup (Vegan/GF)

\$9.00 16 oz \$5.00 8 oz

Chopped celery, carrots, and onions are sautéed in oil until the edges start to turn golden brown. Garlic and red and yellow pepper slices are stirred in and cook until fragrant. Water, San Marzano tomatoes, corn, lima beans, fennel, oregano, thyme, and rosemary are added, and simmer for a long while. Diced zucchini and fresh spinach are added.

Moroccan Lamb Soup

\$12.00 16 oz \$6.50 8 oz

Called "Harira" – this classic dish has a complex blend of spices. Local lamb is browned in olive oil. Onion and garlic are sautéed, then dried ginger, black pepper, turmeric, toasted ground cumin, cayenne, and saffron are added along with tomato purée, cilantro, and celery. Lentils and chickpeas are added, and simmer until tender. The Harira is garnished with vermicelli, dried mint, and a squeeze of lemon.