



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

SATURDAY SOUPS

South Indian Coconut Dal (Vegan/GF)

\$10.00 16 oz \$6.00 8 oz

Yellow split peas are simmered with turmeric. Onion, ginger, and jalapenos are sautéed in vegetable oil. Toasted ground cumin and tomato purée are added to the peas, along with coconut milk and lime juice. A fragrant, toasted mix called “Tarka” (fried curry leaves, mustard and cumin seeds) is stirred in last. The Dal is garnished with toasted coconut and cilantro, and served with basmati rice.

Vegetarian Chili (Vegetarian/GF)

\$9.50 16 oz \$5.50 8 oz

Red kidney beans are cooked with bay leaves and tomatoes, and TVP is added to thicken it. Diced onions, garlic, jalapenos, and bell peppers are sautéed separately with cumin seeds, basil, oregano, ground coriander, chili powder, and cayenne.

The vegetables are stirred into the kidney beans. It is served over rice with cheddar cheese, cilantro, and sour cream, if desired.

Request no cheese if you’d like it vegan!

Sesame-Ginger Chicken Noodle Soup

\$11.00 16 oz \$6.00 8 oz

Chicken legs are browned in sesame oil along with slices of fresh ginger. Rice wine is added, and cooks until reduced. Water is poured over, and the chicken simmers until done. The chicken is removed, the broth is strained, and the chicken meat is shredded and returned to the broth. It is ladled over ramen noodles, and garnished with scallions, ginger, and a drizzle of sesame oil.