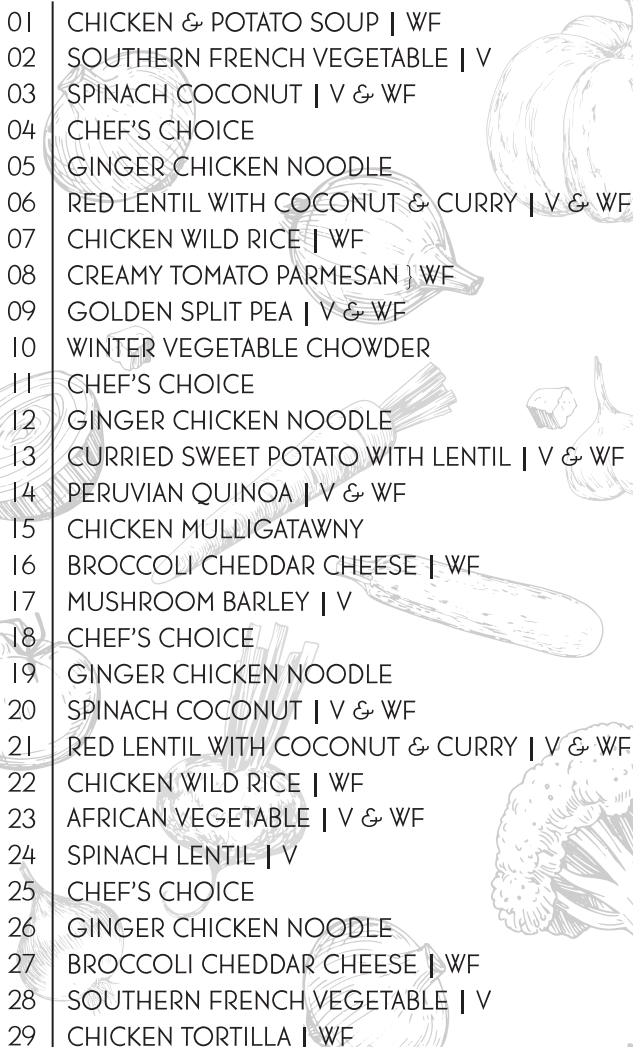


FEBRUARY SOUP MENU

ALL OF OUR CO-OP MADE SOUPS ARE MADE
FROM SCRATCH USING OUR FROM-SCRATCH STOCK,
FRESH ORGANIC OR ALL-NATURAL INGREDIENTS.

YOU'LL TASTE THE DIFFERENCE!

- 
- 01 CHICKEN & POTATO SOUP | WF
 - 02 SOUTHERN FRENCH VEGETABLE | V
 - 03 SPINACH COCONUT | V & WF
 - 04 CHEF'S CHOICE
 - 05 GINGER CHICKEN NOODLE
 - 06 RED LENTIL WITH COCONUT & CURRY | V & WF
 - 07 CHICKEN WILD RICE | WF
 - 08 CREAMY TOMATO PARMESAN | WF
 - 09 GOLDEN SPLIT PEA | V & WF
 - 10 WINTER VEGETABLE CHOWDER
 - 11 CHEF'S CHOICE
 - 12 GINGER CHICKEN NOODLE
 - 13 CURRIED SWEET POTATO WITH LENTIL | V & WF
 - 14 PERUVIAN QUINOA | V & WF
 - 15 CHICKEN MULLIGATAWNY
 - 16 BROCCOLI CHEDDAR CHEESE | WF
 - 17 MUSHROOM BARLEY | V
 - 18 CHEF'S CHOICE
 - 19 GINGER CHICKEN NOODLE
 - 20 SPINACH COCONUT | V & WF
 - 21 RED LENTIL WITH COCONUT & CURRY | V & WF
 - 22 CHICKEN WILD RICE | WF
 - 23 AFRICAN VEGETABLE | V & WF
 - 24 SPINACH LENTIL | V
 - 25 CHEF'S CHOICE
 - 26 GINGER CHICKEN NOODLE
 - 27 BROCCOLI CHEDDAR CHEESE | WF
 - 28 SOUTHERN FRENCH VEGETABLE | V
 - 29 CHICKEN TORTILLA | WF

MAMA'S VEGGIE CHILI SERVED DAILY

OUTPOST
NATURAL FOODS

WF = wheat free | V = vegan

Our soups are made in a facility that also processes milk, eggs, tree nuts, peanuts, corn & wheat. While we adhere to good safety & cleanliness practices that help to ensure ingredients do not cross-contaminate other items, we cannot guarantee it.