MaMa's CAFE

SOUP OF THE WEEK

HEARTY VEGETABLE MEDLEY

Vegan + Gluten Friendly

Green Beans, Carrots, Potatoes, Celery, Yellow Onions, Diced Tomatoes, Corn, Peas, Garlic, Olive Oil, Better Than Bouillon Organic Vegetable Base, Thyme, Fresh Parsley, Oregano, Sea Salt, Black Pepper.

MaMa's CAFE

SOUP OF THE DAY

Monday PERUVIAN CHICKEN (GLUTEN FRIENDLY)

Chicken breast, yellow onion, bell peppers, yukon gold potatoes, peas, carrots, organic white rice, better than bouillon organic chicken base, lime juice, cilantro, olive oil, cumin, paprika, sea salt, pepper.

Tuesday BROCCOLI CHEDDAR

Butter, yellow onion, garlic, all-purpose flour, chicken stock, heavy cream, whole milk, broccoli, carrots, cheddar cheese, sea salt, and black pepper.

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Wednesday CLASSIC BEEF CHILI (GLUTEN FRIENDLY)

Olive oil, yellow onion, bell pepper, garlic, ground beef, crushed tomatoes, tomatoes paste, red kidney beans, black beans, chili powder, chipotle powder, cumin, smoked paprika, oregano, sea salt, and black pepper.

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Thursday POTATO LEEK (VEGAN + GLUTEN FRIENDLY)

Olive oil, leeks, yellow onion, potatoes, garlic, cauliflower, vegetable stock, bay leaf, thyme, sea salt, black pepper, coconut milk, and lemon juice.

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Friday TOMATO BASIL (VEGAN + GLUTEN FRIENDLY)

Tomato puree, carrots, yellow onions, garlic, olive oil, better than bouillon organic vegetable base, balsamic vinegar, thyme, fresh basil, sea salt, black pepper.

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Saturday WEST AFRICAN PEANUT (VEGAN + GLUTEN FRIENDLY)

Olive oil, yellow onion, sweet potato, tomato paste, ginger paste, garlic, crushed tomatoes, organic Better Than Bouillon vegetable stock, peanut butter, white beans, sriracha, sea salt, cilantro.

Sunday COCONUT CURRY (VEGAN + GLUTEN FRIENDLY)

Organic white rice, baby gold potatoes, peas, carrots, celery, yellow onions, garlic, canned coconut milk, better than bouillon no chicken base, cilantro, curry powder, olive oil, sea salt, black pepper, cayenne.