

**Hale and Hearty Soups Nutrition Information** (information contained in the nutritional analysis is accurate and complete, including reasonable steps taken to ensure proper methods of preparation and serving)

Serving Size: 8 Fluid Ounces -Soup Only- No Add-ins	VLD	Gluten Free	Calories	Calories from Fat	Fat Grams	Sat Fat Grams	Trans Fat Gram	Chol MGS	Sodium MGS	Total Carb Gram	Fiber Gram	Sugar Gram	Protein Gram
SMALL SOUP = 8 oz	V= Vegetarian GF = Gluten Free (soup only, no add-ins)												
MEDIUM SOUP = 12 oz	L = Lowfat												
LARGE SOUP = 16 oz	D = Dairy Free												
<b>Soup Specials</b>													
7 Herb Bistro Chicken		GF	150	60	7	4	0	40	820	14	3	5	10
Arroz Con Pollo	D	GF	240	100	11	3	0	25	1010	26	3	5	10
Asparagus Potato Leek	VLD	GF	90	10	1.5	0	0	0	680	17	3.0	4.0	3.0
Autumn Minestrone	VLD		140	15	2	0	0	0	700	27	6	5	6
Backyard BBQ Pork and Beans	D	GF	425	135	14.8	5	0	23	1245	53	8.2	16.7	20.9
Baja Shrimp	LD	GF	150	25	3.0	0	0	60	890	22	5.0	6.0	11.0
Beef Barley			190	60	7.0	3	0	35	700	17	4.0	3.0	15.0
Beef Chorizo Chili	D	GF	310	180	20.0	7	0	54	1001	15	3.7	3.8	17.3
Beef Stroganoff		GF	230	100	11.0	5	0	50	830	13	2.0	5.0	20.0
Beef Vegetable	D		200	50	6.0	2	0	30	720	19	3.0	5.0	17.0
Black Lentil with Double Bacon	D	GF	210	125	14	4.5	0	20	720	13	2	2	7
Black Lentil with Smoked Turkey	LD	GF	130	25	3	0	0	15	910	18	3	5	9
Black Lentil with Tuscan Kale	VLD	GF	110	15	1.5	0	0	0	720	22	3	7	6
Boston Shrimp Chowder		GF	230	100	12	7	0	90	700	21	2	2	10
Bourbon Butternut Bisque	V	GF	220	95	10	6.5	0	35	650	29	3	11	3
Broccoli Cheddar		GF	290	180	20	12	0	65	910	17	3.0	3.0	14.0
Broccoli Cheddar Mashed		GF	300	180	20	12	0	70	860	21	2	1	12
Broken Lasagna			360	205	23	12	.5	90	860	21	4	8	22
Cajun Shrimp Bisque		GF	210	110	12	7	0	110	790	15	4	5	12
Campfire Vegetarian Chili	VLD	GF	210	20	2	0	0	0	940	41	9	15	9
Cauliflower Cheddar		GF	300	180	20	12	0	65	830	18	3.0	3.0	14.0
Cauliflower, Fennel and Tomato	VLD	GF	70	12	1.3	0	0	0	770	12	3.0	5.7	2.8
Charleston Crab			220	130	15.0	9	0	85	1100	14	2.0	2.0	8.0
Cheddar Corn Bisque		GF	410	220	25.0	16	0	80	1050	36	4.0	4.0	15.0
Cheddar Mashed Potatoes & Corn	V	GF	340	160	17.8	10	0	54	855	35	3.2	4.6	11.6
Chicken and Black Bean Chili	LD	GF	140	20	2.5	1	0	20	700	17	6.0	4.0	12.0
Chicken and Corn Bisque		GF	260	110	12.0	7	0	55	660	27	2.0	7.0	12.0
Chicken and Meatball			190	70	8.0	4	0	30	830	19	3.0	4.0	11.0
Chicken and Rice	D	GF	180	60	6.0	1	0	13	820	25	3.0	4.0	8.0
Chicken and Wild Mushroom Alfredo			370	183	20.3	10	0	62	1226	30	1.7	6.0	17.0
Chicken Barley	L		140	25	3.0	2	0	25	700	17	4.0	3.0	11.0
Chicken Chili	D	GF	270	100	11.0	0	0	50	780	24	6.0	7.0	18.0
Chicken Corn Chowder		GF	350	180	20	9	0	60	890	35	4.0	5.0	11.0
Chicken Fagioli	L	GF	210	30	3.0	2	0	25	700	30	7.0	4.0	18.0
Chicken Marsala	L	GF	140	25	2.5	2	0	25	770	17	1.0	5.0	11.0
Chicken Pot Pie		GF	190	80	9	6	0	45	720	18	3	4	9
Chicken Sausage and Seafood Paella	D	GF	240	80	9.0	4	0	60	940	23	2.0	3.0	17.0
Chicken Sausage Jambalaya	D	GF	160	70	8.0	3	0	30	860	14	2.0	4.0	10.0
Chicken Sweet Summer Vegetables	LD	GF	170	50	5.6	1	0	13	920	22	3.5	6.2	9.6
Chicken Tomato Florentine		GF	200	110	12.0	7	0	55	750	16	3.0	9.0	10.0
Chicken Tortilla		GF	170	40	5.0	0	0	20	780	20	2.0	4.0	9.0
Chicken Vegetable	LD	GF	80	10	0.5	0	0	25	680	6	2.0	3.0	12.0
Chicken with Sweet Italian Sausage		GF	200	100	11.0	4	0	25	700	17	3.0	4.0	10.0
Chili Macaroni and Cheese			450	240	26.0	14	0	85	930	32	6.0	8.0	23.0
Chilled Cucumber Yogurt Dill	VL	GF	70	25	3.0	2	0	10	620	10	1.0	7.0	4.0
Chilled Roasted Pepper Vichyssoise		GF	170	95	10.0	5	0	25	760	18	2.0	3.0	4.0
Chilled Shrimp Cocktail	LD	GF	65	4	0.0	0	0	56	676	8	2.1	3.4	8.1

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<b>SMALL SOUP = 8 oz</b>	<b>V= Vegetarian GF = Gluten Free (soup only, no add-ins)</b>												
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<b>LARGE SOUP = 16 oz</b>	<b>D = Dairy Free</b>												
Chilled Spring Pea with Mint	V	GF	190	80	9.0	5	0	30	670	23	6.0	10.0	6.0
Chilled Summer Corn	VLD	GF	180	31	3.4	1	0	0	531	37	3.6	10.9	6.0
Chilled Thai Carrot	V	GF	160	71	7.9	5	0	16	476	20	3.3	10.0	1.8
Chipotle Corn & Tomato	VLD	GF	115	19	2.1	0	0	0	616	22	4.1	6.5	3.9
Chunky Chicken Chowder		GF	230	100	11.0	7	0	55	680	22	2.0	2.0	10.0
Chunky Potato Leek		GF	210	100	11.0	7	0	40	640	25	3	3.0	3.0
Classic Beef Stew		GF	210	70	8.0	4	0	40	740	18	3.0	5.0	16.0
Classic Black Bean	VLD	GF	180	20	2.0	0	0	0	650	32	9.0	4.0	10.0
Classic Chicken Noodle	LD		120	45	4.8	1	0	14	796	13	2.2	3.0	5.7
Classic French Onion			230	45	4.6	2	0	79	737	25	4.5	10.3	21.1
Classic Italian Wedding			160	80	8.6	3	0	15	826	14	1.6	2.2	6.5
Classic Lentil	L	GF	180	20	2	1	0	4	700	30	14	3	12.0
Classic Mac and Cheese	V		410	240	26.0	16	0	85	890	28	2.0	3.0	17.0
Classic Minestrone	D		130	40	4.5	2	0	4	800	18	4.0	4.0	5.0
Coconut Chicken	D	GF	190	70	8	6	0	20	910	22	4	7	11.0
Coconut Ginger Carrot	VD	GF	120	24	2.7	1	0	0	650	23	4.4	11.3	2.0
Coconut Shrimp		GF	280	160	17	12	0	100	870	22	4	10	12
Coconut-Ginger Curry with Lentils	V	GF	225	69	7.7	4	0	16	671	18	4.7	5.5	9.0
Coney Island Lager & Cheddar			330	210	23.2	12	0	66	1082	13	0.6	3.5	16.4
Coney Island Honey Stout Beef Barley	D		230	75	7.9	3	0	34	893	19	4.0	6.0	18.3
Corn Cob Chowder	VLD	GF	195	35	3.4	1	0	0	529	41	5.4	8.9	7.3
Corned Beef and Cabbage		GF	250	109	12.1	5	0	37	1367	24	3.0	5.2	12.7
Crab and Asparagus Bisque		GF	160	80	9.0	6	0	55	730	12	2.0	2.0	8.0
Crab and Corn Chowder		GF	210	90	10	6	0	60	840	25	3	4	8
Crab and Tomato	LD	GF	100	20	2.0	0	0	25	850	13	2.0	7.0	8.0
Crab and Tomato Gazpacho	D	GF	105	56	6.2	1	0	31	712	6	1.6	3.1	6.4
Crab Bisque		GF	180	100	11.0	7	0	65	700	14	3.0	4.0	9.0
Cream of Broccoli		GF	250	170	19.0	11	0	65	680	18	4	3.0	5.0
Cream of Cauliflower with Turmeric	V	GF	235	185	20.1	12	0	70	501	12	3.4	5.0	3.7
Cream of Chicken with Rice		GF	170	80	9.0	6	0	50	670	12	1.0	2.0	10.0
Cream of Tomato		GF	175	100	11.1	7	0	38	782	18	2.8	9.9	2.7
Cream of Tomato Chicken Orzo			240	110	12.0	7	0	60	810	23	3.0	10.0	11.0
Cream of Wild Mushroom		GF	160	115	12.3	8	0	43	645	10	1.3	2.5	3.4
Creamy Chicken and Broccoli		GF	190	100	11.0	6	0	50	750	14	3.0	4.0	9.0
Creamy Chicken and Corn			280	120	13.0	7	0	60	790	33	4.0	5.0	13.0
Creamy Chicken, Sweet Potato & Dumpling			335	93	10.3	4	0	32	1206	47	5.5	8.4	12.7
Creamy Tomato with Pasta and Meatballs			370	230	25.0	14	0	72	990	14	2.0	15.0	14.0
Creole Chicken & Dumplings			270	140	16.0	9	0	70	1010	16	3.0	4.0	17.0
Creole Gumbo	D		260	130	14.0	5	0	80	870	12	2.0	4.0	19.0
Curried Butternut Squash with Chicken		GF	230	80	9	5	0	45	690	31	4	15	8
Curried Cauliflower and Chickpea	VLD	GF	140	25	2.5	0	0	0	940	26	7.0	9.0	5.0
Curried Chicken Chowder		GF	230	90	10.0	6	0	50	690	26	3.0	8.0	11.0
Curried Chicken Tomato		GF	190	80	9.0	6	0	14	825	25	6.0	9.0	7.0
Curried Eggplant and Lentil	VLD	GF	190	20	2.0	0	0	0	685	35	12.0	8.0	9.0
Curried Shrimp and Corn Bisque		GF	320	180	20	14	0	77	690	29	3.0	7.0	11.0
Fall Harvest Vegetable	VLD	GF	100	10	2.0	0	0	0	690	21	3.0	5.0	3.0
Fire Roasted Tomato Chili	VLD	GF	165	21	2.4	0	0	0	679	24	6.1	8.7	7.6
Fontina Wild Mushroom Mac & Cheese	V		250	149	16.5	9	0	54	798	17	1.5	3.2	9.5

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SMALL SOUP = 8 oz MEDIUM SOUP = 12 oz LARGE SOUP = 16 oz	V= Vegetarian GF = Gluten Free (soup only, no add-ins) L = Lowfat D = Dairy Free												
French Lentil w/ Garden Vegetables	VLD	GF	150	15	2.0	1	0	0	670	27	11.0	6.0	9.0
French Onion Cheddar		GF	270	150	17.0	11	0	55	800	19	3.0	7.0	11.0
Gazpacho	VLD	GF	25	0	0.0	0	0	0	952	5	1.2	2.7	1.0
Ginger Butternut Squash	VD	GF	210	90	10.0	8	0	0	620	33	5.0	12.0	3.4
Ginger Carrot Artichoke	VLD	GF	90	15	1.5	0	0	0	710	18	4.0	10.0	2.0
Golden Tomato Gazpacho	VLD	GF	75	12	1.4	0	0	0	615	14	1.5	2.3	2.0
Green and Yellow Split Pea	D	GF	260	70	8.0	3	0	11	800	34	13.0	6.0	15
Green Chickpea Chili	VLD	GF	90	18	2.0	0	0	0	656	14	3.8	3.3	3.6
Grilled Chicken Quesadilla		GF	290	150	16.7	10	0	69	1012	11	1.2	6.1	22.4
Harissa Lamb Stew	D	GF	175	42	4.6	1	0	29	792	21	3.3	6.0	12.2
Hearty Tomato Vegetable	VLD	GF	80	15	1.5	0	0	0	840	16	4.0	8.0	3.0
Heirloom Bean	V	GF	190	19	2.1	1	0	4	469	35	8.8	5.1	8.4
Holiday Pumpkin Bisque	V	GF	210	140	15	10	0	55	530	18	4	10	2
Holiday Turkey & Trimmings		GF	250	95	10.0	6	0	50	670	30	4.0	8.0	12.0
Homestyle Mac & Cheese	V		445	260	28.9	17	0	90	934	28	1.6	3.0	18.0
Homestyle Turkey Chili	D	GF	200	60	7.0	1	0	40	900	22	6.0	7.0	13.0
Hot Chocolate S'mores	V		935	598	66.5	39	0	132	173	76	8.1	26.4	9.6
Hungarian Beef Goulash		GF	200	75	8.0	4	0	45	770	13	2.0	4.0	18.0
Hungarian Chicken with Dumplings			200	70	7.0	3	0	35	980	23	4.0	6.0	12.0
Hungarian Wild Mushroom	L	GF	120	20	2.5	2	0	5	740	20	4.0	5.0	4.0
Indonesian Curried Shrimp	D		155	15	1.3	0	0	39	1094	28	3.3	7.9	8.6
Italian Lentil with Pastini	VLD		100	15	1.5	0	0	0	710	17	5	3	4
Italian Sausage White Bean & Broccoli Rabe	D	GF	150	45	5	2	0	11	770	17	3	3	10
Italian Wedding Soup			170	80	8	3	0	25	830	14	2	4	10
Jamaican Curried Beef	D	GF	200	51	5.7	2	0	33	663	22	4.6	7.0	15.7
Japanese Pumpkin	VD	GF	100	25	2.8	2	0	0	458	19	3.3	5.0	2.4
Kale and Cheddar Mashed Potato	V	GF	420	247	27.5	16	0	78	874	28	3.4	4.1	17.7
Kale and Sweet Potato Chowder	V	GF	190	94	10.5	6	0	32	706	10	1.8	7.9	3.0
Langoustine Corn Chowder		GF	240	95	10.1	6	0	86	799	28	4.0	6.6	11.5
Lemon Chicken with Spinach and Orzo	LD		90	20	2.0	0	0	15	677	10	2.0	2.0	7.0
Lentil with Italian Sausage & Escarole	D	GF	120	35	4	1	0	9	795	12	4	3	9
Loaded Baked Potato		GF	340	200	22	12	0	60	830	20	3	4	14
Lobster Bisque		GF	180	100	11	7	0	45	720	16	3	7	5
Lobster Mac & Cheese			375	211	23.5	13	0	107	970	23	1.7	2.4	17.3
Louisiana Red Beans & Rice	D		430	175	19.0	6	0	37	1164	44	14.2	6.9	22.8
Macaroni and Cheese with Beef			410	250	27.0	15	0	90	890	22	1.0	2.0	19.0
Manhattan Clam Chowder		GF	140	50	5.0	3	0	25	900	17	3.0	4	8
Maryland Crab	LD	GF	100	15	2	0	0	25	750	14	3	3	8
Meatball Parmesan			390	240	26.6	12	0	81	1191	22	2.8	10.0	17.4
Meatball Stroganoff			230	140	16	7	0	33	950	14	2	4	8
Mexican Chicken Pozole	LD	GF	140	20	2.5	0	0	25	760	18	4.0	4.0	12.0
Moroccan Chicken	LD	GF	190	20	2.5	0	0	20	770	30	6.0	12.0	13.0
Moroccan Red Lentil	VLD		190	15	2.0	0	0	0	760	35	14.0	11.0	10.0
Mulligatawny		GF	340	170	19	13	0	35	690	35	13	10.0	11
Mushroom Artichoke	L	GF	80	20	2.5	2	0	5	690	12	2.0	4.0	4.0
New England Clam Chowder		GF	250	140	15.0	9	0	60	760	20	2.0	2	7
New England Style Lobster Bisque		GF	310	231	25.7	16	0	101	508	17	1.8	5.7	3.9
New Orleans Shrimp & Tasso Ham		GF	230	92	10.2	6	0	77	1158	20	2.9	4.7	12.9

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New York Deli Reuben		GF	160	91	10.1	5	0	37	584	10	1.7	4.2	8.0
Old Fashioned Chicken and Dumpling			180	50	6	3	0	35	780	21	3	5	10
Pasta e Fagioli	VLD		170	15	2	0	0	0	720	30	7.0	5	9.0
Pasta with Red Clam Sauce	D		150	65	7.2	2	0	21	1099	12	1.9	4.4	13.0
Pennette a la Vodka	V		245	115	12.4	7	0	41	632	22	1.7	4.5	9.0
Poblano Lime Chicken			150	40	5	2	0	30	710	16	2.0	4.0	11
Pork Chili Verde	D	GF	175	66	7.4	2	0	24	791	15	1.7	5.0	12.2
Portuguese Kale	D	GF	180	90	10	3	0	20	1040	17	3	5	8
Pot Roast			200	70	7	3	0	40	750	17	3	5	16
Potato Italian Sausage		GF	180	50	6.0	3	0	20	790	23	3.0	3.0	9.0
Provençal Vegetable	V	GF	130	14	1.6	0	0	0	631	23	7.2	5.4	6.6
Red Curry Chicken and Lentil	D	GF	235	59	6.6	1	0	12	938	32	5.5	7.6	11.7
Rhode Island Clam Chowder	D	GF	210	60	8.0	2	0	38	790	23	3.0	4.0	16.0
Roasted Butternut Squash	V	GF	210	90	10	6	0	35	630	31	4	12	3
Roasted Red Pepper & Smoked Gouda	V	GF	255	155	16.8	10	0	54	1562	16	2.5	7.4	9.5
Roasted Root Vegetable	VLD	GF	150	4	0.4	0	0	0	1022	32	5.0	13.4	4.0
Roasted Tomato and Wild Mushroom	VLD	GF	80	15	2.0	0	0	0	710	15	3.0	8.0	3.0
Roasted Vegetable & Lentil Chili	VLD	GF	165	20	2.1	0	0	0	65	30	6.1	6.2	8.9
Roasted Vegetable Chowder	VLD	GF	80	0	0.0	0	0	0	770	19	4.0	9.0	2.0
Roman Tomato with Pastini	VLD		130	15	2.0	0	0	0	990	26	3.0	12.0	4.0
Saffron Shrimp and Vegetable	D	GF	155	25	2.5	0	0	88	1034	22	5.0	4.7	13.2
Sausage and Peppers		GF	140	50	5.6	3	0	18	1163	14	3.2	7.6	9.4
Seafood Chowder		GF	260	110	12.0	7	0	85	830	25	3.0	2.0	13.0
Seafood Jambalaya	LD	GF	160	20	2.5	0	0	50	840	20	3.0	4.0	13.0
Seafood Risotto		GF	220	100	11	7	0	85	1170	16	1	3	15
Senegalese Chicken	D	GF	280	130	15.0	3	0	25	970	23	5.0	12.0	18.0
Shellfish Bouillabaisse	D	GF	135	30	3.2	1	0	46	1270	12	2.1	4.4	13.9
Shrimp and Asparagus Bisque		GF	190	90	10.0	6	0	105	730	12	2.0	2.0	13.0
Shrimp and Crab with Black Lentils	LD	GF	120	20	2.0	0	0	45	860	14	3.0	4.0	10.0
Shrimp Bisque		GF	250	140	16.0	9	0	135	780	15	2.0	4.0	14.0
Shrimp Cocktail	LD	GF	65	4	0.0	0	0	56	676	8	2.0	3.0	8.0
Shrimp Creole	L	GF	110	25	3	1.5	0	45	940	14	4	6	9
Shrimp Parmesan			210	120	13.2	8	0	96	847	11	1.3	4.3	12.6
Shrimp Scampi	D	GF	140	27	3.0	1	0	73	1032	15	1.0	2.2	11.5
Shrimp with Jalapeno Cheese Grits		GF	300	165	18.0	10	0	95	1153	14	1.3	5.2	19.0
Sloppy Joe	D		310	140	15.0	6	1	75	1010	18	2.0	10.0	10.0
Smoked Turkey Corn Chowder		GF	190	80	9.0	5	0	35	700	23	3.0	5	6.0
Smoked Turkey w/WM and Sweet Peas			255	128	14.3	8	0	54	1399	18	1.5	5.8	14.4
Smoky Chicken Chili	D	GF	225	35	3.8	1	0	29	630	33	6.9	9.6	17.7
Smoky Pepper, Shrimp and Orzo	LD		140	25	2.8	0	0	44	906	19	4.0	6.3	8.7
Southwest Chicken Cheddar		GF	280	120	13.0	7	0	50	890	22	6.0	7.0	20.0
Southwest Shrimp Corn Chowder		GF	230	100	11.0	6	0	80	690	25	3.0	4.0	10.0
Southwestern Short Rib Chili	D	GF	315	165	18.0	7	0	33	705	25	8.1	6.5	13.5
Southwestern Vegetable	VLD		95	20	2.0	0	0	0	790	17	3.0	6.0	4.0
Spiced Lentil with Spinach	VLD	GF	170	15	2.0	0	0	0	770	31	11.0	9.0	9.0
Spicy Chicken & Squash	D	GF	180	65	7.0	2	0	15	990	19	3.0	7.0	9.0
Spicy Chicken and Chickpea	LD	GF	210	30	3.0	1	0	15	720	33	10.0	10.0	14.0
Spicy Chickpea and Lemon	VLD		120	20	2.0	1	0	0	970	22	4.0	6.0	5.0

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**Hale and Hearty Soups Nutrition Information** (information contained in the nutritional analysis is accurate and complete, including reasonable steps taken to ensure proper methods of preparation and serving)

Serving Size: 8 Fluid Ounces -Soup Only- No Add-ins	VLD	Gluten Free	Calories	Calories from Fat	Fat Grams	Sat Fat Grams	Trans Fat Gram	Chol MGS	Sodium MGS	Total Carb Gram	Fiber Gram	Sugar Gram	Protein Gram
SMALL SOUP = 8 oz	V= Vegetarian GF = Gluten Free (soup only, no add-ins)												
MEDIUM SOUP = 12 oz	L = Lowfat												
LARGE SOUP = 16 oz	D = Dairy Free												
Spicy Cuban Beef Chili	D	GF	300	170	19.0	7	1	45	770	23	6.0	7.0	12.0
Spicy Shrimp and Tomatillo	D	GF	115	22	2.4	0	0	39	932	18	3.1	5.0	7.0
Spicy Three Bean Chicken Chili	D	GF	210	21	2.3	0	0	39	746	28	6.3	4.6	21.1
Spicy Wild Mushroom with Red Miso	VLD	GF	90	17	1.8	0	0	0	98	16	4.2	5.2	5.5
Spinach Artichoke Cheddar		GF	330	230	26.0	16	0	85	950	12	2.0	2.0	14.0
Spinach Mushroom and Leek	L	GF	80	20	2.5	1	0	5	670	13	2.0	3.0	3.0
Split Pea with Smoked Turkey	LD	GF	240	25	3.0	0	0	10	930	38	13.0	7.0	17.0
Spring Asparagus w/Mushrooms & Tarragon	VLD	GF	105	15	1.4	0	0	0	689	20	3.1	4.1	4.3
Spring Pea with Mint	V	GF	190	80	9.0	5	0	30	670	23	6.0	10.0	6.0
Steak and Potato		GF	200	60	7.0	3	0	35	750	17	2.0	3.0	17.0
Stuffed Peppers with Beef	D	GF	220	113	12.0	5	1	40	670	15	2.0	6.0	12.0
Summer Beef Vegetable	D	GF	170	45	5.0	2	0	25	770	15	3.0	4.0	16.0
Summer Clam Bake	D	GF	165	23	2.5	1	0	9	1056	30	4.0	6.0	9.0
Summer Corn Chowder	D	GF	140	24	2.7	1	0	2	725	25	3.5	6.3	5.3
Summer Vegetable	VLD	GF	60	10	1.0	0	0	0	700	13	3.0	4.0	3.0
Sweet Corn and Tomato Chowder		GF	260	120	14.0	8	0	35	780	31	3.0	10.0	6.0
Sweet Corn Chowder		GF	320	150	17.0	9	0	50	870	35	3.0	8.0	9.0
Sweet Crab Chowder		GF	150	60	6.0	4	0	40	830	15	3.0	4.0	8.0
Sweet Potato Bisque	V	GF	225	85	9.4	6	0	32	716	33	4.4	10.9	2.7
Sweet Potato Chicken Chowder		GF	230	120	14.0	8	0	65	700	20	4.0	6.0	8.0
Sweet Potato Chorizo Bisque		GF	365	176	19.5	9	0	55	1107	36	5.3	9.1	11.4
Sweet Tomato, Clam and Sausage	D	GF	170	92	10.2	4	0	24	1334	9	2.0	3.3	13.0
Ten Vegetable	VLD	GF	70	10	1.0	0	0	0	720	14	4.0	5.0	2.0
Texas Beef Chili	D		255	70	7.6	2	0	36	735	30	8.7	11.5	18.4
Thai Chicken	D	GF	190	60	7.0	2	0	15	850	25	4.0	6.0	7.0
Thai Curry Clam and Corn Chowder	D	GF	150	24	2.7	0	0	14	898	18	4.1	8.0	8.8
Three Bean Chili	VLD	GF	130	15	1.5	0	0	0	710	24	5.0	5.0	5.0
Three Lentil Chili	VLD	GF	160	15	1.5	0	0	0	760	29	10	6.0	10.0
Three Pepper Lamb Chili	D	GF	195	45	5.0	1	0	27	677	23	8.5	3.6	15.3
Tomato Basil with Rice	VLD	GF	110	10	1.5	0	0	0	630	23	2.0	9.0	3
Tomato Cheddar		GF	370	250	28.0	17	0	95	1170	19	3.0	10.0	15.0
Tomato Corn and Basil	VLD	GF	120	20	2.0	0	0	0	730	26	4.0	8.0	4.0
Tomato Eggplant	VLD	GF	80	10	1.0	0	0	0	620	18	5.0	10.0	2.0
Tomato Feta		GF	270	180	20.0	12	0	70	1050	19	4.0	12.0	11.0
Tomato Florentine	VLD	GF	90	15	2.0	0	0	0	780	20	3.0	12.0	3.0
Tomato Kale	VLD	GF	80	10	2.0	0	0	0	510	14	3.0	8.0	3.0
Tomato Seafood Bisque		GF	160	95	10.5	6	0	75	955	9	2.0	4.0	8.0
Tortellini Florentine	V		180	100	11.0	6	0	35	615	17	3.0	6.0	4.0
Tortellini with Wild Mushroom	V		250	150	17.0	10	0	55	790	17	3.0	4.0	9.0
Traditional Sancocho	D	GF	240	75	8.3	3	0	40	795	25	3.7	6.8	16.5
Turkey Chili	D	GF	240	60	7.0	2	0	55	780	26	6.0	9.0	18.0
Turkey Dinner		GF	180	50	5.0	2	0	25	1150	23	3.0	9.0	11.0
Turkey Gumbo	D		200	60	7.0	4	0	50	800	13	2.0	4.0	21.0
Turkey Pot Pie		GF	200	90	10.0	5	0	60	910	19	3.0	4.0	9.0
Tuscan Chicken	LD		140	20	2.0	0	0	20	690	19	3.0	3.0	11.0
Tuscan White Bean	VLD	GF	190	15	1.5	0	0	0	650	33	9.0	3.0	12.0
Veal Stew with Mushrooms and Thyme	D	GF	290	195	21.6	9	0	25	861	16	2.7	5.9	7.1
Vegetable Barley	VLD		100	20	2.0	0	0	0	770	20	5.0	6.0	3.0

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Serving Size: 8 Fluid Ounces -Soup Only- No Add-ins	VLD	Gluten Free	Calories	Calories from Fat	Fat Grams	Sat Fat Grams	Trans Fat Gram	Chol MGS	Sodium MGS	Total Carb Gram	Fiber Gram	Sugar Gram	Protein Gram
SMALL SOUP = 8 oz MEDIUM SOUP = 12 oz LARGE SOUP = 16 oz	V= Vegetarian GF = Gluten Free (soup only, no add-ins) L = Lowfat D = Dairy Free												
Vegetable Jambalaya	VLD	GF	110	15	1.5	0	0	0	700	23	3.0	4.0	3.0
Vegetable Kale & Wild Rice	VLD	GF	120	20	2.5	0	0	0	665	21	4	6	6
Vegetable Noodle	LD		65	5	0.6	0	0	7	661	12	1.8	2.3	2.6
Vegetarian Black Lentil	VLD	GF	90	15	1.5	0	0	0	680	15	3.0	3.0	3.0
Vegetarian Split Pea	VLD	GF	190	15	2	0	0	0	670	33	13.0	7.0	11.0
Vegetarian Sweet Corn Chowder	V	GF	270	100	11	7	0	35	740	42	5	10	4
Vietnamese Shrimp & Pork Noodle Soup	D		140	50	5.5	2	0	43	502	14	2.2	3.0	9.2
Wild Mushroom Barley	VLD		90	15	1	0	0	0	650	17	4.0	4.0	3.0
Wild Mushroom Fagioli	VLD	GF	170	15	2	0	0	0	650	30	7.0	4.0	10.0
Wild Mushroom Lentil	LD	GF	150	15	2	0	0	0	740	25	10	4	9
Wild Mushroom Risotto		GF	300	200	22	13	0	80	760	18	1	2	9
Wild Mushroom, Kale & Orzo	VLD		80	15	2	0	0	0	670	16	4	6	4
Winter Chicken		GF	160	60	6	3	0	40	740	15	3	4	13
Winter Vegetable	VLD	GF	100	15	2.0	0	0	0	640	20	3.0	6.0	2.0
Winter Vegetable with Dumplings	VL		150	15	2	0	0	5	890	30	5	8	4
Yukon Potato with 4 Cheeses	V	GF	390	250	27.0	17	0	90	850	20	2.0	2.0	16.0

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Serving Size: 12 Fluid Ounces -Soup Only- No Add-ins	VLD	Gluten Free	Calories	Calories from Fat	Fat Grams	Sat Fat Grams	Trans Fat Gram	Chol MGS	Sodium MGS	Total Carb Gram	Fiber Gram	Sugar Gram	Protein Gram
SMALL SOUP = 8 oz	V= Vegetarian GF = Gluten Free (soup only, no add-ins)												
MEDIUM SOUP = 12 oz	L = Lowfat												
LARGE SOUP = 16 oz	D = Dairy Free												
Soup Specials													
7 Herb Bistro Chicken		GF	225	90	10.5	6	0	60	1230	21	4.5	7.5	15.0
Arroz Con Pollo	D	GF	360	150	16.5	5	0	38	1515	39	4.5	7.5	15.0
Asparagus Potato Leek	VLD	GF	135	15	2.3	0	0	0	1020	26	4.5	6.0	4.5
Autumn Minestrone	VLD		210	23	3.0	0	0	0	1050	41	9.0	7.5	9.0
Backyard BBQ Pork and Beans	D	GF	638	203	22.2	7	0	35	1868	79	12.3	25.1	31.4
Baja Shrimp	LD	GF	225	38	4.5	0	0	90	1335	33	7.5	9.0	16.5
Beef Barley			285	90	10.5	5	0	53	1050	26	6.0	4.5	22.5
Beef Chorizo Chili			465	270	30.0	11	0	81	1501	23	5.6	5.7	26.0
Beef Stroganoff		GF	345	150	16.5	8	0	75	1245	20	3.0	7.5	30.0
Beef Vegetable	D		300	75	9.0	3	0	45	1080	29	4.5	7.5	25.5
Black Lentil with Double Bacon	D	GF	315	188	21.0	7	0	30	1080	20	3.0	3.0	10.5
Black Lentil with Smoked Turkey	LD	GF	195	38	4.5	0	0	23	1365	27	4.5	7.5	13.5
Black Lentil with Tuscan Kale	VLD	GF	165	23	2.3	0	0	0	1080	33	4.5	10.5	9.0
Boston Shrimp Chowder		GF	345	150	18.0	11	0	135	1050	32	3.0	3.0	15.0
Bourbon Butternut Bisque	V	GF	330	143	15.0	10	0	53	975	44	4.5	16.5	4.5
Broccoli Cheddar		GF	435	270	30.0	18	0	98	1365	26	4.5	4.5	21.0
Broccoli Cheddar Mashed		GF	450	270	30.0	18	0	105	1290	32	3.0	1.5	18.0
Broken Lasagna			540	308	34.5	18	1	135	1290	32	6.0	12.0	33.0
Cajun Shrimp Bisque		GF	315	165	18.0	11	0	165	1185	23	6.0	7.5	18.0
Campfire Vegetarian Chili	VLD	GF	315	30	3.0	0	0	0	1410	62	13.5	22.5	13.5
Cauliflower Cheddar		GF	450	270	30.0	18	0	98	1245	27	4.5	4.5	21.0
Cauliflower, Fennel and Tomato	VLD	GF	105	18	2.0	0	0	0	1155	18	4.5	8.6	4.2
Charleston Crab			330	195	22.5	14	0	128	1650	21	3.0	3.0	12.0
Cheddar Corn Bisque		GF	615	330	37.5	24	0	120	1575	54	6.0	6.0	22.5
Cheddar Mashed Potatoes & Corn	V	GF	510	240	26.7	15	0	81	1283	52	4.8	6.9	17.4
Chicken and Black Bean Chili	LD	GF	210	30	3.8	1	0	30	1050	26	9.0	6.0	18.0
Chicken and Corn Bisque		GF	390	165	18.0	11	0	83	990	41	3.0	10.5	18.0
Chicken and Meatball			285	105	12.0	5	0	45	1245	29	4.5	6.0	16.5
Chicken and Rice	D	GF	270	90	9.0	2	0	20	1230	38	4.5	6.0	12.0
Chicken and Wild Mushroom Alfredo			555	275	30.5	15	0	93	1839	46	2.6	9.0	25.5
Chicken Barley	L		210	38	4.5	2	0	38	1050	26	6.0	4.5	16.5
Chicken Chili	D	GF	405	150	16.5	0	0	75	1170	36	9.0	10.5	27.0
Chicken Corn Chowder		GF	525	270	30.0	14	0	90	1335	53	6.0	7.5	16.5
Chicken Fagioli	L	GF	315	45	4.5	2	0	38	1050	45	10.5	6.0	27.0
Chicken Marsala	L	GF	210	38	3.8	2	0	38	1155	26	1.5	7.5	16.5
Chicken Pot Pie	O	GF	285	120	13.5	9	0	68	1080	27	4.5	6.0	13.5
Chicken Sausage and Seafood Paella	D	GF	360	120	13.5	5	0	90	1410	35	3.0	4.5	25.5
Chicken Sausage Jambalaya	D	GF	240	105	12.0	5	0	45	1290	21	3.0	6.0	15.0
Chicken Sweet Summer Vegetables	LD	GF	255	75	8.4	2	0	19	1379	33	5.3	9.3	14.4
Chicken Tomato Florentine		GF	300	165	18.0	11	0	83	1125	24	4.5	13.5	15.0
Chicken Tortilla		GF	255	60	7.5	0	0	30	1170	30	3.0	6.0	13.5
Chicken Vegetable	LD	GF	120	15	0.8	0	0	38	1020	9	3.0	4.5	18.0
Chicken with Sweet Italian Sausage		GF	300	150	16.5	5	0	38	1050	26	4.5	6.0	15.0
Chili Macaroni and Cheese			675	360	39.0	20	0	128	1395	48	9.0	12.0	34.5
Chilled Cucumber Yogurt Dill	VL	GF	105	38	4.5	3	0	15	930	15	1.5	10.5	6.0
Chilled Roasted Pepper Vichyssoise		GF	255	143	15.0	8	0	38	1140	27	3.0	4.5	6.0
Chilled Shrimp Cocktail	LD	GF	98	6	0.0	0	0	84	1014	12	3.2	5.1	12.2
Chilled Spring Pea with Mint	V	GF	285	120	13.5	8	0	45	1005	35	9.0	15.0	9.0

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Serving Size: 12 Fluid Ounces -Soup Only- No Add-ins	VLD	Gluten Free	Calories	Calories from Fat	Fat Grams	Sat Fat Grams	Trans Fat Gram	Chol MGS	Sodium MGS	Total Carb Gram	Fiber Gram	Sugar Gram	Protein Gram
SMALL SOUP = 8 oz	V= Vegetarian GF = Gluten Free (soup only, no add-ins)												
MEDIUM SOUP = 12 oz	L = Lowfat												
LARGE SOUP = 16 oz	D = Dairy Free												
Chilled Summer Corn	VLD	GF	270	47	5.1	1	0	0	797	55	5.4	16.4	9.0
Chilled Thai Carrot	V	GF	240	107	11.9	7	0	24	714	30	5.0	15.0	2.7
Chipotle Corn & Tomato	VLD	GF	173	29	3.2	0	0	0	924	33	6.2	9.8	5.9
Chunky Chicken Chowder		GF	345	150	16.5	11	0	83	1020	33	3.0	3.0	15.0
Chunky Potato Leek		GF	315	150	16.5	11	0	60	960	38	4.5	4.5	4.5
Classic Beef Stew		GF	315	105	12.0	5	0	60	1110	27	4.5	7.5	24.0
Classic Black Bean	VLD	GF	270	30	3.0	0	0	0	975	48	13.5	6.0	15.0
Classic Chicken Noodle	LD		180	68	7.2	2	0	21	1195	20	3.3	4.5	8.6
Classic French Onion	0		345	68	6.9	3	0	118	1106	37	6.8	15.5	31.7
Classic Italian Wedding			240	120	12.9	5	0	22	1240	21	2.4	3.3	9.8
Classic Lentil	L	GF	270	30	3.0	2	0	6	1050	45	21.0	4.5	18.0
Classic Mac and Cheese	V		615	360	39.0	24	0	128	1335	42	3.0	4.5	25.5
Classic Minestrone	D		195	60	6.8	2	0	6	1200	27	6.0	6.0	7.5
Coconut Chicken	D	GF	285	105	12.0	9	0	30	1365	33	6.0	10.5	16.5
Coconut Ginger Carrot	VD	GF	180	36	4.1	2	0	0	975	34	6.6	17.0	3.0
Coconut Shrimp		GF	420	240	25.5	18	0	150	1305	33	6.0	15.0	18.0
Coconut-Ginger Curry with Lentils	V	GF	338	104	11.6	6	0	24	1007	27	7.1	8.3	13.5
Coney Island Lager & Cheddar			495	315	34.8	18	0	98	1623	19	0.9	5.3	24.6
Coney Island Honey Stout Beef Barley			345	113	11.9	4	0	52	1340	29	6.0	9.0	27.5
Corn Cob Chowder	VLD	GF	293	53	5.1	1	0	0	794	61	8.1	13.4	11.0
Corned Beef and Cabbage		GF	375	164	18.2	7	0	55	2050	36	4.5	7.8	19.1
Crab and Asparagus Bisque		GF	240	120	13.5	9	0	83	1095	18	3.0	3.0	12.0
Crab and Corn Chowder		GF	315	135	15.0	9	0	90	1260	38	4.5	6.0	12.0
Crab and Tomato	LD	GF	150	30	3.0	0	0	38	1275	20	3.0	10.5	12.0
Crab and Tomato Gazpacho	D	GF	158	84	9.3	1	0	46	1067	9	2.4	4.7	9.6
Crab Bisque		GF	270	150	16.5	11	0	98	1050	21	4.5	6.0	13.5
Cream of Broccoli		GF	375	255	28.5	17	0	98	1020	27	6.0	4.5	7.5
Cream of Cauliflower with Turmeric	V	GF	353	278	30.2	19	0	105	751	18	5.1	7.5	5.6
Cream of Chicken with Rice		GF	255	120	13.5	9	0	75	1005	18	1.5	3.0	15.0
Cream of Tomato		GF	263	150	16.7	10	0	57	1173	27	4.2	14.9	4.1
Cream of Tomato Chicken Orzo			360	165	18.0	11	0	90	1215	35	4.5	15.0	16.5
Cream of Wild Mushroom		GF	240	173	18.5	11	0	64	968	15	2.0	3.8	5.1
Creamy Chicken and Broccoli		GF	285	150	16.5	9	0	75	1125	21	4.5	6.0	13.5
Creamy Chicken and Corn			420	180	19.5	11	0	90	1185	50	6.0	7.5	19.5
Creamy Chicken, Sweet Potato & Dumpling			503	140	15.5	5	0	47	1809	70	8.3	12.6	19.1
Creamy Tomato with Pasta and Meatballs			555	345	37.5	21	0	108	1485	21	3.0	22.5	21.0
Creole Chicken & Dumplings			405	210	24.0	13	0	105	1515	24	4.5	6.0	25.5
Creole Gumbo	D		390	195	21.0	7	0	120	1305	18	3.0	6.0	28.5
Curried Butternut Squash with Chicken		GF	345	120	13.5	8	0	68	1035	47	6.0	22.5	12.0
Curried Cauliflower and Chickpea	VLD	GF	210	38	3.8	0	0	0	1410	39	10.5	13.5	7.5
Curried Chicken Chowder		GF	345	135	15.0	9	0	75	1035	39	4.5	12.0	16.5
Curried Chicken Tomato		GF	285	120	13.5	9	0	21	1238	38	9.0	13.5	10.5
Curried Eggplant and Lentil	VLD	GF	285	30	3.0	0	0	0	1028	53	18.0	12.0	13.5
Curried Shrimp and Corn Bisque		GF	480	270	30.0	21	0	116	1035	44	4.5	10.5	16.5
Fall Harvest Vegetable	VLD	GF	150	15	3.0	0	0	0	1035	32	4.5	7.5	4.5
Fire Roasted Tomato Chili	VLD	GF	248	32	3.6	0	0	0	1019	36	9.2	13.1	11.4
Fontina Wild Mushroom Mac & Cheese	V		375	224	24.8	14	0	81	1197	25	2.3	4.8	14.3
French Lentil w/ Garden Vegetables	VLD	GF	225	23	3.0	1	0	0	1005	41	16.5	9.0	13.5
French Onion Cheddar		GF	405	225	25.5	17	0	83	1200	29	4.5	10.5	16.5

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## Hale and Hearty Soups Nutrition Information (information contained in the nutritional analysis is accurate and complete, including reasonable steps taken to ensure proper methods of preparation and serving)

		Gluten Free	Calories	Calories from Fat	Fat Grams	Sat Fat Grams	Trans Fat Gram	Chol MGS	Sodium MGS	Total Carb Gram	Fiber Gram	Sugar Gram	Protein Gram
<b>Serving Size: 12 Fluid Ounces -Soup Only- No Add-ins</b>	<b>VLD</b>												
<b>SMALL SOUP = 8 oz</b>	<b>V= Vegetarian GF = Gluten Free (soup only, no add-ins)</b>												
<b>MEDIUM SOUP = 12 oz</b>	<b>L = Lowfat</b>												
<b>LARGE SOUP = 16 oz</b>	<b>D = Dairy Free</b>												
<b>Gazpacho</b>	VLD	GF	38	0	0.0	0	0	0	1428	8	1.8	4.1	1.5
<b>Ginger Butternut Squash</b>	VD	GF	315	135	15.0	12	0	0	930	50	7.5	18.0	5.1
<b>Ginger Carrot Artichoke</b>	VLD	GF	135	23	2.3	0	0	0	1065	27	6.0	15.0	3.0
<b>Golden Tomato Gazpacho</b>	VLD	GF	113	18	2.1	0	0	0	923	21	2.3	3.5	3.0
<b>Green and Yellow Split Pea</b>	D	GF	390	105	12.0	5	0	17	1200	51	19.5	9.0	22.5
<b>Green Chickpea Chili</b>	VLD	GF	135	27	3.0	0	0	0	984	22	5.7	5.0	5.4
<b>Grilled Chicken Quesadilla</b>		GF	435	225	25.1	15	0	103	1518	16	1.8	9.2	33.6
<b>Harissa Lamb Stew</b>	D	GF	263	63	6.9	2	0	44	1188	32	5.0	9.0	18.3
<b>Hearty Tomato Vegetable</b>	VLD	GF	120	23	2.3	0	0	0	1260	24	6.0	12.0	4.5
<b>Heirloom Bean</b>	V	GF	285	29	3.2	2	0	6	704	53	13.2	7.7	12.6
<b>Holiday Pumpkin Bisque</b>	V	GF	315	210	22.5	15	0	83	795	27	6.0	15.0	3.0
<b>Holiday Turkey &amp; Trimmings</b>		GF	375	143	15.0	9	0	75	1005	45	6.0	12.0	18.0
<b>Homestyle Mac &amp; Cheese</b>	V		668	390	43.4	25	0	135	1400	42	2.4	4.5	27.0
<b>Homestyle Turkey Chili</b>	D	GF	300	90	10.5	2	0	60	1350	33	9.0	10.5	19.5
<b>Hot Chocolate S'mores</b>													
<b>Hungarian Beef Goulash</b>		GF	300	113	12.0	6	0	68	1155	20	3.0	6.0	27.0
<b>Hungarian Chicken with Dumplings</b>			300	105	10.5	5	0	53	1470	35	6.0	9.0	18.0
<b>Hungarian Wild Mushroom</b>	L	GF	180	30	3.8	2	0	8	1110	30	6.0	7.5	6.0
<b>Indonesian Curried Shrimp</b>	D	0	233	23	2.0	0	0	58	1640	42	5.0	11.9	12.9
<b>Italian Lentil with Pastini</b>	VLD		150	23	2.3	0	0	0	1065	26	7.5	4.5	6.0
<b>Italian Sausage White Bean &amp; Broccoli Rabe</b>	D	GF	225	68	7.5	3	0	17	1155	26	4.5	4.5	15.0
<b>Italian Wedding Soup</b>			255	120	12.0	5	0	38	1245	21	3.0	6.0	15.0
<b>Jamaican Curried Beef</b>	D	GF	300	77	8.6	3	0	50	995	32	6.9	10.5	23.6
<b>Japanese Pumpkin</b>	VD	GF	150	38	4.2	3	0	0	687	28	5.0	7.5	3.6
<b>Kale and Cheddar Mashed Potato</b>	V	GF	630	371	41.3	24	0	118	1311	41	5.1	6.2	26.6
<b>Kale and Sweet Potato Chowder</b>	V	GF	285	141	15.8	9	0	49	1059	14	2.7	11.9	4.5
<b>Langoustine Corn Chowder</b>	0	GF	360	143	15.2	9	0	130	1199	42	6.0	9.9	17.3
<b>Lemon Chicken with Spinach and Orzo</b>	LD		135	30	3.0	0	0	23	1016	15	3.0	3.0	10.5
<b>Lentil with Italian Sausage &amp; Escarole</b>	D	GF	180	53	6.0	2	0	14	1193	18	6.0	4.5	13.5
<b>Loaded Baked Potato</b>		GF	510	300	33.0	18	0	90	1245	30	4.5	6.0	21.0
<b>Lobster Bisque</b>		GF	270	150	16.5	11	0	68	1080	24	4.5	10.5	7.5
<b>Lobster Mac &amp; Cheese</b>			563	317	35.3	20	0	161	1455	34	2.6	3.6	26.0
<b>Louisiana Red Beans &amp; Rice</b>	D		645	263	28.5	9	0	56	1747	65	21.3	10.4	34.2
<b>Macaroni and Cheese with Beef</b>			615	375	40.5	23	0	135	1335	33	1.5	3.0	28.5
<b>Manhattan Clam Chowder</b>		GF	210	75	7.5	4	0	38	1350	26	4.5	6.0	12.0
<b>Maryland Crab</b>	LD	GF	150	23	3.0	0	0	38	1125	21	4.5	4.5	12.0
<b>Matzoh Ball Soup (including one matzoh ball)</b>	D		320	165	18.2	3	0	72	1483	24	1.6	4.9	15.3
<b>Meatball Parmesan</b>			585	360	39.9	18	1	122	1786	32	4.2	15.0	26.1
<b>Meatball Stroganoff</b>			345	210	24.0	11	0	50	1425	21	3.0	6.0	12.0
<b>Mexican Chicken Pozole</b>	LD	GF	210	30	3.8	0	0	38	1140	27	6.0	6.0	18.0
<b>Moroccan Chicken</b>	LD	GF	285	30	3.8	0	0	30	1155	45	9.0	18.0	19.5
<b>Moroccan Red Lentil</b>	VLD	0	285	23	3.0	0	0	0	1140	53	21.0	16.5	15.0
<b>Mulligatawny</b>		GF	510	255	28.5	20	0	53	1035	53	19.5	15.0	16.5
<b>Mushroom Artichoke</b>	L	GF	120	30	3.8	2	0	8	1035	18	3.0	6.0	6.0
<b>New England Clam Chowder</b>		GF	375	210	22.5	14	0	90	1140	30	3.0	3.0	10.5
<b>New England Style Lobster Bisque</b>		GF	465	347	38.6	24	0	152	762	25	2.7	8.6	5.9
<b>New Orleans Shrimp &amp; Tasso Ham</b>		GF	345	138	15.3	8	0	115	1738	30	4.4	7.1	19.4
<b>New York Deli Reuben</b>		GF	240	137	15.2	7	0	55	876	14	2.6	6.3	12.0
<b>Old Fashioned Chicken and Dumpling</b>			270	75	9.0	5	0	53	1170	32	4.5	7.5	15.0

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## Hale and Hearty Soups Nutrition Information (information contained in the nutritional analysis is accurate and complete, including reasonable steps taken to ensure proper methods of preparation and serving)

	VLD	Gluten Free	Calories	Calories from Fat	Fat Grams	Sat Fat Grams	Trans Fat Gram	Chol MGS	Sodium MGS	Total Carb Gram	Fiber Gram	Sugar Gram	Protein Gram
<b>Serving Size: 12 Fluid Ounces -Soup Only- No Add-ins</b>													
<b>SMALL SOUP = 8 oz</b>	<b>V= Vegetarian GF = Gluten Free (soup only, no add-ins)</b>												
<b>MEDIUM SOUP = 12 oz</b>	<b>L = Lowfat</b>												
<b>LARGE SOUP = 16 oz</b>	<b>D = Dairy Free</b>												
Pasta e Fagioli	VLD		255	23	3.0	0	0	0	1080	45	10.5	7.5	13.5
Pasta with Red Clam Sauce	D		225	98	10.8	3	0	31	1649	18	2.9	6.6	19.5
Pennette a la Vodka	V		368	173	18.6	11	0	62	948	34	2.6	6.8	13.5
Poblano Lime Chicken			225	60	7.5	3	0	45	1065	24	3.0	6.0	16.5
Pork Chili Verde	D	GF	263	99	11.1	3	0	36	1187	22	2.6	7.5	18.3
Portuguese Kale	D	GF	270	135	15.0	5	0	30	1560	26	4.5	7.5	12.0
Pot Roast			300	105	10.5	5	0	60	1125	26	4.5	7.5	24.0
Potato Italian Sausage		GF	270	75	9.0	5	0	30	1185	35	4.5	4.5	13.5
Provencal Vegetable	V	GF	195	21	2.4	0	0	0	947	35	10.8	8.1	9.9
Red Curry Chicken and Lentil	D	GF	353	89	9.9	2	0	18	1406	48	8.3	11.4	17.6
Rhode Island Clam Chowder	D	GF	315	90	12.0	3	0	57	1185	35	4.5	6.0	24.0
Roasted Butternut Squash	V	GF	315	135	15.0	9	0	53	945	47	6.0	18.0	4.5
Roasted Red Pepper & Smoked Gouda	V	GF	383	233	25.2	15	0	81	2343	24	3.8	11.1	14.3
Roasted Root Vegetable	VLD	GF	225	6	0.6	0	0	0	1533	47	7.5	20.1	6.0
Roasted Tomato and Wild Mushroom	VLD	GF	120	23	3.0	0	0	0	1065	23	4.5	12.0	4.5
Roasted Vegetable & Lentil Chili	VLD	GF	248	30	3.2	0	0	0	98	44	9.2	9.3	13.4
Roasted Vegetable Chowder	VLD	GF	120	0	0.0	0	0	0	1155	29	6.0	13.5	3.0
Roman Tomato with Pastini	VLD		195	23	3.0	0	0	0	1485	39	4.5	18.0	6.0
Saffron Shrimp and Vegatable	D		233	38	3.8	1	0	132	1552	32	7.5	7.1	19.8
Sausage and Peppers		GF	210	75	8.4	4	0	26	1744	21	4.8	11.4	14.1
Seafood Chowder		GF	390	165	18.0	11	0	128	1245	38	4.5	3.0	19.5
Seafood Jambalaya	LD	GF	240	30	3.8	0	0	75	1260	30	4.5	6.0	19.5
Seafood Risotto		GF	330	150	16.5	11	0	128	1755	24	1.5	4.5	22.5
Senegalese Chicken	D	GF	420	195	22.5	5	0	38	1455	35	7.5	18.0	27.0
Shellfish Bouilliabaisse	D	GF	203	45	4.8	1	0	69	1905	18	3.2	6.6	20.9
Shrimp and Asparagus Bisque		GF	285	135	15.0	9	0	158	1095	18	3.0	3.0	19.5
Shrimp and Crab with Black Lentils	LD	GF	180	30	3.0	0	0	68	1290	21	4.5	6.0	15.0
Shrimp Bisque		GF	375	210	24.0	14	0	203	1170	23	3.0	6.0	21.0
Shrimp Cocktail	LD	GF	98	6	0.0	0	0	84	1014	12	3.0	4.5	12.0
Shrimp Creole	L	GF	165	38	4.5	2	0	68	1410	21	6.0	9.0	13.5
Shrimp Parmesan			315	180	19.8	11	0	144	1270	16	2.0	6.5	18.9
Shrimp Scampi	D	GF	210	41	4.5	1	0	110	1548	23	1.5	3.3	17.3
Shrimp with Jalapeno Cheese Grits		GF	450	248	27.0	15	1	143	1729	21	2.0	7.8	28.5
Sloppy Joe	D		465	210	22.5	9	2	113	1515	27	3.0	15.0	15.0
Smoked Turkey Corn Chowder		GF	285	120	13.5	8	0	53	1050	35	4.5	7.5	9.0
Smoked Turkey w/WM and Sweet Peas			383	192	21.5	12	0	81	2098	26	2.3	8.7	21.6
Smoky Chicken Chili	D	GF	338	53	5.7	1	0	43	945	49	10.4	14.4	26.6
Smoky Pepper, Shrimp and Orzo	LD		210	38	4.2	1	0	66	1359	29	6.0	9.5	13.1
Southwest Chicken Cheddar		GF	420	180	19.5	11	0	75	1335	33	9.0	10.5	30.0
Southwest Shrimp Corn Chowder		GF	345	150	16.5	9	0	120	1035	38	4.5	6.0	15.0
Southwestern Short Rib Chili	D	GF	473	248	27.0	11	0	50	1058	38	12.2	9.8	20.3
Southwestern Vegetable	VLD		143	30	3.0	0	0	0	1185	26	4.5	9.0	6.0
Spiced Lentil with Spinach	VLD	GF	255	23	3.0	0	0	0	1155	47	16.5	13.5	13.5
Spicy Chicken & Squash	D	GF	270	98	10.5	3	0	23	1485	29	4.5	10.5	13.5
Spicy Chicken and Chickpea	LD	GF	315	45	4.5	1	0	23	1080	50	15.0	15.0	21.0
Spicy Chickpea and Lemon	VLD		180	30	3.0	1	0	0	1455	33	6.0	9.0	7.5
Spicy Cuban Beef Chili	D	GF	450	255	28.5	11	2	68	1155	35	9.0	10.5	18.0
Spicy Shrimp and Tomatillo	D	GF	173	33	3.6	1	0	58	1398	26	4.7	7.5	10.5
Spicy Three Bean Chicken Chili	D	GF	315	32	3.5	1	0	59	1118	41	9.5	6.9	31.7

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**Hale and Hearty Soups Nutrition Information** (information contained in the nutritional analysis is accurate and complete, including reasonable steps taken to ensure proper methods of preparation and serving)

Serving Size: 12 Fluid Ounces -Soup Only- No Add-ins	VLD	Gluten Free	Calories	Calories from Fat	Fat Grams	Sat Fat Grams	Trans Fat Gram	Chol MGS	Sodium MGS	Total Carb Gram	Fiber Gram	Sugar Gram	Protein Gram
<b>SMALL SOUP = 8 oz</b>	<b>V= Vegetarian GF = Gluten Free (soup only, no add-ins)</b>												
<b>MEDIUM SOUP = 12 oz</b>	<b>L = Lowfat</b>												
<b>LARGE SOUP = 16 oz</b>	<b>D = Dairy Free</b>												
Spicy Wild Mushroom with Red Miso	VLD	GF	135	26	2.7	0	0	0	147	24	6.3	7.8	8.3
Spinach Artichoke Cheddar		GF	495	345	39.0	24	0	128	1425	18	3.0	3.0	21.0
Spinach Mushroom and Leek	L	GF	120	30	3.8	2	0	8	1005	20	3.0	4.5	4.5
Split Pea with Smoked Turkey	LD	GF	360	38	4.5	0	0	15	1395	57	19.5	10.5	25.5
Spring Asparagus w/Mushrooms & Tarragon	VLD	GF	158	23	2.1	0	0	0	1033	30	4.7	6.2	6.5
Spring Pea with Mint	V	GF	285	120	13.5	8	0	45	1005	35	9.0	15.0	9.0
Steak and Potato		GF	300	90	10.5	5	0	53	1125	26	3.0	4.5	25.5
Stuffed Peppers with Beef	D	GF	330	170	18.0	8	2	60	1005	23	3.0	9.0	18.0
Summer Beef Vegetable	D	GF	255	68	7.5	2	0	38	1155	23	4.5	6.0	24.0
Summer Clam Bake	D	GF	248	35	3.8	1	0	14	1584	45	6.0	9.0	13.5
Summer Corn Chowder	D	GF	210	36	4.1	1	0	3	1088	38	5.3	9.5	8.0
Summer Vegetable	VLD	GF	90	15	1.5	0	0	0	1050	20	4.5	6.0	4.5
Sweet Corn and Tomato Chowder		GF	390	180	21.0	12	0	53	1170	47	4.5	15.0	9.0
Sweet Corn Chowder		GF	480	225	25.5	14	0	75	1305	53	4.5	12.0	13.5
Sweet Crab Chowder		GF	225	90	9.0	6	0	60	1245	23	4.5	6.0	12.0
Sweet Potato Bisque		GF	338	128	14.1	9	0	48	1073	50	6.6	16.4	4.1
Sweet Potato Chicken Chowder		GF	345	180	21.0	12	0	98	1050	30	6.0	9.0	12.0
Sweet Potato Chorizo Bisque		GF	548	264	29.3	14	0	82	1661	54	8.0	13.7	17.1
Sweet Tomato, Clam and Sausage	D	GF	255	138	15.3	5	0	36	2002	14	3.0	5.0	19.5
Ten Vegetable	VLD	GF	105	15	1.5	0	0	0	1080	21	6.0	7.5	3.0
Texas Beef Chili	D		383	105	11.4	4	0	54	1103	44	13.1	17.3	27.6
Thai Chicken	D	GF	285	90	10.5	3	0	23	1275	38	6.0	9.0	10.5
Thai Curry Clam and Corn Chowder	D	GF	225	36	4.1	1	0	21	1347	26	6.2	12.0	13.2
Three Bean Chili	VLD	GF	195	23	2.3	0	0	0	1065	36	7.5	7.5	7.5
Three Lentil Chili	VLD	GF	240	23	2.3	0	0	0	1140	44	15.0	9.0	15.0
Three Pepper Lamb Chili	D	GF	293	68	7.5	2	0	41	1015	35	12.8	5.4	23.0
Tomato Basil with Rice	VLD	GF	165	15	2.3	0	0	0	945	35	3.0	13.5	4.5
Tomato Cheddar		GF	555	375	42.0	26	0	143	1755	29	4.5	15.0	22.5
Tomato Corn and Basil	VLD	GF	180	30	3.0	0	0	0	1095	39	6.0	12.0	6.0
Tomato Eggplant	VLD	GF	120	15	1.5	0	0	0	930	27	7.5	15.0	3.0
Tomato Feta		GF	405	270	30.0	18	0	105	1575	29	6.0	18.0	16.5
Tomato Florentine	VLD	GF	135	23	3.0	0	0	0	1170	30	4.5	18.0	4.5
Tomato Kale	VLD	GF	120	15	3.0	0	0	0	765	21	4.5	12.0	4.5
Tomato Seafood Bisque		GF	240	143	15.8	9	0	113	1433	14	3.0	6.0	12.0
Tortellini Florentine	V		270	150	16.5	9	0	53	923	26	4.5	9.0	6.0
Tortellini with Wild Mushroom	V		375	225	25.5	15	0	83	1185	26	4.5	6.0	13.5
Traditional Sancocho	D	GF	360	113	12.5	4	0	59	1193	38	5.6	10.2	24.8
Turkey Chili	D	GF	360	90	10.5	3	0	83	1170	39	9.0	13.5	27.0
Turkey Dinner		GF	270	75	7.5	3	0	38	1725	35	4.5	13.5	16.5
Turkey Gumbo	D		300	90	10.5	6	0	75	1200	20	3.0	6.0	31.5
Turkey Pot Pie		GF	300	135	15.0	8	0	90	1365	29	4.5	6.0	13.5
Tuscan Chicken	LD		210	30	3.0	0	0	30	1035	29	4.5	4.5	16.5
Tuscan White Bean	VLD	GF	285	23	2.3	0	0	0	975	50	13.5	4.5	18.0
Veal Stew with Mushrooms and Thyme	D	GF	435	293	32.4	13	0	38	1291	24	4.1	8.9	10.7
Vegetable Barley	VLD		150	30	3.0	0	0	0	1155	30	7.5	9.0	4.5
Vegetable Jambalaya	VLD	GF	165	23	2.3	0	0	0	1050	35	4.5	6.0	4.5
Vegetable Kale & Wild Rice	VLD	GF	180	30	3.8	0	0	0	998	32	6.0	9.0	9.0
Vegetable Noodle	LD		98	8	0.9	0	0	11	992	17	2.7	3.5	3.9
Vegetarian Black Lentil	VLD	GF	135	23	2.3	0	0	0	1020	23	4.5	4.5	4.5

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Serving Size: 12 Fluid Ounces -Soup Only- No Add-ins	VLD	Gluten Free	Calories	Calories from Fat	Fat Grams	Sat Fat Grams	Trans Fat Gram	Chol MGS	Sodium MGS	Total Carb Gram	Fiber Gram	Sugar Gram	Protein Gram
SMALL SOUP = 8 oz MEDIUM SOUP = 12 oz LARGE SOUP = 16 oz	V= Vegetarian GF = Gluten Free (soup only, no add-ins) L = Lowfat D = Dairy Free												
Vegetarian Split Pea	VLD	GF	285	23	3.0	0	0	0	1005	50	19.5	10.5	16.5
Vegetarian Sweet Corn Chowder	V	GF	405	150	16.5	11	0	53	1110	63	7.5	15.0	6.0
Vietnamese Shrimp & Pork Noodle Soup	D		210	75	8.3	3	0	64	753	21	3.3	4.5	13.8
Wild Mushroom Barley	VLD		135	23	1.5	0	0	0	975	26	6.0	6.0	4.5
Wild Mushroom Fagioli	VLD	GF	255	23	3.0	0	0	0	975	45	10.5	6.0	15.0
Wild Mushroom Lentil	LD	GF	225	23	3.0	0	0	0	1110	38	15.0	6.0	13.5
Wild Mushroom Risotto		GF	450	300	33.0	20	0	120	1140	27	1.5	3.0	13.5
Wild Mushroom, Kale & Orzo	VLD		120	23	3.0	0	0	0	1005	24	6.0	9.0	6.0
Winter Chicken		GF	240	90	9.0	5	0	60	1110	23	4.5	6.0	19.5
Winter Vegetable	VLD	GF	150	23	3.0	0	0	0	960	30	4.5	9.0	3.0
Winter Vegetable with Dumplings	VL		225	23	3.0	0	0	8	1335	45	7.5	12.0	6.0
Yukon Potato with 4 Cheeses	V	GF	585	375	40.5	26	0	135	1275	30	3.0	3.0	24.0

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## Hale and Hearty Soups Nutrition Information (information contained in the nutritional analysis is accurate and complete, including reasonable steps taken to ensure proper methods of preparation and serving)

Serving Size: 16 Fluid Ounces -Soup Only- No Add-ins	VLD	Gluten Free	Calories	Calories from Fat	Fat Grams	Sat Fat Grams	Trans Fat Gram	Chol MGS	Sodium MGS	Total Carb Gram	Fiber Gram	Sugar Gram	Protein Gram
SMALL SOUP = 8 oz	V= Vegetarian    GF = Gluten Free (soup only, no add-ins)												
MEDIUM SOUP = 12 oz	L = Lowfat												
LARGE SOUP = 16 oz	D = Dairy Free												
<b>Soup Specials</b>													
7 Herb Bistro Chicken		GF	300	120	14.0	8	0	80	1640	28	6.0	10.0	20.0
Arroz Con Pollo	D	GF	480	200	22.0	6	0	50	2020	52	6.0	10.0	20.0
Asparagus Potato Leek	VLD	GF	180	20	3.0	0	0	0	1360	34	6.0	8.0	6.0
Autumn Minestrone	VLD		280	30	4.0	0	0	0	1400	54	12.0	10.0	12.0
Backyard BBQ Pork and Beans	D	GF	850	270	29.6	10	0	46	2490	106	16.4	33.4	41.8
Baja Shrimp	LD	GF	300	50	6.0	0	0	120	1780	44	10.0	12.0	22.0
Beef Barley			380	120	14.0	6	0	70	1400	34	8.0	6.0	30.0
Beef Chorizo Chili			620	360	40.0	14	0	108	2002	30	7.4	7.6	34.6
Beef Stroganoff		GF	460	200	22.0	10	0	100	1660	26	4.0	10.0	40.0
Beef Vegetable	D		400	100	12.0	4	0	60	1440	38	6.0	10.0	34.0
Black Lentil with Double Bacon	D	GF	420	250	28.0	9	0	40	1440	26	4.0	4.0	14.0
Black Lentil with Smoked Turkey	LD	GF	260	50	6.0	0	0	30	1820	36	6.0	10.0	18.0
Black Lentil with Tuscan Kale	VLD	GF	220	30	3.0	0	0	0	1440	44	6.0	14.0	12.0
Boston Shrimp Chowder		GF	460	200	24.0	14	0	180	1400	42	4.0	4.0	20.0
Bourbon Butternut Bisque	V	GF	440	190	20.0	13	0	70	1300	58	6.0	22.0	6.0
Broccoli Cheddar		GF	580	360	40.0	24	0	130	1820	34	6.0	6.0	28.0
Broccoli Cheddar Mashed		GF	600	360	40.0	24	0	140	1720	42	4.0	2.0	24.0
Broken Lasagna			720	410	46.0	24	1	180	1720	42	8.0	16.0	44.0
Cajun Shrimp Bisque		GF	420	220	24.0	14	0	220	1580	30	8.0	10.0	24.0
Campfire Vegetarian Chili	VLD	GF	420	40	4.0	0	0	0	1880	82	18.0	30.0	18.0
Cauliflower Cheddar		GF	600	360	40.0	24	0	130	1660	36	6.0	6.0	28.0
Cauliflower, Fennel and Tomato	VLD	GF	140	24	2.6	1	0	0	1540	25	6.0	11.4	5.6
Charleston Crab			440	260	30.0	18	0	170	2200	28	4.0	4.0	16.0
Cheddar Corn Bisque		GF	820	440	50.0	32	0	160	2100	72	8.0	8.0	30.0
Cheddar Mashed Potatoes & Corn	V	GF	680	320	35.6	20	0	108	1710	70	6.4	9.2	23.2
Chicken and Black Bean Chili	LD	GF	280	40	5.0	1	0	40	1400	34	12.0	8.0	24.0
Chicken and Corn Bisque		GF	520	220	24.0	14	0	110	1320	54	4.0	14.0	24.0
Chicken and Meatball			380	140	16.0	7	0	60	1660	38	6.0	8.0	22.0
Chicken and Rice	D	GF	360	120	12.0	2	0	26	1640	50	6.0	8.0	16.0
Chicken and Wild Mushroom Alfredo			740	366	40.6	20	1	124	2452	61	3.4	12.0	34.0
Chicken Barley	L		280	50	6.0	3	0	50	1400	34	8.0	6.0	22.0
Chicken Chili	D	GF	540	200	22.0	0	0	100	1560	48	12.0	14.0	36.0
Chicken Corn Chowder		GF	700	360	40.0	18	0	120	1780	70	8.0	10.0	22.0
Chicken Fagioli	L	GF	420	60	6.0	3	0	50	1400	60	14.0	8.0	36.0
Chicken Marsala	L	GF	280	50	5.0	3	0	50	1540	34	2.0	10.0	22.0
Chicken Pot Pie		GF	380	160	18.0	12	0	90	1440	36	6.0	8.0	18.0
Chicken Sausage and Seafood Paella	D	GF	480	160	18.0	7	0	120	1880	46	4.0	6.0	34.0
Chicken Sausage Jambalaya	D	GF	320	140	16.0	6	0	60	1720	28	4.0	8.0	20.0
Chicken Sweet Summer Vegetables	LD	GF	340	100	11.2	2	0	25	1839	44	7.0	12.4	19.2
Chicken Tomato Florentine		GF	400	220	24.0	14	0	110	1500	32	6.0	18.0	20.0
Chicken Tortilla		GF	340	80	10.0	0	0	40	1560	40	4.0	8.0	18.0
Chicken Vegetable	LD	GF	160	20	1.0	0	0	50	1360	12	4.0	6.0	24.0
Chicken with Sweet Italian Sausage		GF	400	200	22.0	7	0	50	1400	34	6.0	8.0	20.0
Chili Macaroni and Cheese			900	480	52.0	27	0	170	1860	64	12.0	16.0	46.0
Chilled Cucumber Yogurt Dill	VL	GF	140	50	6.0	4	0	20	1240	20	2.0	14.0	8.0
Chilled Roasted Pepper Vichyssoise		GF	340	190	20.0	10	0	50	1520	36	4.0	6.0	8.0
Chilled Shrimp Cocktail	LD	GF	130	8	0.0	0	0	112	1351	15	4.2	6.8	16.2
Chilled Spring Pea with Mint	V	GF	380	160	18.0	10	0	60	1340	46	12.0	20.0	12.0
Chilled Summer Corn	VLD	GF	360	62	6.8	1	0	0	1062	74	7.2	21.8	12.0

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<b>SMALL SOUP = 8 oz</b>	V= Vegetarian   GF = Gluten Free (soup only, no add-ins)												
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Chilled Thai Carrot	V	GF	320	142	15.8	9	0	32	952	39	6.6	20.0	3.6
Chipotle Corn & Tomato	VLD	GF	230	38	4.2	1	0	0	1233	44	8.2	13.0	7.8
Chunky Chicken Chowder		GF	460	200	22.0	14	0	110	1360	44	4.0	4.0	20.0
Chunky Potato Leek		GF	420	200	22.0	14	0	80	1280	50	6.0	6.0	6.0
Classic Beef Stew		GF	420	140	16.0	7	0	80	1480	36	6.0	10.0	32.0
Classic Black Bean	VLD	GF	360	40	4.0	0	0	0	1300	64	18.0	8.0	20.0
Classic Chicken Noodle	LD		240	90	9.6	2	0	28	1593	27	4.4	6.0	11.4
Classic French Onion	0		460	90	9.2	4	0	157	1474	49	9.0	20.6	42.2
Classic Italian Wedding			320	160	17.2	6	0	30	1653	28	3.2	4.4	13.0
Classic Lentil	L	GF	360	40	4.0	2	0	8	1400	60	28.0	6.0	24.0
Classic Mac and Cheese	V		820	480	52.0	32	0	170	1780	56	4.0	6.0	34.0
Classic Minestrone	D		260	80	9.0	3	0	8	1600	36	8.0	8.0	10.0
Coconut Chicken	D	GF	380	140	16.0	12	0	40	1820	44	8.0	14.0	22.0
Coconut Ginger Carrot	VD	GF	240	48	5.4	2	0	0	1300	46	8.8	22.6	4.0
Coconut Shrimp		GF	560	320	34.0	24	0	200	1740	44	8.0	20.0	24.0
Coconut-Ginger Curry with Lentils	V	GF	450	138	15.4	8	0	32	1342	36	9.4	11.0	18.0
Coney Island Lager & Cheddar			660	420	46.4	24	0	131	2165	25	1.2	7.0	32.8
Coney Island Honey Stout Beef Barley			460	150	15.8	5	0	69	1786	39	8.0	12.0	36.6
Corn Cob Chowder	VLD	GF	390	70	6.8	1	0	0	1058	81	10.8	17.8	14.6
Corned Beef and Cabbage		GF	500	218	24.2	9	0	73	2733	47	6.0	10.4	25.4
Crab and Asparagus Bisque		GF	320	160	18.0	12	0	110	1460	24	4.0	4.0	16.0
Crab and Corn Chowder		GF	420	180	20.0	12	0	120	1680	50	6.0	8.0	16.0
Crab and Tomato	LD	GF	200	40	4.0	0	0	50	1700	26	4.0	14.0	16.0
Crab and Tomato Gazpacho	D	GF	210	112	12.4	2	0	62	1423	13	3.2	6.2	12.8
Crab Bisque		GF	360	200	22.0	14	0	130	1400	28	6.0	8.0	18.0
Cream of Broccoli		GF	500	340	38.0	22	0	130	1360	36	8.0	6.0	10.0
Cream of Cauliflower with Turmeric	V	GF	470	370	40.2	25	0	140	1002	24	6.8	10.0	7.4
Cream of Chicken with Rice		GF	340	160	18.0	12	0	100	1340	24	2.0	4.0	20.0
Cream of Tomato		GF	350	200	22.2	14	0	76	1563	36	5.6	19.8	5.4
Cream of Tomato Chicken Orzo			480	220	24.0	14	0	120	1620	46	6.0	20.0	22.0
Cream of Wild Mushroom		GF	320	230	24.6	15	0	85	1290	20	2.6	5.0	6.8
Creamy Chicken and Broccoli		GF	380	200	22.0	12	0	100	1500	28	6.0	8.0	18.0
Creamy Chicken and Corn			560	240	26.0	14	0	120	1580	66	8.0	10.0	26.0
Creamy Chicken, Sweet Potato & Dumpling			670	186	20.6	7	0	63	2412	94	11.0	16.8	25.4
Creamy Tomato with Pasta and Meatballs			740	460	50.0	28	0	144	1980	28	4.0	30.0	28.0
Creole Chicken & Dumplings			540	280	32.0	17	0	140	2020	32	6.0	8.0	34.0
Creole Gumbo	D		520	260	28.0	9	0	160	1740	24	4.0	8.0	38.0
Curried Butternut Squash with Chicken		GF	460	160	18.0	10	0	90	1380	62	8.0	30.0	16.0
Curried Cauliflower and Chickpea	VLD	GF	280	50	5.0	0	0	0	1880	52	14.0	18.0	10.0
Curried Chicken Chowder		GF	460	180	20.0	12	0	100	1380	52	6.0	16.0	22.0
Curried Chicken Tomato		GF	380	160	18.0	12	0	28	1650	50	12.0	18.0	14.0
Curried Eggplant and Lentil	VLD	GF	380	40	4.0	0	0	0	1370	70	24.0	16.0	18.0
Curried Shrimp and Corn Bisque		GF	640	360	40.0	28	0	154	1380	58	6.0	14.0	22.0
Fall Harvest Vegetable	VLD	GF	200	20	4.0	0	0	0	1380	42	6.0	10.0	6.0
Fire Roasted Tomato Chili	VLD	GF	330	42	4.8	1	0	0	1358	48	12.2	17.4	15.2
Fontina Wild Mushroom Mac & Cheese	V		500	298	33.0	19	0	109	1596	33	3.0	6.4	19.0
French Lentil w/ Garden Vegetables	VLD	GF	300	30	4.0	1	0	0	1340	54	22.0	12.0	18.0
French Onion Cheddar		GF	540	300	34.0	22	0	110	1600	38	6.0	14.0	22.0
Gazpacho	VLD	GF	50	0	0.0	0	0	0	1904	10	2.4	5.4	2.0
Ginger Butternut Squash	VD	GF	420	180	20.0	16	0	0	1240	66	10.0	24.0	6.8

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Ginger Carrot Artichoke	VLD	GF	180	30	3.0	0	0	0	1420	36	8.0	20.0	4.0
Golden Tomato Gazpacho	VLD	GF	150	24	2.8	0	0	0	1230	28	3.0	4.6	4.0
Green and Yellow Split Pea	D	GF	520	140	16.0	6	0	22	1600	68	26.0	12.0	30.0
Green Chickpea Chili	VLD	GF	180	36	4.0	0	0	0	1312	29	7.6	6.6	7.2
Grilled Chicken Quesadilla		GF	580	300	33.4	20	0	138	2024	21	2.4	12.2	44.8
Harissa Lamb Stew	D	GF	350	84	9.2	2	0	58	1584	42	6.6	12.0	24.4
Hearty Tomato Vegetable	VLD	GF	160	30	3.0	0	0	0	1680	32	8.0	16.0	6.0
Heirloom Bean	V	GF	380	38	4.2	2	0	8	938	70	17.6	10.2	16.8
Holiday Pumpkin Bisque	V	GF	420	280	30.0	20	0	110	1060	36	8.0	20.0	4.0
Holiday Turkey & Trimmings		GF	500	190	20.0	12	0	100	1340	60	8.0	16.0	24.0
Homestyle Mac & Cheese	V		890	520	57.8	34	0	180	1867	56	3.2	6.0	36.0
Homestyle Turkey Chili	D	GF	400	120	14.0	2	0	80	1800	44	12.0	14.0	26.0
Hot Chocolate S'mores	V		1870	1196	133.0	78	0	264	345	151	16.2	52.8	19.2
Hungarian Beef Goulash		GF	400	150	16.0	8	0	90	1540	26	4.0	8.0	36.0
Hungarian Chicken with Dumplings			400	140	14.0	6	0	70	1960	46	8.0	12.0	24.0
Hungarian Wild Mushroom	L	GF	240	40	5.0	3	0	10	1480	40	8.0	10.0	8.0
Indonesian Curried Shrimp	D	0	310	30	2.6	1	0	77	2187	56	6.6	15.8	17.2
Italian Lentil with Pastini	VLD		200	30	3.0	0	0	0	1420	34	10.0	6.0	8.0
Italian Sausage White Bean & Broccoli Rabe	D	GF	300	90	10.0	4	0	22	1540	34	6.0	6.0	20.0
Italian Wedding Soup			340	160	16.0	6	0	50	1660	28	4.0	8.0	20.0
Jamaican Curried Beef	D	GF	400	102	11.4	4	0	66	1326	43	9.2	14.0	31.4
Japanese Pumpkin	VD	GF	200	50	5.6	5	0	0	916	37	6.6	10.0	4.8
Kale and Cheddar Mashed Potato	V	GF	840	494	55.0	32	0	157	1748	55	6.8	8.2	35.4
Kale and Sweet Potato Chowder	V	GF	380	188	21.0	11	0	65	1412	19	3.6	15.8	6.0
Langoustine Corn Chowder	0	GF	480	190	20.2	11	0	173	1598	56	8.0	13.2	23.0
Lemon Chicken with Spinach and Orzo	LD		180	40	4.0	0	0	30	1354	20	4.0	4.0	14.0
Lentil with Italian Sausage & Escarole	D	GF	240	70	8.0	2	0	18	1590	24	8.0	6.0	18.0
Loaded Baked Potato		GF	680	400	44.0	24	0	120	1660	40	6.0	8.0	28.0
Lobster Bisque		GF	360	200	22.0	14	0	90	1440	32	6.0	14.0	10.0
Lobster Mac & Cheese			750	422	47.0	27	0	215	1941	45	3.4	4.8	34.6
Louisiana Red Beans & Rice	D		860	350	38.0	11	0	74	2329	87	28.4	13.8	45.6
Macaroni and Cheese with Beef			820	500	54.0	30	0	180	1780	44	2.0	4.0	38.0
Manhattan Clam Chowder		GF	280	100	10.0	5	0	50	1800	34	6.0	8.0	16.0
Maryland Crab	LD	GF	200	30	4.0	0	0	50	1500	28	6.0	6.0	16.0
Matzoh Ball Soup (including one matzoh ball)	D		435	215	23.7	5	0	86	2063	34	2.4	7.3	22.0
Meatball Parmesan			780	480	53.2	24	1	162	2381	43	5.6	20.0	34.8
Meatball Stroganoff			460	280	32.0	14	0	66	1900	28	4.0	8.0	16.0
Mexican Chicken Pozole	LD	GF	280	40	5.0	0	0	50	1520	36	8.0	8.0	24.0
Moroccan Chicken	LD	GF	380	40	5.0	0	0	40	1540	60	12.0	24.0	26.0
Moroccan Red Lentil	VLD	0	380	30	4.0	0	0	0	1520	70	28.0	22.0	20.0
Mulligatawny		GF	680	340	38.0	26	0	70	1380	70	26.0	20.0	22.0
Mushroom Artichoke	L	GF	160	40	5.0	3	0	10	1380	24	4.0	8.0	8.0
New England Clam Chowder		GF	500	280	30.0	18	0	120	1520	40	4.0	4.0	14.0
New England Style Lobster Bisque		GF	620	462	51.4	32	0	202	1016	34	3.6	11.4	7.8
New Orleans Shrimp & Tasso Ham		GF	460	184	20.4	11	0	153	2317	40	5.8	9.4	25.8
New York Deli Reuben		GF	320	182	20.2	10	0	73	1168	19	3.4	8.4	16.0
Old Fashioned Chicken and Dumpling			360	100	12.0	6	0	70	1560	42	6.0	10.0	20.0
Pasta e Fagioli	VLD		340	30	4.0	0	0	0	1440	60	14.0	10.0	18.0
Pasta with Red Clam Sauce	D		300	130	14.4	4	0	42	2198	24	3.8	8.8	26.0
Pennette a la Vodka	V		490	230	24.8	14	0	82	1265	45	3.4	9.0	18.0

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Poblano Lime Chicken			300	80	10.0	4	0	60	1420	32	4.0	8.0	22.0
Pork Chili Verde	D	GF	350	132	14.8	4	0	48	1582	29	3.4	10.0	24.4
Portuguese Kale	D	GF	360	180	20.0	6	0	40	2080	34	6.0	10.0	16.0
Pot Roast			400	140	14.0	6	0	80	1500	34	6.0	10.0	32.0
Potato Italian Sausage		GF	360	100	12.0	6	0	40	1580	46	6.0	6.0	18.0
Provençal Vegetable	V	GF	260	28	3.2	1	0	0	1262	47	14.4	10.8	13.2
Red Curry Chicken and Lentil	D	GF	470	118	13.2	3	0	23	1875	64	11.0	15.2	23.4
Rhode Island Clam Chowder	D	GF	420	120	16.0	4	0	76	1580	46	6.0	8.0	32.0
Roasted Butternut Squash	V	GF	420	180	20.0	12	0	70	1260	62	8.0	24.0	6.0
Roasted Red Pepper & Smoked Gouda	V	GF	510	310	33.6	20	0	108	3124	31	5.0	14.8	19.0
Roasted Root Vegetable	VLD	GF	300	8	0.8	0	0	0	2045	63	10.0	26.8	8.0
Roasted Tomato and Wild Mushroom	VLD	GF	160	30	4.0	0	0	0	1420	30	6.0	16.0	6.0
Roasted Vegetable & Lentil Chili	VLD	GF	330	40	4.2	1	0	0	131	59	12.2	12.4	17.8
Roasted Vegetable Chowder	VLD	GF	160	0	0.0	0	0	0	1540	38	8.0	18.0	4.0
Roman Tomato with Pastini	VLD		260	30	4.0	0	0	0	1980	52	6.0	24.0	8.0
Saffron Shrimp and Vegetable	D		310	50	5.0	1	0	176	2069	43	10.0	9.4	26.4
Sausage and Peppers		GF	280	100	11.2	5	0	35	2326	28	6.4	15.2	18.8
Seafood Chowder		GF	520	220	24.0	14	0	170	1660	50	6.0	4.0	26.0
Seafood Jambalaya	LD	GF	320	40	5.0	0	0	100	1680	40	6.0	8.0	26.0
Seafood Risotto		GF	440	200	22.0	14	0	170	2340	32	2.0	6.0	30.0
Senegalese Chicken	D	GF	560	260	30.0	6	0	50	1940	46	10.0	24.0	36.0
Shellfish Bouillabaisse	D	GF	270	60	6.4	1	0	93	2540	24	4.2	8.8	27.8
Shrimp and Asparagus Bisque		GF	380	180	20.0	12	0	210	1460	24	4.0	4.0	26.0
Shrimp and Crab with Black Lentils	LD	GF	240	40	4.0	0	0	90	1720	28	6.0	8.0	20.0
Shrimp Bisque		GF	500	280	32.0	18	0	270	1560	30	4.0	8.0	28.0
Shrimp Cocktail	LD	GF	130	8	0.0	0	0	112	1352	16	4.0	6.0	16.0
Shrimp Creole	L	GF	220	50	6.0	3	0	90	1880	28	8.0	12.0	18.0
Shrimp Parmesan			420	240	26.4	15	0	193	1693	21	2.6	8.6	25.2
Shrimp Scampi	D	GF	280	54	6.0	1	0	146	2065	31	2.0	4.4	23.0
Shrimp with Jalapeno Cheese Grits		GF	600	330	36.0	20	1	190	2306	29	2.6	10.4	38.0
Sloppy Joe	D		620	280	30.0	12	2	150	2020	36	4.0	20.0	20.0
Smoked Turkey Corn Chowder		GF	380	160	18.0	10	0	70	1400	46	6.0	10.0	12.0
Smoked Turkey w/WM and Sweet Peas			510	256	28.6	16	0	108	2797	35	3.0	11.6	28.8
Smoky Chicken Chili	D	GF	450	70	7.6	1	0	58	1260	66	13.8	19.2	35.4
Smoky Pepper, Shrimp and Orzo	LD		280	50	5.6	1	0	88	1812	39	8.0	12.6	17.4
Southwest Chicken Cheddar		GF	560	240	26.0	14	0	100	1780	44	12.0	14.0	40.0
Southwest Shrimp Corn Chowder		GF	460	200	22.0	12	0	160	1380	50	6.0	8.0	20.0
Southwestern Short Rib Chili	D	GF	630	330	36.0	14	0	66	1410	50	16.2	13.0	27.0
Southwestern Vegetable	VLD		190	40	4.0	0	0	0	1580	34	6.0	12.0	8.0
Spiced Lentil with Spinach	VLD	GF	340	30	4.0	0	0	0	1540	62	22.0	18.0	18.0
Spicy Chicken & Squash	D	GF	360	130	14.0	4	0	30	1980	38	6.0	14.0	18.0
Spicy Chicken and Chickpea	LD	GF	420	60	6.0	1	0	30	1440	66	20.0	20.0	28.0
Spicy Chickpea and Lemon	VLD		240	40	4.0	1	0	0	1940	44	8.0	12.0	10.0
Spicy Cuban Beef Chili	D	GF	600	340	38.0	14	2	90	1540	46	12.0	14.0	24.0
Spicy Shrimp and Tomatillo	D	GF	230	44	4.8	1	0	77	1864	35	6.2	10.0	14.0
Spicy Three Bean Chicken Chili	D	GF	420	42	4.6	1	0	79	1491	55	12.6	9.2	42.2
Spicy Wild Mushroom with Red Miso	VLD	GF	180	34	3.6	0	0	0	196	32	8.4	10.4	11.0
Spinach Artichoke Cheddar		GF	660	460	52.0	32	0	170	1900	24	4.0	4.0	28.0
Spinach Mushroom and Leek	L	GF	160	40	5.0	2	0	10	1340	26	4.0	6.0	6.0
Split Pea with Smoked Turkey	LD	GF	480	50	6.0	0	0	20	1860	76	26.0	14.0	34.0



## Hale and Hearty Soups Nutrition Information (information contained in the nutritional analysis is accurate and complete, including reasonable steps taken to ensure proper methods of preparation and serving)

Serving Size: 16 Fluid Ounces -Soup Only- No Add-ins	VLD	Gluten Free	Calories	Calories from Fat	Fat Grams	Sat Fat Grams	Trans Fat Gram	Chol MGS	Sodium MGS	Total Carb Gram	Fiber Gram	Sugar Gram	Protein Gram
<b>SMALL SOUP = 8 oz</b>	<b>V= Vegetarian   GF = Gluten Free (soup only, no add-ins)</b>												
<b>MEDIUM SOUP = 12 oz</b>	<b>L = Lowfat</b>												
<b>LARGE SOUP = 16 oz</b>	<b>D = Dairy Free</b>												
Spring Asparagus w/Mushrooms & Tarragon	VLD	GF	105	15	1.4	0	0	0	689	20	3.1	4.1	4.3
Spring Pea with Mint	V	GF	380	160	18.0	10	0	60	1340	46	12.0	20.0	12.0
Steak and Potato		GF	400	120	14.0	6	0	70	1500	34	4.0	6.0	34.0
Stuffed Peppers with Beef	D	GF	440	226	24.0	10	2	80	1340	30	4.0	12.0	24.0
Summer Beef Vegetable	D	GF	340	90	10.0	3	0	50	1540	30	6.0	8.0	32.0
Summer Clam Bake	D	GF	330	46	5.0	1	0	18	2112	60	8.0	12.0	18.0
Summer Corn Chowder	D	GF	280	48	5.4	1	0	4	1450	50	7.0	12.6	10.6
Summer Vegetable	VLD	GF	120	20	2.0	0	0	0	1400	26	6.0	8.0	6.0
Sweet Corn and Tomato Chowder		GF	520	240	28.0	16	0	70	1560	62	6.0	20.0	12.0
Sweet Corn Chowder		GF	640	300	34.0	18	0	100	1740	70	6.0	16.0	18.0
Sweet Crab Chowder		GF	300	120	12.0	8	0	80	1660	30	6.0	8.0	16.0
Sweet Potato Bisque		GF	450	170	18.8	12	0	63	1431	66	8.8	21.8	5.4
Sweet Potato Chicken Chowder		GF	460	240	28.0	16	0	130	1400	40	8.0	12.0	16.0
Sweet Potato Chorizo Bisque		GF	730	352	39.0	19	0	109	2214	72	10.6	18.2	22.8
Sweet Tomato, Clam and Sausage	D	GF	340	184	20.4	7	0	48	2669	18	4.0	6.6	26.0
Ten Vegetable	VLD	GF	140	20	2.0	0	0	0	1440	28	8.0	10.0	4.0
Texas Beef Chili	D		510	140	15.2	5	1	73	1470	59	17.4	23.0	36.8
Thai Chicken	D	GF	380	120	14.0	4	0	30	1700	50	8.0	12.0	14.0
Thai Curry Clam and Corn Chowder	D	GF	300	48	5.4	1	0	28	1796	35	8.2	16.0	17.6
Three Bean Chili	VLD	GF	260	30	3.0	0	0	0	1420	48	10.0	10.0	10.0
Three Lentil Chili	VLD	GF	320	30	3.0	0	0	0	1520	58	20.0	12.0	20.0
Three Pepper Lamb Chili	D	GF	390	90	10.0	3	0	54	1353	46	17.0	7.2	30.6
Tomato Basil with Rice	VLD	GF	220	20	3.0	0	0	0	1260	46	4.0	18.0	6.0
Tomato Cheddar		GF	740	500	56.0	34	0	190	2340	38	6.0	20.0	30.0
Tomato Corn and Basil	VLD	GF	240	40	4.0	0	0	0	1460	52	8.0	16.0	8.0
Tomato Eggplant	VLD	GF	160	20	2.0	0	0	0	1240	36	10.0	20.0	4.0
Tomato Feta		GF	540	360	40.0	24	0	140	2100	38	8.0	24.0	22.0
Tomato Florentine	VLD	GF	180	30	4.0	0	0	0	1560	40	6.0	24.0	6.0
Tomato Kale	VLD	GF	160	20	4.0	0	0	0	1020	28	6.0	16.0	6.0
Tomato Seafood Bisque		GF	320	190	21.0	12	0	150	1910	18	4.0	8.0	16.0
Tortellini Florentine	V		360	200	22.0	12	0	70	1230	34	6.0	12.0	8.0
Tortellini with Wild Mushroom	V		500	300	34.0	20	0	110	1580	34	6.0	8.0	18.0
Traditional Sancocho	D	GF	480	150	16.6	5	0	79	1590	51	7.4	13.6	33.0
Turkey Chili	D	GF	480	120	14.0	4	0	110	1560	52	12.0	18.0	36.0
Turkey Dinner		GF	360	100	10.0	4	0	50	2300	46	6.0	18.0	22.0
Turkey Gumbo	D		400	120	14.0	8	0	100	1600	26	4.0	8.0	42.0
Turkey Pot Pie		GF	400	180	20.0	10	0	120	1820	38	6.0	8.0	18.0
Tuscan Chicken	LD		280	40	4.0	0	0	40	1380	38	6.0	6.0	22.0
Tuscan White Bean	VLD	GF	380	30	3.0	0	0	0	1300	66	18.0	6.0	24.0
Veal Stew with Mushrooms and Thyme	D	GF	580	390	43.2	17	0	50	1721	32	5.4	11.8	14.2
Vegetable Barley	VLD		200	40	4.0	0	0	0	1540	40	10.0	12.0	6.0
Vegetable Jambalaya	VLD	GF	220	30	3.0	0	0	0	1400	46	6.0	8.0	6.0
Vegetable Kale & Wild Rice	VLD	GF	240	40	5.0	0	0	0	1330	42	8.0	12.0	12.0
Vegetable Noodle	LD		130	10	1.2	0	0	14	1322	23	3.6	4.6	5.2
Vegetarian Black Lentil	VLD	GF	180	30	3.0	0	0	0	1360	30	6.0	6.0	6.0
Vegetarian Split Pea	VLD	GF	380	30	4.0	0	0	0	1340	66	26.0	14.0	22.0
Vegetarian Sweet Corn Chowder	V	GF	540	200	22.0	14	0	70	1480	84	10.0	20.0	8.0
Vietnamese Shrimp & Pork Noodle Soup	D		280	100	11.0	4	0	85	1004	27	4.4	6.0	18.4
Wild Mushroom Barley	VLD		180	30	2.0	0	0	0	1300	34	8.0	8.0	6.0
Wild Mushroom Fagioli	VLD	GF	340	30	4.0	0	0	0	1300	60	14.0	8.0	20.0



<b>Soup Bread and Crackers</b>	<b>Cal</b>	<b>Cal/Fat</b>	<b>Fat Grams</b>	<b>Sat Fat Grams</b>	<b>Trans Fat Gram</b>	<b>Chol MGS</b>	<b>Sod MGS</b>	<b>Total Carb Gram</b>	<b>Fiber Gram</b>	<b>Sugar Gram</b>	<b>Prot Gram</b>
<b>Hale and Hearty Soup Breads - NYC</b>											
<b>Sourdough 40g</b>	<b>85</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>160</b>	<b>17</b>	<b>1</b>	<b>0</b>	<b>3</b>
<b>7 Grain 40g</b>	<b>100</b>	<b>15</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>240</b>	<b>18</b>	<b>1.5</b>	<b>2</b>	<b>3</b>
<b>Oyster Crackers (1.5 oz)</b>	<b>200</b>	<b>56</b>	<b>6</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>180</b>	<b>33</b>	<b>0</b>	<b>0</b>	<b>3</b>
<b>Hale and Hearty Soup Breads - BOSTON</b>											
<b>Sourdough 40g</b>	<b>90</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>200</b>	<b>18</b>	<b>1</b>	<b>0</b>	<b>3</b>
<b>7 Grain 40g</b>	<b>90</b>	<b>8</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>190</b>	<b>17</b>	<b>1</b>	<b>0</b>	<b>3</b>
<b>Oyster Crackers (1.5 oz)</b>	<b>200</b>	<b>56</b>	<b>6</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>180</b>	<b>33</b>	<b>0</b>	<b>0</b>	<b>3</b>

\*Bread and crackers are prepared in a facility that also processes milk, eggs, wheat, soy, fish, shellfish, tree nuts, peanuts.

**Hale and Hearty Soups Nutrition Information** (information contained in the nutritional analysis is accurate and complete, including reasonable steps taken to ensure proper methods of preparation and serving)

	VLD	Gluten Free	Calories	Calories from Fat	Fat Grams	Sat Fat Grams	Trans Fat Gram	Chol MGS	Sodium MGS	Total Carb Gram	Fiber Gram	Sugar Gram	Protiem Gram
<b>Serving Size:</b>	<b>V= Vegetarian GF = Gluten Free</b>												
<b>1 Salad with 2 fl oz dressing</b>	<b>L = Lowfat</b>												
	<b>D = Dairy Free</b>												

**Entrée Sized Seasonal Salads**

<b>Classic Chicken Caesar</b>			510	195	22	9	0	82	1335	45	5	4	32
<b>with Caesar Vinaigrette</b>			120	96	11	1	0	0	484	6	0	2	1
<b>Total with dressing</b>			630	291	32	10	0	82	1819	52	5	7	33
<b>Classic Caesar</b>			435	190	21	9	0	35	932	45	5	4	18
<b>with Caesar Vinaigrette</b>			120	96	11	1	0	0	484	6	0	2	1
<b>Total with dressing</b>			555	286	32	10	0	35	1416	52	5	6	19
<b>Basil Chicken &amp; Farro</b>			390	55	6	3	0	61	673	47	8	5	35
<b>with Pesto Vinaigrette</b>			170	158	17	2	0	0	142	3	0	2	1
<b>Total with dressing</b>			560	213	23.4	5.3	0	61.4	815	49.9	8	7.5	35.5
<b>Mango Lime Chicken</b>	D	GF	255	110	2	0	0	47	434	21	9	10	19
<b>with Mango Lime Vinaigrette dressing</b>			240	100	11	1	0	0	87	37	0	36	1
<b>Total with dressing</b>			495	210	13	1	0	47	521	58	9	45	19
<b>Buffalo Chicken Salad</b>			410	185	20	9	0	64	1037	28	7	6	29
<b>with Spicy Buffalo Dressing</b>			230	210	24	4	0	12	720	0	0	0	0
<b>Total with dressing</b>			640	395	44.3	12.2	0	76.4	1757	28	7.1	6.1	29.4
<b>Hearty Chicken Avocado</b>			520	255	28	4	0	39	120	52	116	34	21
<b>with HH Vinaigrette dressing</b>			370	365	41	4	0	0	374	3	0	2	1
<b>Total with dressing</b>			890	620	69	7	0	39	494	55	116	35	22
<b>Avocado Green Goddess</b>	V	GF	480	310	34	11	0	421	529	17	9	6	29
<b>with Avocado Green Goddess dressing</b>			60	40	4	0	0	0	300	4	2	2	2
<b>Total with dressing</b>			540	350	38	11	0	421	829	21	11	8	31
<b>HH Signature Salad</b>			420	225	25	9	0	65	390	29	9	5	24
<b>with HH Vinaigrette dressing</b>			370	365	41	4	0	0	374	3	0	2	1
<b>Total with dressing</b>			790	590	66	13	0	65	764	32	9	7	25

\*Salads, salad dressings are prepared in a facility that also processes milk, eggs, wheat, soy, fish, shellfish, tree nuts, peanuts.

**Hale and Hearty Soups Nutrition Information** (information contained in the nutritional analysis is accurate and complete, including reasonable steps taken to ensure proper methods of preparation and serving)

	VLD	Gluten Free	Calories	Calories from Fat	Fat Grams	Sat Fat Grams	Trans Fat Gram	Chol MGS	Sodium MGS	Total Carb Gram	Fiber Gram	Sugar Gram	Protiem Gram
<b>Serving Size:</b>	<b>V= Vegetarian GF = Gluten Free</b>												
<b>1 Salad with 2 fl oz dressing</b>	<b>L = Lowfat</b>												
	<b>D = Dairy Free</b>												

**Pairing Sized Seasonal Salads**

<b>Classic Chicken Caesar</b>			383	146	16.2	6.38	0	61.3	1001	33.9	3.9	3.3	24
<b>with Caesar Vinaigrette</b>			120	96	10.6	1.4	0	0	484	6.4	0.2	2.2	1.4
<b>Total with dressing</b>			503	242	27	8	0	61	1485	40	4	6	25
<b>Classic Caesar</b>			326	143	15.8	6.38	0	26.3	699	33.9	3.9	2.625	13.2
<b>with Caesar Vinaigrette</b>			120	96	10.6	1.4	0	0	484	6.4	0.2	2.2	1.4
<b>Total with dressing</b>			446	239	26	8	0	26	1183	40	4	5	15
<b>Basil Chicken &amp; Farro</b>			293	41.3	4.5	2.18	0	46.1	505	35.3	6	3.825	26.18
<b>with Pesto Vinaigrette</b>			170	158	17.4	2.4	0	0	142	2.8	0	2.4	0.6
<b>Total with dressing</b>			463	199	22	5	0	46	647	38	6	6	27
<b>Mango Lime Chicken</b>			191	82.5	1.13	0	0	35.4	326	15.5	6.5	7.35	13.95
<b>with Mango Lime Vinaigrette dressing</b>			240	100	11	1	0	0	87	37	0	36	1
<b>Total with dressing</b>			431	183	12	1	0	35	413	52	7	43	15
<b>Buffalo Chicken Salad</b>			255	120	13	6	0	40	648	16	4	4	17
<b>with Spicy Buffalo Dressing</b>			230	210	24	4	0	12	720	0	0	0	0
<b>Total with dressing</b>			485	330	37.3	9.9	0	52.2	1368	16.2	4.4	4	17.4
<b>Mango Lime Chicken</b>	<b>D</b>	<b>GF</b>	160	60	6	1	0	35	322	13	5	6	13
<b>with Mango Lime Vinaigrette dressing</b>			240	100	11	1	0	0	87	37	0	36	1
<b>Total with dressing</b>			400	160	18	2	0	35	409	50	5	42	14
<b>Hearty Chicken Avocado</b>			340	130	14	2	0	47	452	37	7	25	18
<b>with HH Vinaigrette dressing</b>			370	365	41	4	0	0	374	3	0	2	1
<b>Total with dressing</b>			710	495	55	5	0	47	826	39	7	26	19
<b>Avocado Green Goddess</b>	<b>V</b>	<b>GF</b>	325	215	24	7	0	222	347	12	6	4	18
<b>with Avocado Green Goddess dressing</b>			60	40	4	0	0	0	300	4	2	2	2
<b>Total with dressing</b>			385	255	28	8	0	222	647	16	8	6	20
<b>HH Signature Salad</b>			295	160	18	6	0	46	273	20	6	4	17
<b>with HH Vinaigrette dressing</b>			370	365	41	4	0	0	374	3	0	2	1
<b>Total with dressing</b>			665	525	59	10	0	46	647	23	6	5	18

\*Salads, salad dressings are prepared in a facility that also processes milk, eggs, wheat, soy, fish, shellfish, tree nuts, peanuts.

**Hale and Hearty Soups Nutrition Information** (information contained in the nutritional analysis is accurate and complete, including reasonable steps taken to ensure proper methods of preparation and serving)

	VLD	Gluten Free	Calories	Calories from Fat	Fat Grams	Sat Fat Grams	Trans Fat Gram	Chol MGS	Sodium MGS	Total Carb Gram	Fiber Gram	Sugar Gram	Protiem Gram
<b>Serving Size: 1 fl oz</b>	<b>V= Vegetarian      GF = Gluten Free</b> <b>L = Lowfat</b> <b>D = Dairy Free</b>												
<b>Hale and Hearty Salad Dressings</b>													
<b>SPICY BUFFALO</b>	V	GF	115	105	12	2	0	6	360	0	0	0	0
<b>SPRING HERB VINAIGRETTE</b>	V, D	GF	55	28	3	0	0	0	109	6	0	5	1
<b>CAESAR VINAIGRETTE</b>	D	GF	60	48	5	1	0	0	242	3	0	1	1
<b>TOMATO POPPYSEED</b>	V, FF, D	GF	60	0	0	0	0	0	183	16	0	15	0
<b>FAT FREE BALSAMIC VINAIGRETTE</b>	V,FF,D	GF	30	0	0	0	0	0	150	7	0	6	<1
<b>MANGO LIME VINAIGRETTE</b>	V,D	GF	120	50	6	0	0	0	44	19	0	18	0
<b>FAT FREE CHILI LIME VINAIGRETTE</b>	V,FF,D	GF	70	0	0	0	0	0	400	18	1	14	0
<b>PESTO VINAIGRETTE</b>	V, DF	GF	85	79	9	1	0	0	71	1	0	1	0
<b>AVOCADO GREEN GODDESS</b>	V	GF	30	20	2	0	0	0	150	2	1	1	1
<b>HALE AND HEARTY VINAIGRETTE</b>	V, D	NO	185	185	21	2	0	0	185	1	0	<1	0
<b>ITALIAN HERB VINAIGRETTE</b>	V, D	GF	115	110	13	1.5	0	0	160	1	0	0	0
<b>LEMON VINAIGRETTE</b>	V, D	GF	85	80	9	1	0	0	35	2	0	2	0
<b>SMOKY CHIPOTLE</b>	V	GF	115	110	12	2	0	6	200	1	0	<1	<1

\*HH Salad dressings are prepared in a facility that also processes milk, eggs, wheat, soy, fish, shellfish, tree nuts, peanuts.

**Hale and Hearty Soups Nutrition Information** (information contained in the nutritional analysis is accurate and complete, including reasonable steps taken to ensure proper methods of preparation and serving)

	VLD	Gluten Free	Cal	Cal/Fat	Fat Grams	Sat Fat Grams	Trans Fat Gram	Chol MGS	Sod MGS	Total Carb Gram	Fiber Gram	Sugar Gram	Prot Gram
<b>Serving Size:</b> 1 Salad with 2 fl oz dressing	<b>V= Vegetarian GF = Gluten Free</b> <b>L = Lowfat</b> <b>D = Dairy Free</b>												

**Hale and Hearty Grab and Cups**

<b>Avocado Tomato Salad</b>	V,D	GF	200	155	17	2.4	0	1.5	174	11	7	3	3
<b>Seasonal Fruit - Pineapple</b>	V,D	GF	75	2	0	0	0	0	2	21	2	15	1
<b>Seasonal Fruit - Mixed Melons</b>	V,D	GF	45	2	0	0	0	0	1	11	1	10	1
<b>Seasonal Fruit - Watermelon</b>	V,D	GF	40	2	0	0	0	0	1	10.3	1	8	1
<b>Seasonal Fruit - Citrus</b>	V,D	GF	65	2	0	0	0	0	1	16	3	12	1

\*Salads, salad dressings, side salads are prepared in a facility that also processes milk, eggs, wheat, soy, fish, shellfish, tree nuts, peanuts.

**Hale and Hearty Soups Nutrition Information** (information contained in the nutritional analysis is accurate and complete, including reasonable steps taken to ensure proper methods of preparation and serving)

**Ingredient Statement:** The Salad Toppings Nutritional Information is based on an average 0.25 cup scooped serving.

	Gluten Free	Cal	Cal/Fat	Fat Grams	Sat Fat Grams	Tran Fat Gram	Chol MGS	Sod MGS	Total Carb Gram	Fiber Gram	Sugar Gram	Prot Gram
Almonds	GF	133	104	11.6	0.9	0	0	0	4.5	2.7	1.1	4.9
Apple	GF	14	0	0.0	0.0	0	0	0	3.8	0.7	2.9	0.1
Arugula	GF	5	1	0.1	0.0	0	0	5.4	0.7	0.3	0.4	0.5
Asparagus	GF	10	1	0.1	0.0	0	0	6	1.8	0.9	0.6	1.1
Avocado (1/2)	GF	125	88	11.0	1.0	0	0	5	6.0	5.0	0.0	2.0
Blue Cheese	GF	119	87	9.7	6.3	0	25	471	0.8	0.0	0.2	7.2
Breaded Chicken		120	45	5.0	1.0	0	20	310	8.0	1.0	0.0	10.0
Broccoli	GF	14	2	0.2	0.0	0	0	16	2.8	1.3	0.5	0.9
Brussels Sprouts	GF	35	2	0.2	0.0	0	0	19	6.9	2.9	1.7	2.6
Cajun Chicken	GF	94	14	1.5	0.1	0	42	405	0.0	0.0	1.5	13.5
Carrots	GF	11	1	0.1	0.0	0	0	19	2.6	0.8	1.2	0.3
Celery	GF	4	0	0.0	0.0	0	0	20	0.7	0.4	0.5	0.2
Cheddar	GF	110	80	9.0	5.0	0	30	180	1.0	0.0	0.0	7.0
Corn	GF	33	4	0.5	0.1	0	0	6	7.3	1.0	1.2	1.2
Craisins	GF	117	4	0.4	0.1	0	0	1	31.4	3.2	25.1	0.1
Croutons (2 scoops)		285	60	6.0	0.0	0	6	285	16.0	0.6	0.5	2.8
Cucumbers (6 slices)	GF	5	1	0.1	0.0	0	0	1	0.9	0.3	0.6	0.2
Edamame	GF	64	26	2.9	0.3	0	0	112	5.0	1.9	0.0	5.6
Egg	GF	78	48	5.3	1.6	0	212	62	0.6	0.0	0.6	6.3
Egg White (only)	GF	17	1	0.1	0.0	0	0	55	0.2	0.0	0.2	3.6
Feta Cheese	GF	99	72	8.0	5.6	0	33	419	1.5	0.0	1.5	5.3
Garbanzo Beans	GF	71	6	0.7	0.1	0	0	179	13.6	2.6	0.0	3.0
Goat Cheese (Crumbled)	GF	160	100	6.0	4.0	0	25	80	3.0	0.0	1.0	5.0
Grape Tomatoes	GF	8	1	0.9	0.0	0	0	2	1.5	0.5	0.5	0.5
Grilled Chicken	GF	70	13	1.5	0.2	0	41	209	0.0	0.0	1.5	13.0
Kalamata Olives	GF	90	81	9.0	0.0	0	0	520	4.0	2.0	0.0	0.0
Mango	GF	25	0	0.0	0.0	0	0	0	0.0	0.7	6.0	0.0
Mozzarella	GF	125	96	10.7	3.6	0	18	36	0.0	0.0	0.0	8.9
Parmesan	GF	110	63	7.0	4.0	0	20	350	0.0	0.0	0.0	10.0
Pepperoncini	GF	5	0	0.0	0.0	0	0	410	1.0	0.0	1.0	0.0
Portobello Mushrooms	GF	25	0	0.0	0.0	0	0	10	5.0	1.0	3.0	2.0
Raw Seed Blend	GF	130	88	9.8	0.9	0	14	18.4	3.8	1.6	0.5	8.0
Red Quinoa	GF	60	8.6	0.9	0.0	0	0	4	10.4	1.3	0.0	2.2
Roasted Beets	GF	49	30	3.3	0.4	0	0	105	3.8	1.9	1.9	1.4
Roasted Brussels Sprouts	GF	41	22	2.5	0.4	0	0	128	4.4	1.9	1.0	1.6
Roasted Peppers	GF	70	8	0.9	0.6	0	0	145	1.8	0.9	1.8	0.9
Sugar Snap Peas	GF	10	0	0.0	0.0	0	0	0	2.6	<1	1.1	0.8
Sweet Bell Pepper	GF	13	1	0.1	0.0	0	0	1	3.0	0.4	1.2	0.5
Tuna Salad	GF	100	45	5.0	0.8	0	7	217	5.1	0.0	0.5	8.6
Walnuts	GF	196	176	19.6	1.8	0	0	1	4.1	2.0	0.8	4.6

Chicken, roasted peppers, and beets contain soy (gluten-free)

\*Fresh salad toppings are prepared in a kitchen that also processes milk, eggs, wheat, soy, fish, shellfish, tree nuts, peanuts.









**Hale and Hearty Soups Nutrition Information** (information contained in the nutritional analysis is accurate and complete, including reasonable steps taken to ensure proper methods of preparation and serving)

<b>Sandwich Breads</b>	<b>Cal</b>	<b>Cal/Fat</b>	<b>Fat Grams</b>	<b>Sat Fat Grams</b>	<b>Trans Fat Gram</b>	<b>Chol MGS</b>	<b>Sod MGS</b>	<b>Total Carb Gram</b>	<b>Fiber Gram</b>	<b>Sugar Gram</b>	<b>Prot Gram</b>
<b>Hale and Hearty Sandwich Breads - NYC</b>											
Roasted Red Pepper Wrap - 12"	260	5	2.5	0	1	0	560	48	2	1	8
7-Grain Roll - 115g	285	40	4.5	1	0	0	655	52	4.5	6	9
Ciabatta Pocket - 125g	240	5	0.5	0	0	0	500	50	2	1	8
Semolina Pocket - 120 g	310	10	1	0	0	0	740	63	0	2	11
<b>Hale and Hearty Sandwich Breads - BOSTON</b>											
Roasted Red Pepper Wrap - 12"	260	5	2.5	0	1	0	560	48	2	1	8
Ciabatta - 113g	220	10	1	0	0	0	480	44	1	1	7
7 grain seeded bun - 100g	230	25	2.5	0	0	0	390	45	5	4	8

\*HH Sandwiches, and breads are prepared in a facility that also processes milk, eggs, wheat, soy, fish, shellfish, tree nuts, peanuts.

**Hale and Hearty Soups Nutrition Information** (information contained in the nutritional analysis is accurate and complete, including reasonable steps taken to ensure proper methods of preparation and serving)

	Cal	Cal/Fat	Fat Grams	Sat Fat Grams	Trans Fat Gram	Chol MGS	Sod MGS	Total Carb Gram	Fiber Gram	Sugar Gram	Prot Gram
<b>Serving Size 1 Sandwich</b>											
<b>Hale and Hearty Sandwiches - NYC</b>											
Pesto Caprese	810	385	43	15.6	0	55.7	1473.9	72.6	2.8	6.6	31.6
Buffalo Chicken Mac Melt 	655	330	37	19.2	0	100.6	1726.7	52.8	0.4	5.2	30.2
Crispy Picnic Chicken with Honey Mustard	570	185	21	4	0	50	1528	65	5	22	33
Signature Grilled Cheese	555	268	30	15.6	0.2	75.3	1320.8	48	0	4	24.1
Grilled Cheese with Bacon Jam	640	315	35	17	0	87	1457	54	0	9	27
Smoky Chicken Club with Bacon Jam 	670	255	28	7.4	0	144.2	2577.3	71.9	3.8	18.5	48.8
Cashew Curry Chicken Salad Wrap	775	415	46	9	0	74	1358	61	5	10	29
HH Tuna Salad 	535	155	17	1.8	0	43.1	2346.1	67.8	6.7	11.6	28.5
Balsamic Chicken & Avocado	810	310	34	6	0	110	1715	75	3	10	49
Turkey, Avocado & Walnut Pesto 	885	536	60	8	0	90	2390	69	9	6	50
<b>Hale and Hearty Sandwiches - Boston</b>											
Cashew Curry Chicken Salad Wrap	775	415	46	9	0	74	1358	61	5	10	29
Smoky Chicken Club with Bacon Jam 	650	255	28	7.4	0	144.2	2577.3	71.9	3.8	18.5	48.8
Pesto Caprese 	720	385	43	15.6	0	55.7	1213.9	53.6	3.8	5.6	27.6
HH Tuna Salad	475	110	12	1	0	43	2006	58	7	13	27
Balsamic Chicken & Avocado	725	310	34	6	0	110	1455	56	4	9	45
Turkey, Avocado & Walnut Pesto	855	540	60	8	0	90	2340	60	8	6	48

Warning:  indicates that the sodium (salt) content in this item is higher than the total daily recommended limit (2300 mg). High sodium intake can increase blood pressure and risk of heart disease and stroke.

\*HH Sandwiches and breads are prepared in a facility that also processes milk, eggs, wheat, soy, fish, shellfish, tree nuts, peanuts.

**Hale and Hearty Soups Nutrition Information** (information contained in the nutritional analysis is accurate and complete, including reasonable steps taken to ensure proper methods of preparation and serving)

	Cal	Cal/Fat	Fat Grams	Sat Fat Grams	Trans Fat Gram	Chol MGS	Sod MGS	Total Carb Gram	Fiber Gram	Sugar Gram	Prot Gram
<b>Hale and Hearty Sweets</b>											
<b>Chocolate Chip Cookie - 2.5 oz</b>	<b>330</b>	<b>160</b>	<b>18</b>	<b>11</b>	<b>0</b>	<b>35</b>	<b>300</b>	<b>39</b>	<b>3</b>	<b>22</b>	<b>5</b>
<b>Oatmeal Raisin Cookie - 2.5 oz</b>	<b>300</b>	<b>120</b>	<b>13</b>	<b>7</b>	<b>0</b>	<b>40</b>	<b>340</b>	<b>42</b>	<b>2</b>	<b>23</b>	<b>5</b>
<b>Truffle Brownie</b>	<b>200</b>	<b>100</b>	<b>11</b>	<b>7</b>	<b>0</b>	<b>20</b>	<b>40</b>	<b>23</b>	<b>2</b>	<b>16</b>	<b>3</b>
<b>Chocolate Fudge Brownie - 2.88 oz</b>	<b>350</b>	<b>180</b>	<b>20</b>	<b>10</b>	<b>0</b>	<b>70</b>	<b>135</b>	<b>40</b>	<b>3</b>	<b>27</b>	<b>5</b>
<b>Chewy Marshmallow Bar-GF</b>	<b>250</b>	<b>45</b>	<b>5</b>	<b>3</b>	<b>0</b>	<b>15</b>	<b>240</b>	<b>49</b>	<b>0</b>	<b>26</b>	<b>2</b>

\*HH Treats are prepared in a facility that also processes milk, eggs, wheat, soy, fish, shellfish, tree nuts, peanuts.