



# The Vintage Garden Kitchen

We feature **3** delicious soups each week. Visit our website or give us a call to see what's cookin'.

925 Labarre Road, Metairie  
www.vintagegardenkitchen.org  
504-620-2495

## Delivery

We deliver to zip codes

**70001, 70005, 70118 & 70115**

Pre-payment by credit card required.

FREE delivery for orders \$15 or more.

Prices do not include sales tax.

### Delivery Day is Wednesday

Please place your delivery order before noon on Tuesday.

Please leave an ice chest out if you're going to be away when we deliver.

## Come and get it!

Monday – Friday from 8AM to 4PM at 925 Labarre Road in Metairie.

Pre-payment by credit card will save you time.

## Bulk Orders

Having a party? Call us to find out about discount bulk ordering prices.

## Recycle & Save

Return 6 jars and receive a complimentary pint of soup with your next order.

Thank you for helping us recycle and reuse!



## Fresh and healthy soups from our kitchen to yours.

### Veggie

#### Fire Roasted Tomato Basil

Stewed Tomato, Eggplant, Sweet Potato, Onion, Carrot, Celery, Tomato, Garlic, Olive Oil, Basil, Kosher Salt, White Pepper

**DF GF LF VG V**

\$4.99 pint / \$8.99 quart

#### Potato & Swiss Chard

Vegetable Stock, Red Potatoes, Yams, Onion, Carrots, Celery, Swiss Chard, Parsley, Garlic, Red Wine Vinegar, Thyme, Bay Leaf, Kosher Salt, Black Pepper, Dried Tabasco™ Pepper

**DF GF LF VG V**

\$4.99 pint / \$8.99 quart

### Fiery

#### Shiitake Mushroom & Barley

Vegetable Stock, Shiitake Mushrooms, Onions, Carrots, Barley, Bell Pepper, Soy Sauce, Balsamic Vinegar, Chipotle Pepper, Olive Oil, Garlic Powder, Oregano, Thyme, Kosher Salt, Creole Seasoning

**DF LF VG V**

\$5.99 pint / \$9.99 quart

### Rustic Vegetable Bean

Vegetable Stock, Onion, Carrots, Celery, Broccoli, Seasonal Squash, Crowder Peas, White Beans, Tomato Sauce, Green Beans, Pasta, Kale, Tomato, Parsley, Garlic, Olive Oil, Oregano, Basil, Thyme, Kosher Salt

**DF LF VG**

\$4.99 pint / \$8.99 quart

### Vegan Lentils & Greens

Onion, Tomato, Lentils, Carrot, Celery, Bell Pepper, Kale, Braggs™ (soy product), Parsley, Oregano, Arugula, Olive Oil, Kosher Salt, Thyme, Garlic Powder, Cumin, Black Pepper, Chili Garlic Sauce, Bay Leaf

**DF GF LF VG V**

\$4.99 pint / \$8.99 quart

### Moroccan Chickpea Stew

Vegetable Broth, Chickpeas, Stewed Tomato, Zucchini, Tomato, Onion, Swiss Chard, Fresh Ground Garlic, Dried Thyme, Kosher Salt, Cumin, Cinnamon

**DF GF LF VG V**

\$4.99 pint / \$8.99 quart

### Seasonal

#### Gazpacho

Tomato Juice, Tomato, Cucumber, Purple Onion, Bell Pepper, Celery, Green Onion, Red Wine Vinegar, Lemon Juice, Cilantro, Garlic, Kosher Salt, Black Pepper, Tomatillo Hot Sauce

**DF GF LF VG V**

\$4.99 pint / \$8.99 quart

#### Wild Mushroom & Asparagus

Chicken Stock, Oyster Mushrooms, Arborio Rice, Onion, Asparagus, Portabella Mushroom, Parmesan Cheese, Olive Oil, Garlic, Kosher Salt, Thyme, Crystal Hot Sauce™, Soy Sauce, Cider Vinegar, Worcestershire Sauce™

**LF**

\$6.99 pint / \$10.99 quart

#### Roasted Butternut Squash

Vegetable Stock, Roasted Butternut Squash, Roasted Beets, Onions, Carrots, Celery, Coconut Milk, Kosher Salt, Orange Zest

**DF GF V VG**

\$4.99 pint / \$8.99 quart

Do you have favorite seasonal soup you would like to see on our menu?

Please share your suggestions under 'contact us' at [www.vintagegardenkitchen.org](http://www.vintagegardenkitchen.org)



### Dietary Key:

**DF** - Dairy Free **GF** - Gluten Free

**LF** - Lowfat **VG** - Vegetarian **V** - Vegan

eat good, feel good, do good™

See our Traditional Soups, Seafood Soup and Salsa on the next page.

## Traditional

### Spicy Black Bean

Chicken Stock, Black Beans, Onion, Carrot, Ham, Bacon, Tasso, Garlic, Chipotle Pepper, Garlic Powder, Red Wine Vinegar, Kosher Salt

**DF GF LF**

\$5.99 pint / \$9.99 quart

### Yellow Split Pea

Chicken Stock, Yellow Split Peas, Tasso, Rice Wine Vinegar, Garlic Powder, Kosher Salt, Olive Oil, White Pepper

**DF GF LF**

\$4.99 pint / \$8.99 quart

### Smothered Chicken with Rice & Greens

Chicken Stock, Chicken, Brown Rice, Onion, Carrot, Celery, Bell Pepper, Kale, Garlic, Flour, Butter, Black Pepper, Kosher Salt

\$5.99 pint / \$9.99 quart

### Potato & Leek

Chicken Stock, Yukon Gold Potatoes, Leek, Parsley, Kosher Salt, Olive Oil, White Pepper

**DF GF LF**

\$4.99 pint / \$8.99 quart

### Chicken & Andouille Gumbo

Chicken Stock, Okra, Chicken, Andouille Sausage, Onion, Celery, Bell Pepper, Chopped Tomato, Red Wine Vinegar, Butter, Flour, Garlic, Thyme, Kosher Salt

\$5.99 pint / \$9.99 quart

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To subscribe to our weekly mailing list please visit our website at:

[www.vintagegardenkitchen.org](http://www.vintagegardenkitchen.org)  
and click on 'Join our mailing list' at the top of the page.

The Vintage Garden Kitchen is an Arc Enterprises Company with the Arc of Greater New Orleans, A United Way Partner Agency.

## Seafood

### Shrimp & Corn Bisque

Shrimp Stock, Shrimp, Corn, Onion, Celery, Carrots, Arborio Rice, Lime Juice, Rice Wine Vinegar, Garlic, Olive Oil, Crystal Hot Sauce™, Garlic Powder, Creole Seasoning, Kosher Salt

**DF**

\$5.99 pint / \$9.99 quart

### Shrimp Creole Stew

Shrimp Stock, Stewed Tomato, Shrimp, Onion, Arborio Rice, Bell Pepper, Celery, Green Onion, Parsley, Garlic, Crystal Hot Sauce™, Oregano, Kosher Salt, Creole Seasoning, Bay Leaf, Garlic Powder, Rice Wine Vinegar, Olive Oil

**DF**

\$5.99 pint / \$9.99 quart

## Lagniappe

### Leo's Fresh Salsa

Creole Tomato, Onion, Garlic, Cilantro, Jalapeños, Lime Juice, Crystal Hot Sauce™, Kosher Salt

**DF GF LF VG V**

\$4.60 12 oz container

### Ratatouille

Eggplant, Tomato, Zucchini, Green Bell Pepper, Onion, Parsley, Ground Garlic, Dried Basil, Thyme, Olive Oil

**DF GF LF VG V**

\$9.99 1 quart container

## NEW!



Fresh and healthy soups  
delivered to your door!

We are now offering a subscription service! Get delicious wholesome meals you can count on.

Call 504.837.5105 for details and to sign up.

You can pick up your soup Monday – Friday  
from 8AM to 4PM at 925 Labarre Road in Metairie

[www.vintagegardenkitchen.org](http://www.vintagegardenkitchen.org)

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