



# Soup Menu

## JULY 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Happy 4th of July!</i>				<i>Visit us at the..... Nevada City Farmers Market Saturday mornings!</i>	
1 Chicken Noodle ● Meat ● Wheat ○ Dairy ○ Vegan	2 Carrot Coconut Ginger ○ Meat ○ Wheat ○ Dairy ● Vegan	<i>Try our...</i> BLAST ICED BLENDED ESPRESSO 	4 Mike's Turkey Chili ● Meat ○ Wheat ○ Dairy ○ Vegan	5 Boston Clam Chowder ● Meat ● Wheat ● Dairy ○ Vegan	6 Tomato Parmesan ○ Meat ● Wheat ● Dairy ○ Vegan
8 Southwestern Chicken ● Meat ○ Wheat ○ Dairy ○ Vegan	9 <i>Fresh Local-Organic</i> Gazpacho ○ Meat ○ Wheat ○ Dairy ● Vegan	<i>Fresh GREEN SALADS</i>	11 <i>Organic</i> Black Bean Chili ○ Meat ○ Wheat ○ Dairy ● Vegan	12 Manhattan Clam Chowder ● Meat ● Wheat ● Dairy ○ Vegan	13 <i>Springtime</i> Creamy Asparagus ● Meat ○ Wheat ● Dairy ○ Vegan
15 Chicken Noodle ● Meat ● Wheat ○ Dairy ○ Vegan	16 <i>Fresh Local-Organic</i> Gazpacho ○ Meat ○ Wheat ○ Dairy ● Vegan	<i>Try the new</i> GLUTEN FREE BAGELS	18 Mike's Turkey Chili ● Meat ○ Wheat ○ Dairy ○ Vegan	19 Boston Clam Chowder ● Meat ● Wheat ● Dairy ○ Vegan	20 Tomato Parmesan ○ Meat ● Wheat ● Dairy ○ Vegan
22/29 Chicken & Wild Rice ● Meat ○ Wheat ○ Dairy ○ Vegan	23/30 <i>Fresh Local-Organic</i> Gazpacho ○ Meat ○ Wheat ○ Dairy ● Vegan	<i>Cool &amp; Refreshing</i> LEMON-ADE	25 <i>Organic</i> Black Bean Chili ○ Meat ○ Wheat ○ Dairy ● Vegan	26 Boston Clam Chowder ● Meat ● Wheat ● Dairy ○ Vegan	27 Carrot Coconut Ginger ○ Meat ○ Wheat ○ Dairy ● Vegan

in Grass Valley

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in Auburn

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Monday-Saturday 5AM~ 7PM

Sunday 6AM ~ 6PM

[www.FlourGarden.com](http://www.FlourGarden.com)

soup menu subject to change without notice

## Juice Bar

organic vegetables

## Breakfast Shakes

protein powders, spirulina, matcha green tea powder,  
flaxseeds, Greek yogurt  
blueberries, strawberries, bananas etc

