



# Soup Menu

## AUGUST 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Visit us at the.....  <i>Nevada City Farmers Market</i>            Saturday mornings!</p>			<b>Organic 1</b> Black Bean Chili <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan	<b>Boston 2</b> Clam Chowder <input checked="" type="radio"/> Meat <input checked="" type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	<b>Cold 3</b> Watermelon <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan
<b>5</b> Chicken Noodle <input checked="" type="radio"/> Meat <input checked="" type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	<b>Fresh 6</b> <i>Local-Organic</i> Gazpacho <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan	Try our...  <b>BLAST</b> ICED BLENDED ESPRESSO	<b>8</b> Carrot Coconut Ginger <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan	<b>9</b> Tomato Parmesan <input type="radio"/> Meat <input checked="" type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	<b>10</b> Cold Cucumber <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan
<b>12</b> Southwestern Chicken <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	<b>Fresh 13</b> <i>Local-Organic</i> Gazpacho <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan	<b>New!</b> <b>CHERRY TOMATO CUCUMBER FETA SALAD</b>	<b>Organic 15</b> Black Bean Chili <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan	<b>Manhattan 16</b> Clam Chowder <input checked="" type="radio"/> Meat <input checked="" type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	<b>17</b> Cold Watermelon <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan
<b>19</b> Chicken Noodle <input checked="" type="radio"/> Meat <input checked="" type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	<b>Fresh 20</b> <i>Local-Organic</i> Gazpacho <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan	Try the new <b>GLUTEN FREE BAGELS</b>	<b>22</b> Carrot Coconut Ginger <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan	<b>Boston 23</b> Clam Chowder <input checked="" type="radio"/> Meat <input checked="" type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	<b>24</b> Cold Cucumber <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan
<b>26</b> Chicken & Wild Rice <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	<b>Fresh 27</b> <i>Local-Organic</i> Gazpacho <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan	<b>Cool &amp; Refreshing</b> <b>LEMON-ADE</b>	<b>29</b> Mike's Turkey Chili <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	<b>30</b> Tomato Parmesan <input type="radio"/> Meat <input checked="" type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	<b>31</b> Cold Watermelon <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan

in Grass Valley

999 SUTTON WAY • 272-2043

109 NEAL ST • 477-2253

in Auburn

340C ELM AVE • 888-1011

Monday-Saturday 5AM~ 7PM

Sunday 6AM ~ 6PM

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

soup menu subject to change without notice

## Juice Bar

with organic vegetables

## Breakfast Shakes

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

