





Soup Menu

JULY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Try our...</i> BLAST Iced Blended Espresso •Vegan •Dairy Free	Chicken 1 Noodle made with Rosie's ORGANIC CHICKEN <input checked="" type="radio"/> Meat <input checked="" type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	African 2 Peanut Curry <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	Iced Tea 5 ways	Mike's 4 Turkey Chili made with Natural DIESTEL TURKEY <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	Boston 5 Clam Chowder made with Niman Ranch BACON <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	Vegan 6 Split Pea <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan
Vegan 7 Split Pea <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan	Chicken 8 & Wild Rice made with Rosie's ORGANIC CHICKEN <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	Carrot 9 Coconut Ginger <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan	Tart & Refreshing Lemonade	Mike's 11 Turkey Chili made with Natural DIESTEL TURKEY <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	Boston 12 Clam Chowder made with Niman Ranch BACON <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	Vegan 13 White Bean Roasted Garlic <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan
Vegan 14 White Bean Roasted Garlic <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan	Chicken 15 Noodle made with Rosie's ORGANIC CHICKEN <input checked="" type="radio"/> Meat <input checked="" type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	African 16 Peanut Curry <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	Gluten Free Bagels everyday	Mike's 18 Turkey Chili made with Natural DIESTEL TURKEY <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	Boston 19 Clam Chowder made with Niman Ranch BACON <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	Tomato 20 Parmesan GLUTEN FREE <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan
Tomato 21 Parmesan GLUTEN FREE <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	Southwestern Chicken made with Rosie's ORGANIC CHICKEN <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	Carrot 23 Coconut Ginger <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan	Fruit Smoothies	Mike's 25 Turkey Chili made with Natural DIESTEL TURKEY <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	Boston 26 Clam Chowder made with Niman Ranch BACON <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	Vegan 27 Split Pea <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan
Vegan 28 Split Pea <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan	Chicken 29 & Wild Rice made with Rosie's ORGANIC CHICKEN <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	Fresh 30 Local-Organic Gazpacho <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan	Fresh Green Salads Daily			

in Grass Valley
 999 SUTTON WAY 272-2043
 109 NEAL ST 477-2253
 in Auburn
 340C ELM AVE 888-1011

Blasts & Smoothies
 available with lowfat ice cream, frozen yogurt
 or VEGAN with coconut or almond milk

Monday-Saturday 6AM ~ 6PM Sunday 6AM ~ 5PM
www.FlourGarden.com • soup menu subject to change without notice

Get a blast of energy with our...



BLAST
 MADE WITH YOUR CHOICE OF 1% ICE CREAM, REGULAR ICE CREAM OR FROZEN YOGURT. VEGAN OPTIONS ALSO AVAILABLE.