



# Soup Menu

Happy Mother's Day

**MAY 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Chicken Noodle 1</b> <small>made with Rosie's ORGANIC CHICKEN</small> <input checked="" type="radio"/> Meat <input checked="" type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	<b>African Peanut Curry 2</b> <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> <b>Paleo</b>	<b>Organic Juice Bar</b>	<b>Mike's Turkey Chili 4</b> <small>made with Diestel NATURAL TURKEY</small> <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	<b>Boston Clam Chowder 5</b> <small>made with Niman Ranch BACON</small> <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	<b>Tomato Parmesan 6</b> <small>GLUTEN FREE</small> <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan
<b>Vegan Split Pea 7</b> <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> <b>Vegan</b>	<b>Southwestern Chicken 15</b> <small>made with Rosie's ORGANIC CHICKEN</small> <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	<b>Chard Cannellini &amp; Butternut 9</b> <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	<b>Try our... BLAST</b> <small>Iced Blended Espresso • Ice cream</small> <input checked="" type="radio"/> <b>Vegan</b> <input type="radio"/> Dairy Free	<b>Mike's Turkey Chili 11</b> <small>made with Diestel NATURAL TURKEY</small> <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	<b>Boston Clam Chowder 12</b> <small>made with Niman Ranch BACON</small> <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	<b>Cream of Mushroom 13</b> <small>VEGETARIAN</small> <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan
<b>Paleo Cauliflower Turmeric 14</b> <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> <b>Paleo</b>	<b>Chicken &amp; Wild Rice 15</b> <small>made with Rosie's ORGANIC CHICKEN</small> <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	<b>African Peanut Curry 16</b> <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> <b>Paleo</b>	<b>Try our Vegan Smoothies</b>	<b>Mike's Turkey Chili 18</b> <small>made with Diestel NATURAL TURKEY</small> <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	<b>Boston Clam Chowder 19</b> <small>made with Niman Ranch BACON</small> <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	<b>Tomato Parmesan 20</b> <small>GLUTEN FREE</small> <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan
<b>Vegan Split Pea 21</b> <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> <b>Vegan</b>	<b>Chicken Noodle 22</b> <small>made with Rosie's ORGANIC CHICKEN</small> <input checked="" type="radio"/> Meat <input checked="" type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	<b>Vegan White Bean Roasted Garlic 23</b> <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> <b>Vegan</b>	<b>4 kinds of Iced Tea</b> 	<b>Bill's Black Bean Chili 25</b> <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> <b>Vegan</b>	<b>Boston Clam Chowder 26</b> <small>made with Niman Ranch BACON</small> <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	<b>Cream of Mushroom 27</b> <small>VEGETARIAN</small> <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan
<b>Paleo Cabbage Weight Loss 28</b> <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> <b>Paleo</b>	<b>Southwestern Chicken 30</b> <small>made with Rosie's ORGANIC CHICKEN</small> <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	<b>African Peanut Curry 30</b> <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> <b>Paleo</b>				

*Soups & chilis made with Mary's Organic Chicken,  
Diestel Natural Turkey & Niman Ranch Ham.*

Hours: Monday-Saturday 6AM~6PM - Sundays 6AM~5PM • [www.FlourGarden.com](http://www.FlourGarden.com)  
SOUP MENU SUBJECT TO CHANGE WITHOUT NOTICE

in Grass Valley @ 999 Sutton Way 530-272-2043 & @ 109 Neal St 530-477-2253

in Auburn @ 340C Elm Ave 530-888-1011