



Soup Menu

JUNE 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|--|
| Fresh Green Salads Daily Nicoise • Southwestern Teriyaki Chicken • Chicken Cesar | | | Cool & Refreshing Lemonade | Mike's 1 Turkey Chili <small>made with Natural DIESTEL TURKEY</small> <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan | Boston 2 Clam Chowder <small>made with Niman Ranch BACON</small> <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan | Tomato 3 Parmesan GLUTEN FREE <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan |
| Paleo 4 Cauliflower Turmeric <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Paleo | Chicken 5 Noodle <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 | African 6 Peanut Curry <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan | Organic Juice Bar | Mike's 8 Turkey Chili <small>made with Natural DIESTEL TURKEY</small> <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan | Boston 9 Clam Chowder <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 | Tomato 10 Parmesan GLUTEN FREE <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan |
| Vegan 11 Split Pea <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan | Chicken 12 & Wild Rice <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 | African 13 Peanut Curry <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan | Try our Arnold Palmer 1/2 lemonade 1/2 iced tea | Mike's 15 Turkey Chili <small>made with Natural DIESTEL TURKEY</small> <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan | Cream of 16 Mushroom VEGETARIAN <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan | Tomato 17 Parmesan GLUTEN FREE <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan |
| Paleo 18 Cauliflower Turmeric <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Paleo | Southwestern Chicken <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 | Carrot 20 Coconut Ginger <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan | Try our Vegan Smoothies | Bill's 22 Black Bean Chili <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan | Boston 23 Clam Chowder <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 | Tomato 24 Parmesan GLUTEN FREE <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan |
| Vegan 25 White Bean Roasted Garlic <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan | Chicken 26 Noodle <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 | African 27 Peanut Curry <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan | | Mike's 29 Turkey Chili <small>made with Natural DIESTEL TURKEY</small> <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan | Boston 30 Clam Chowder <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 | Happy Father's Day |

in Grass Valley

999 SUTTON WAY 530-272-2043

109 NEAL ST 530-477-2253

in Auburn

340C ELM AVE 530-888-1011

Monday-Saturday 6AM~ 6PM

Sunday 6AM ~ 5PM

www.FlourGarden.com

soup menu subject to change without notice

Try a Flour Garden...

BLAST

Iced Blended Espresso

• Ice cream • Vegan • Dairy Free