

SOUPERNATURALS

Friday Delivery Menu

SOUPERNATURAL SOUPS

Offer - 5 for £10 or £2.50 each!!

Curried Lentil & Aubergine (GF)(DF)(V)(LF)

Red Lentil & Tomato (GF)(DF)(V)(LF)

Sweet Potato & Lentil (GF)(DF)(V)(LF)

Spicy Parsnip & Coconut (GF)(DF)(V)(LF)

Sweet Potato, Chilli & Coconut (GF)(DF)(V)(LF)

Minestrone (DF)(V)(LF)

Tomato & Basil (GF)(V)

Cauliflower & Broccoli (GF)(DF)(V)(LF)

Vegetable & Barley Broth (DF)(V)(LF)

Potato & Leek (GF)(V)(LF)

SPECIALITY SOUPS

Offer - 3 for £10!!

Irish Stew £3.50 (DF)(GF)

Traditional recipe made from all local ingredients.

Lentil & Chorizo Broth £3.50 (DF)(GF)(LF)

Our version of an Andulcian favourite with chunks of chorizo, peppers and basil.

Chicken Noodle £3.50 (DF)(GF)

Beat the cold with this rich flavoursome free range chicken and egg noodle broth.

Prawn Gumbo £3.50 (DF)(GF)(LF)

Cajun style stew with king prawns and rice cooked in tomatoes and okra.

Seafood Chowder £4.00 (GF)

Luxury creamy soup with prawns, mussels, squid, salmon and smoked haddock.

MEALS

Our signature dishes made from the best, in season, local ingredients.

Organic Beef Lasagne £8.00

Oven ready 'award winning' Lasagne. Serves 2-3

Garlic bread, homemade coleslaw and salad £5.00

Thai Red Chicken Curry £8.00 (DF)(GF)(LF)

An authentic thai recipe using our own curry paste and free range chicken. Serves 3

Beef & Mushroom Stroganoff £8.00 (GF)

Traditional Hungarian dish made delicious by the finest Aberdeen Angus beef slow cooked with mustard and paprika spices. Serves 3.

Moroccan Spiced Lamb and Apricot Meatballs £8.00 (DF)(LF)

Coriander, ginger and cumin lightly spice these tasty meatballs which come in a tomato and fresh coriander sauce. Serves 3.

Chilli Con Carne £8.00 (GF)(DF)

This Mexican Classic of minced beef, tomatoes, fresh chillies, and kidney beans. Serves 3.

Tortilla chips, our own tomato salsa and soured cream £5.00

Chicken & Broccoli Bake £8.00

Chunks of free range chicken baked in a creamy sauce with organic broccoli and topped with cheesy breadcrumbs. Serves 2-3.

Poulet Basquaise £8.00 (GF)(DF)(LF)

French style chicken casserole with mixed peppers and olives in a white wine and fresh tomato sauce. Serves 2-3.

Mediterranean Vegetable Lasagne £6.00 (V)

Peppers, courgettes and aubergines in a herby tomato sauce topped with vegetarian cheddar cheese. Serves 2-3.

Garden Vegetable Pie £6.00 (V)

Puff pastry pie filled with chunky garden vegetables in a creamy sauce. Serves 2-3.

Aubergine Parmigiana £6.00 (V)

Pan seared slices of aubergines layered with mozzarella and a tomato sauce, topped with breadcrumbs. Serves 2-3.

NEW Veggie Box £12.50

Each week a selection of fresh seasonal veg -please note veggie box can only be ordered if also ordering other items.

Key: (df) = dairy free, (gf) = gluten free (v) = vegetarian (lf) = low fat

Soupernatural is a Lisburn based family run small business specialising in quality food produce. Our wide range of freshly made healthy soups and meals are perfect for anyone who likes good food. All our soups and meals are ready for your fridge or freezer.

Email us with your details to be added to our weekly menu mailing or go online to shop from this weeks delicious things.

Receive a complimentary soup when you place your first order. [quote soup/09]

When you can't be bothered cookin' and your house is only lookin' like you haven't had a minute just to tidy,

Then send us in an email and get a gorgeous female to deliver tasty treats on a Friday!



www.soupernatural.co.uk