



Soupernatural



## Professional Catering Service



### Let Soupernatural take the stress out of your event!

*Soupernatural provides a first class catering service for events or parties, big or small, throughout Northern Ireland. For more details of our catering service please contact us and we will be delighted to discuss your requirements.*

#### What kind of events do we cater for?

*Personal Chef Hire • Business Lunches • Schools and Offices  
Organic Menus • Christenings • Weddings • Funerals • BBQs*

Contact:

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# Soupernatural

LOCAL . SEASONAL . ORIGINAL . SOUP  
[WWW.SOUPERNATURAL.CO.UK](http://WWW.SOUPERNATURAL.CO.UK)



## Autumn/Winter Soups

# Soupernatural ~ Autumn/Winter Soups

To order – call or text 077 3645 9758,  
or email: [info@soupernatural.co.uk](mailto:info@soupernatural.co.uk)

- *Lunch time menu for pre-orders and deliveries – available Monday to Friday 11.30am - 2.30pm (Minimum order applies - orders in by 11am if possible!)*
- *Free Delivery in the Lisburn area or pick up your order from:  
Soupernatural HQ at 13B Castle Street, Lisburn*

*small / large*  
Sweet Potato and Leek ..... £2.50 / £3.00

*One of our most popular soups, a healthier, tastier alternative to the old spud and leek (V) (LF) (GF) (DF)*

Cream of Tomato and Basil ..... £2.50 / £3.00

*Tomatoes blended with lots of fresh basil and garlic and a little cream. Classic! (V) (GF)*

Lentil, Vegetable and Tomato ..... £2.50 / £3.00

*Red lentils, carrots and fresh tomatoes form the basis of this ever-popular, filling soup. (V) (LF) (GF) (DF)*

Vegetable Broth ..... £2.50 / £3.00

*Just as good as your mummy made. We promise! (LF) (V) (DF)*

Cauliflower and Broccoli ..... £2.50 / £3.00

*An Irish winter favourite - plain and simple! (V) (LF) (GF) (DF)*

Spicy parsnip ..... £2.50 / £3.00

*A real winter warmer - for those who prefer things a little hotter, this smooth curried soup with coconut hits the spot. (V) (GF) (DF)*

Curried Lentil and Aubergine ..... £2.50 / £3.00

*Currently our best seller! This mildly spiced soup will not only fill you up but also leave you wanting more!! (V) (GF) (LF) (DF)*

*small / large*  
Sweet Potato, Chilli and Coconut ..... £2.50 / £3.00

*A smooth, creamy soup with a slight kick to it! (GF) (V) (LF) (DF)*

Mexican Bean ..... £2.50 / £3.00

*Beans, vegetables, rice & spice. Sure to blow the head clean off ye!!!! (V) (GF) (LF) (DF)*

Prawn Gumbo ..... £3.00 / £4.00

*Authentic Louisiana recipe with okra, prawns & cayenne. Filling & spicy. (DF) (GF) (LF)*

Chorizo and Chick Pea ..... £2.75 / £3.25

*A spicy tomato based soup with chunks of Spanish chorizo, chick peas and crunchy greens. (DF) (GF)*

Chicken Noodle ..... £2.75 / £3.25

*Roasted free range chicken in a mildly spiced noodle broth. A meal in itself! (DF)*

Lentil and Chorizo Broth ..... £2.75 / £3.25

*Our own version of this Spanish favourite, with chunks of smoky chorizo, basil and red peppers. (DF) (GF)*

Seafood Chowder ..... £3.00 / £4.00

*Chunks of salmon, smoked haddock, prawns, mussels & squid in a creamy vegetable based chowder.*

Souper-Douper Irish Stew ..... £3.00 / £4.00

*Our own version of this traditional Irish stew made with steak pieces. (GF) (LF) (DF)*

*All soups come with wheaten bread*