

OUR SOUP COLLECTION:

Chicken Noodle Soup



Ingredients:

Water, carrots, chicken, enriched egg noodles (durum wheat flour(gluten), (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), eggs, egg whites, salt), onions, corn, celery, seasoning (chicken (mechanically separated), corn syrup solids, dextrose, salt, hydrolyzed plant protein (soy, corn), chicken fat (includes rosemary extract), flavour (includes celery), yeast extract, dehydrated vegetables (onions, garlic), maltodextrin, modified cellulose, sunflower oil, spices, colour), red peppers, leeks, modified tapioca starch, canola oil, garlic, yeast extract, parsley, salt, thyme.
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Nutritional Information (per 250 mL):

Calories 130 Fat 3 g Cholesterol 30 mg Sodium 600 mg Carbohydrate 16 g Fibre 2 g Sugars 3 g Protein 12 g Vitamin A 30% Vitamin C 15% Calcium 2% Iron 6%

Allergens:

Contains: wheat (gluten), egg, soy.

Minestrone Soup



No Haram ingredients. Halal-friendly, not certified.

Ingredients:

Water, Diced tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), Fire roasted diced tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), Onions, Great northern white beans, Carrots, Celery, Crushed tomatoes, Zucchini, Green beans, Pasta (durum wheat flour [gluten], egg white, niacin, ferrous sulphate, thiamine mononitrate, riboflavin, folic acid), Green peppers, Red peppers, Sugars (sugar), Canola oil, Salt, Yeast extract, Garlic, Spices, Celery salt (salt, celery seed), Black pepper.
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Nutritional Information (per 250 mL):

Calories 110 Fat 2.5 g Cholesterol 0 mg Sodium 550 mg Carbohydrate 19 g Fibre 4 g Sugars 7 g Protein 4 g Potassium 300 mg Calcium 50 mg Iron 25 mg

Allergens: Contains: Egg, Wheat (gluten).

Potato Leek Soup



No Haram ingredients. Halal-friendly, not certified.

Ingredients:

Water, potatoes (sulphites), whipping cream (cream (milk), carrageenan), leeks, celery, carrots, modified corn starch, onions, canola oil, seasoning (vegetables (carrots, celery, onions), potato starch, dehydrated vegetables (onions, garlic, green peas, carrot, celeriac, spinach, lettuce, red beet), salt, sugar, spices), garlic, onion dehydrated, salt, yeast extract, black pepper, celery salt (salt, celery seed).

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Nutritional Information (per 250 mL):

Calories 240 Fat 12 g Cholesterol 20 mg Sodium 520 mg Carbohydrate 29 g Fibre 4 g Sugars 2 g Protein 5 g Vitamin A 20% Vitamin C 50% Calcium 8% Iron 15%

Allergens:

Contains: Sulphites, milk

Hamburger Soup



Ingredients:

Water, diced tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), ground beef, carrots, onions, celery, crushed tomatoes, parboiled rice, beef seasoning (beef stock, natural flavor, salt, yeast extract, sugar, beef fat), modified corn starch, parsley, yeast extract, canola oil, salt, black pepper, spice.

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Nutritional Information (per 250 mL):

Calories 150 Fat 7 g Cholesterol 25 mg Sodium 600 mg Carbohydrate 13 g Fibre 2 g Sugars 4 g Protein 9 g Vitamin A 20% Vitamin C 30% Calcium 4% Iron 10%

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Allergens: XX

Mushroom Bean and Barley Soup



No Haram ingredients. Halal-friendly, not certified.

Ingredients:

Water, great northern white beans, barley (gluten), mushrooms, onions, carrots, celery, canola oil, parsley, modified corn starch, yeast extract, seasoning (vegetables (carrots, celery, onions), dehydrated vegetables (onions, tomatoes, garlic, carrot, celeriac, spinach, lettuce, red beet), salt, flavour, sugar, dextrose, water, corn syrup solids, potato starch, dehydrated cane mill molasses), natural flavour, garlic, dried mushroom blend (portabella, golden bolete, oyster, shitake, and white button mushrooms), salt, black pepper, spice.

Nutritional Information (per 250 mL):

Calories 121 Fat 2.5 g Cholesterol 5.4 mg Sodium 606.7 mg Carbohydrate 21 g Fibre 5.1 g Sugars 2.6 g Protein 5 g Vitamin A 41% Vitamin C 9% Calcium 2% Iron 4%

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Allergens:

Barley-gluten

Chili



Ingredients:

Diced tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), Ground beef, Kidney beans, Crushed tomatoes, Onions, Chick peas (chick peas, water, salt, ascorbic acid), Water, Green peppers, Corn, Celery, Red peppers, Chili powder (salt), Canola oil, Garlic, Modified corn starch, Salt, Spices, Black pepper.

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Nutritional Information (per 250 mL):

Calories 260 Fat 13 g Cholesterol 40 mg Sodium 450 mg Carbohydrate 23 g Fibre 5 g Sugars 7 g Protein 16 g Potassium 400 mg Calcium 50 mg Iron 3 mg

Allergens:

XX

Corn Chowder



No Haram ingredients. Halal-friendly, not certified.

Ingredients:

Water, Whipping cream (cream (milk), cellulose gel, carrageenan, cellulose gum), Corn, Potatoes, Carrots, Onions, Celery, Canola oil, Leeks, Modified corn starch, Masa harina (corn masa flour, trace of lime), Seasoning (vegetables (carrots, celery, onions), potato starch, dehydrated vegetables (onions, garlic, green peas, carrot, celeriac, spinach, lettuce, red beet), salt, sugar, spices), Sugars (sugar), Garlic, Sea salt, Yeast extract, Spices, Black pepper.

Nutritional Information (per 250 mL):

Calories 270 Fat 19 g Cholesterol 40 mg Sodium 530 mg Carbohydrate 25 g Fibre 3 g Sugars 7 g Protein 4 g Potassium 400 mg Calcium 50 mg Iron 1.5 mg

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Allergens:

Milk