



Chef Derek Denny

Stratford / Kitchener Region

T: 519.497.5167

E: soupsurreal@hotmail.com

W: www.soupsurreal.com

Soup Surreal Original Flavours ~ Standard 850ml Container \$9.00ea or \$8.50 for 3 or more

Beef Barley df: Pearl barley is cooked in Soup Surreal's beef stock with classic mirapoix vegetables, dijon mustard for bitters, fresh herbs and black pepper to boast the Chef's love of earthy tones.

Side: Enjoy this soup with a honey mustard spread pretzel bun next time you heat up a bowl.

Carrot Ginger df/gf/v: Bright citrus notes lead the way for this earthy carrot soup you can enjoy hot or chilled. The background ginger fragrance leads the palate to notice the root flavour giving the soup a more complex balance of sweet and spice.

Garnish: Add some honey, fresh lemon zest and juice to Greek yogurt for a light creamy touch.

Chicken Noodle df: Classic "Grandmother" style hearty broth soup, made from Soup Surreal's all natural chicken stock. Diced chicken, carrots, celery, onions and ditali noodles are the perfect team to fight your cold or flu.

Side: Enjoyed with simple buttered toast, even when you aren't sick!

Creamy Broccoli Cheddar gf/v: With strong broccoli up front and a creamy old cheddar finish, this is another customer favourite. The soup also has hints of nutty parmesan that complement the garlic and broccoli. It's not only delicious; broccoli is packed with vitamin C and cheddar with calcium.

Garnish: Grate some cheddar cheese to melt on top.

Creamy Dilly Spuddy gf/v: As perfect as it sounds, a silky pureed classic potato soup with onion, garlic and fresh cream. Then LOADS and LOADS of fresh dill. Simple and delicious. Soup Girl's Favourite.

Garnish: Enjoy this unique flavour with a dollop of sour cream, some grated cheddar cheese or my favorite with plain kettle chips for some fun crunch.

Creamy Smoked Cheddar Mushroom gf/v: Cremini, Button and Portobello mushrooms are slow simmered with cream and fresh herbs. This is a smooth bisque-style soup with a puree of mushrooms as well as mushroom pieces. It finishes with a soft note of smoked cheddar for this rich, earthy delight.





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Garnish: Try crisping double smoked bacon and add a drizzle of basil pesto.

Creamy Tomato and Roasted Garlic df/gf/v: A new twist on our old Creamy Tomato. An almost overzealous amount of Garlic is slow roasted in olive oil and then gently pureed with crushed tomatoes, tomato paste, savoury spices, milk and cream to soften the acidity of this creamy comfort food. With enough depth to be enjoyed alone, this soup plays well with any protein.

Make a Meal: Try some over rice, or as a base for your own pasta sauce with noodles and Italian sausage.

French Onion df/gf: This is our classic beef stock base onion soup. Spanish, sweet, yellow and white onions are slow sweated until just caramelized. Deglazed with red wine and slow cooked in beef stock that has been simmered for 24 hours. The soup finishes with fresh rosemary and thyme creating aromatic heaven.

Garnish: Top with gruyere cheese and baguette croutons and broil until golden.

Gazpacho df/gf/v: Bright, fresh, savoury, and satisfying. Crisp garden vegetables are pureed with tomatoes, olive oil, spices, vinegar, and fresh herbs to create this classic Spanish chilled tomato soup.

Garnish: Serve nice and cold with fresco cheese and good quality olive oil.

German Sauerkraut df/gf: The soup is inspired by the Chef's love for Oktoberfest and childhood memories of sauerkraut's unmistakable aroma. This is a pork lover's dream soup; made with a feast of local pork, including pork hocks, smoked German sausage, and smoked bacon. The sauerkraut is bold up front, with rich pork flavours that linger. You will notice notes of caraway, and dijon mustard to round out this seasonal soup.

Side: Enjoy with crusty rye bread, and a cold glass of German style beer.

Greek Potato Leek df/v: A vegetarian "vichyssoise" a fresh twist on traditional Potato Leek this fresh soup has malt vinegar and lemon. Pureed but still thick, it can be enjoyed both hot and cold.

Garnish: Combine quality olive oil, feta cheese and green olives, as a garnish or on the side.

Hot and Sour df/gf: A Chinese-Canadian Classic started with chicken stock infused with green onions, sesame, ginger, and chili paste. Then tofu, marinated pork tenderloin, dried shitake mushrooms, dried lily flower, black fungus, and local duck eggs fill this rich full favoured soup with





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a variety of textures. The heat is balanced by the sour and freshness of lemongrass and rice vinegar.
Garnish: Fry some crispy won tons or Chinese noodles to go with this sophisticated dish.

Hot Italian Sausage df/gf: With a base of chicken stock and pureed tomatoes, adding sweet bell peppers, tomato and fennel to cure your craving for Italian flavours. Pieces of sausage and Peppers for texture as well as carrots celery and onion are complimented with lots of comforting Italian herbs and spices.

Make a Meal: Pour over your favourite Noodles and top with fresh pesto or hard Italian cheeses.

Maple Bacon df/gf: 2015 People's Choice winner at the Alzheimer Society's Soups On Competition. We can barely keep it in the freezers. A navy bean puree base with a little white potato and sweet potato to smooth out the texture. Our Canadian roots show strong here with maple syrup and double smoked bacon pureed into the soup so every bite has that perfect savoury sweet balance. There's nothing better, eh?

Garnish: Sour cream, cream cheese, maple syrup and a little bacon fat are a perfect mixture to whip together and drizzle over your bowl to enhance all those amazing flavours even more. Perhaps a little crisp double smoked bacon.

Maple Roasted Sweet Potato df/gf/v: Slow roasted sweet potatoes are doused in Ontario maple syrup with Chef's favourite spices and cider vinegar to keep a savoury lingering bouquet on your palate. This wholesome soup is a sweet potato lover's dream with its smooth and creamy texture.

Garnish: Try adding some creamy goat's cheese and butter toasted pecans. Enjoy!!

Minestrone df/gf/v: Our North American version of this Italian soup is vegan. Starting with vegetable stock and crushed tomatoes this broth soup has large pieces of zucchini, kale, carrots, celery, and leeks. With great northern beans adding more texture, and basil and oregano for depth, this vegan soup will satisfy your hunger.

Make a Meal: You can enjoy this soup with your favourite noodles, or with some rice.

Moroccan Tomato df/gf/v: Chef's take on a "Tagine" style soup. This tomato base soup is blended with sweet Moroccan spices, toasted pecans and natural peanut butter for a smooth rich nutty background. Sweet Wellesley Apple Cider creates the perfect harmony of fruits and vegetables. It finishes with fresh lime and cilantro, creating a well-rounded favourite with sweet, spicy, and tangy





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notes.

Side: Still a great tomato soup to pair with a classic grilled cheese sandwich.

Mulligatawny df/gf/v: Literally translated to mean Pepper Water, Chef's version of this Indian spiced soup has a beautiful fragrance, with medium and hot spices. Pureed lentils, vegetables and split peas give this soup a hearty texture, with a rich creamy coconut finish.

Make a Meal: Try pouring this soup over a bowl of basmati rice and cooked chicken breast.

Potato Peameal gf: A classic creamy style potato soup with a smooth texture harbours notes of parmesan cheese and chunks fresh celery. A hearty helping of diced fried local peameal bacon gives this soup its unique character.

Make a Meal: Try A PLT for a bacon lover lunch.

Sesame Roasted Chick Pea df/gf/v: Chick Peas are seasoned and tossed in sesame oil and honey, then slow roasted to give them time to take in all the rich flavours. Pureed smooth with onions and roasted garlic, this soup is much like a thinner hummus flavour and texture with a finishing hint of lemon. Frozen units come garnished with our house made roasted red pepper relish that brings sweet, sour and savoury notes to this treat; it was too great to leave out.

Garnish: Try pairing this soup with crisps, poppadums or baked pitas.

Southwest Beef df/gf: In the style of a loose chili, this is quickly becoming a favourite among our broth based flavours. Started with our beef stock and tomato juice this chunky concoction boasts ground beef, red and green peppers, carrots, celery, onions, pinto beans, black beans, corn and a little jalapeño for kick. Great on its own with some crusty bread, you can also add your own favourite chilies to kick up the heat even more.

Garnish: Chopped cilantro, crispy tortillas.

Southwest Chicken df/gf: The new little sister of Southwest Beef, this brothy soup starts with our chicken stock and crushed tomato. With all the peppers, veggies and beans you've come to love and expect, we also add long grain rice to the chicken version. With a heat that can be amped up for those cold days but enjoyed by the whole family, this one is sure to be a hit.

Garnish: Chopped cilantro, crispy tortillas.





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Spicy Chicken Samosa df/gf: This is the ultimate hearty, spicy, soup and it starts with Soup Surreal's own chicken stock. This **Soup's On** award winning creation is a breakdown of a traditional chicken samosa – a puree of potatoes and chickpeas, with curry and hot chili powder giving it a good kick. Sweet peas and cilantro are added at the end for that pop of freshness.
Side: Try with tamarind chutney with hot sauce and papadums or your favourite mango chutney.

Sweet Onion Lentil df/gf/v: Lightly curried sweet onions with green and red lentils that are left whole for an array of textures. In an onion broth with hints of cinnamon and rice vinegar, this vegan soup fills a hearty bowl.
Garnish: Melted cumin gouda cheese

Sweet Pea gf/v: This soup is inspired by “Mushy Peas” and boasts a crushed pea texture and beautiful creamy natural sweetness. With just a bit of cider and red wine vinegar to brighten the richness of the sweet peas, this soup can be enjoyed hot or cold.
Make a Meal: Try pairing this soup with your favourite butter fried white fish.

Thai Peanut Chicken df/gf: Our Chicken “Pad Thai Soup” has large pieces of red pepper and carrots, along with diced chicken. The base is a combination of our chicken stock, rice flour and natural peanut butter with Thai herbs: cilantro, basil and mint along with chilies to bring some heat.
Make a Meal: Best served over rice or with rice noodles and you can always sauté your favourite veggies to make a great meal. Remember to top it off with roasted peanuts!

