



MONTHLY MENU

SEPTEMBER FOODSERVICE

AWESOME SAUCE BY HALE & HEARTY

Hale & Hearty has taken the same fresh, simple, and homemade approach to our new pasta sauces that has made us NYs favorite soup for more than 20 years. These sauces are a tribute to all the kitchen pioneers we grew up with, you know them as Mom, Dad, Grandma, etc..... Serve them hot as the perfect ingredient for all your pasta, pizza, and specialty sandwich needs and / or repack them into quarts for the home flavor experience.

*VODKA SAUCE18543.....(V)

Italian peeled tomatoes (peeled tomatoes, tomato puree, basil leaf, salt, citric acid.), onions, heavy cream, parmesan cheese [pasteurized cows milk, cheese culture, salt, rennet, powdered cellulose, calcium propionate], olive oil, vodka, garlic blend [garlic, canola oil, olive oil]), basil, salt, black pepper.

*MARINARA SAUCE.....18540.....(VN, V D, GF, AN)

Our marinara sauce has the taste and juice of fresh tomato, but also a velvety texture and the rich bite of olive oil. Chunky and robust, this sauce is perfect for pasta, pizza, sandwiches and more!

MACS, BAKES & HEARTY MEALS

Inspired by our favorite comfort dishes, serve these satisfying, thick recipes as a meal on their own or as a hearty accompaniment.

*MAC & CHEESE WITH BEEF.....18310.....

A rich and creamy soup version of a classic American dish. This soup is loaded with ground beef, macaroni and the finest aged cheddar.

BROKEN LASAGNA.....18306.....

Extremely satisfying, made with ground beef, ricotta and parmesan cheese, mafalda pasta, basil, and olive oil.

BUFFALO CHICKEN MAC & CHEESE.....18402.....

Buffalo wings and mac & cheese! It is loaded with diced grilled chicken, pepper jack cheese, elbow macaroni, and hot sauce.

HOMESTYLE MAC & CHEESE.....18139.....(V)

Our creamiest mac and cheese, made with New York's finest cheddar and elbow macaroni.

CHICKEN & SAUSAGE JAMBALAYA.....18222.....(D, GF)

A New Orleans dish, made with chicken, Andouille sausage, Tabasco sauce, and Cajun seasonings.



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EXOTIC

Packed with exciting and distinct flavors from around the world.

***BAJA SHRIMP18221.....(L, D, GF)**

Tex-Mex inspired soup made with shrimp, corn, hominy, tomatoes and a plentiful of Mexican seasonings.

***7 HERB BISTRO CHICKEN18237.....(GF)**

Our version of a French bistro classic with seasoned chicken, mushrooms and herbs in a flavorful white wine and tomato broth

PORTUGUESE KALE SOUP18217.....(D, GF)

A combination of cannellini and red kidney beans simmered with pork sausage, tomatoes, kale, and crushed red pepper.

CURRIED CHICKEN CHOWDER.....18227.....(GF, AN)

This creamy Indian-style chowder is loaded with potatoes, chicken, vegetables, and spices.

MULLIGATAWNY.....18141.....(GF)

Made with coconut milk and curry powder, this classic Indian soup is loaded with red lentils, ginger, and saffron.

CHUNKY SOUPS & STEWS

Each spoonful packed with wholesome, thick, chunky ingredients.

***SANCOCHO.....18277.....**

Our take on this traditional Latin American stew is loaded with chicken, pork loin, beef, chorizo, yuca, plantains, and fresh vegetables.

***ZUCCHINI EGGPLANT WITH CHICKPEAS..18182..(VN, V, D, GF, AN)**

Chickpeas, zucchini, and eggplant simmered with tomatoes, leeks, mushrooms, squash, and mixed peppers, seasoned with basil, oregano, parsley, and garlic.

***CHICKEN BARLEY18236.....(L, AN)**

Thick and comforting barley soup loaded with chicken, vegetables and fresh herbs.

***ITALIAN CHICKEN AND VEGETABLES18413.....(D, GF, AN)**

Rich, homemade chicken stock, hand cut veggies, large chunks of chicken and a special blend of fresh herbs slowly simmer together to create this tasty and satisfying soup.

WILD MUSHROOM BARLEY.....18116.....(VN, V, L, D, AN)

A mix of crimini, shiitake, and Portobello mushrooms blended together with barley, green peas, and fresh dill.

CHICKEN AND RICE.....18218.....(D, GF, AN)

Our famous chicken stock loaded with Savoy cabbage, chicken, parsnips, turnips, rice, and parsley.

CHICKEN POT PIE.....18229.....(GF, AN)

A soup version of this classic American dish; loaded with carrots, potatoes, green peas, chicken, and herbs.

CHUNKY POTATO LEEK.....18126.....(GF, AN)

Thick and creamy soup made with loads of diced potatoes, fresh leeks, and parsley.

SEASONAL

Drawing inspiration from fresh ingredients unique to each season.

***FALL HARVEST VEGETABLE18137.....(V, L, D, VN, GF, AN)**

Light and full flavored vegetable soup made with the best ingredients late autumn has to offer such as turnips, parsnips, corn, carrots, and celery root.

***FALL SUCCOTASH.....18157.....(V, L, D, VN, GF, AN)**

A vegetable medley of fresh corn, Cremini mushrooms, sweet potatoes, garlic, and baby lima bean with crushed red pepper.



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***AUTUMN PUMPKIN BISQUE.....18150.....(V, GF, AN)**

This velvety smooth pumpkin soup has hints of Tahitian vanilla bean and cinnamon. Slowly simmered and combined with heavy cream, it is pumpkin pie come to life.

***CAULIFLOWER CHEDDAR.....18416.....(GF, AN)**

A smooth and creamy blend of fresh cauliflower and aged Upstate NY cheddar cheese.

***BUFFALO CHICKEN SOUP.....18421.....(GF, AN)**

Boneless wings by the spoonful! Frank's Red Hot – check! White meat chicken – check! Carrots and celery – check! Add your own blue cheese for the full wing experience and enjoy!

***PUMPKIN SPICED LOBSTER BISQUE18414.....(GF)**

Lobster meat and fresh stock combine with the sweet and savory flavors of pumpkin, coconut, heavy cream, and sherry wine to create this indulgent version of a seafood classic!

***ROASTED BUTTERNUT SQUASH.....18174.....(V, GF, AN)**

A smooth, sweet puree of butternut squash with apple juice, maple syrup, butter, and cinnamon.

ROASTED RED PEPPER WITH SMOKED GOUDA18302.....(V, GF)

Roasted red peppers and tomatoes blended with freshly grated smoked gouda and a hint of cream.

LIGHTER

Full flavored, yet light and brothy at or below 150 calories in an 8oz serving.

CLASSIC BLACK BEAN18101.....(VN, V, L, D, GF)

A mildly spicy vegetarian soup made with black beans, peppers, sherry wine vinegar, and spices.

***ROASTED VEGETABLE & RED LENTIL CHILI..18188..(VN, V, L, D, GF, AN)**

A satisfying vegetarian chili made with roasted yellow squash, zucchini, peppers, and tender red lentils.

***HEARTY TOMATO VEGETABLE18403.....(V, L, D, GF, AN)**

A flavorful and soothing tomato soup loaded with fresh vegetables

***TOMATO EGGPLANT18169.....(VN, V, L, D, GF, AN)**

Flavorful tomato broth based soup with fresh eggplant and seasonings.

***VEGETARIAN RED LENTIL18304.....(VN, V, L, D, GF, AN)**

We mix red lentils with fresh vegetables to make a surprisingly robust soup that is healthy and most importantly delicious.

TOMATO KALE.....18205.....(VN, V, L, D, GF, AN)

A light tomato broth chock-full of Tuscan kale and sweet basil with garlic and olive oil.

VEGETABLE NOODLE.....18117.....(L, D)

Our very own Soup Starter made with chicken stock, noodles, and fresh vegetables that can be served alone or with an added protein for more flavor.

SPICY CHICKPEAS & LEMON.....18219.....(VN, V, L, D, AN)

We pair chickpeas, tomatoes and orzo in this zesty vegetable soup, along with a touch of lemon to give this brothy soup a bright flavor.

CHICKEN VEGETABLE.....18280.....(L, D, GF, AN)

Vegetables and chicken simmered in scratch-made chicken broth with dill.

PASTA E. FAGIOLI.....18108.....(VN, V, L, D)

A classic Italian soup of ripe tomatoes simmered with red kidney beans, pasta, and Italian herbs.

GINGER CARROT ARTICHOKE.....18103.....(VN, V, L, D, GF, AN)

A light puree of fresh ginger and carrots with tender pieces of artichoke. This soup can be served hot or chilled.

TEN VEGETABLE.....18110.....(VN, V, L, D, GF, AN)

This hearty, tomato based soup is loaded with fresh vegetables and herbs, and seasoned with garlic and basil.

LEMON CHICKEN SPINACH & ORZO.....18303.....(L, D, AN)

A delicate combination of lemon, chicken, spinach and orzo makes this a light, Mediterranean-inspired soup.

TOMATO BASIL WITH RICE.....18113.....(VN, V, L, D, GF, AN)

A robust tomato broth, brimming with rice and fresh basil.



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H&H CLASSICS

Beloved, traditional recipes made with Hale and Hearty quality and expertise.

CREAM OF WILD MUSHROOM.....18296.....(GF, AN)
A rich and satisfying soup of Portabella, Cremini, and Shiitake mushrooms with fresh cream and pepper.

BROCCOLI CHEDDAR.....18125.....(GF, AN)
The perfect blend of fresh broccoli and aged cheddar cheese.

FRENCH ONION.....18213.....(D, GF)
Slow simmered veal stock and sherry wine make up this classic recipe. Add your own baguette and cheese for the full effect.

SPLIT PEA WITH DOUBLE SMOKED BACON.....18104.....(D, GF, AN)
A thick, pureed classic blend of green and yellow split peas with nitrate free double smoked bacon in chicken stock.

TRADITIONAL ITALIAN WEDDING.....18231.....
A wedding of meatballs, orzo, and fresh vegetables.

BEEF BARLEY.....18226.....(AN)
This full-bodied soup is made with beef, barley, fresh veggies and herbs simmered in a rich brown broth.

CLASSIC MINESTRONE.....18102.....(D)
A delicious Italian soup loaded with fresh vegetables, pancetta, white kidney beans, and pasta.

CLASSIC CHICKEN NOODLE.....18204.....(L, D)
A simple soup, made to make you feel right at home.

HOMESTYLE CHICKEN NOODLE.....18200.....(L, D)
A classic favorite, made with chicken, carrots, potatoes, and noodles cooked in our famous chicken stock.

LOBSTER BISQUE.....18214.....(GF)
Maine lobsters simmered in lobster stock with onions, potatoes, garlic, Spanish paprika, and sweetened with a touch of Sherry.

TOMATO BISQUE.....18263.....(GF, AN)
A sweet blend of tomatoes, basil, and cream spiced with paprika and white pepper. Perfect to pair with grilled cheese.

CREAM OF TOMATO WITH CHICKEN & ORZO.....18224.....(AN)
Sweet and creamy, this tomato soup is loaded with chicken, orzo, basil, and a hint of paprika and cayenne peppers.

TOMATO CHEDDAR.....18112.....(GF, AN)
A sweet blend of tomato puree and aged Cheddar.

TUSCAN WHITE BEAN WITH SPINACH.....18114..(VN, V, L, D, GF, AN)
Wholesome combination of the finest imported Italian cannelloni beans, spinach and vegetables.

CLASSIC LENTIL.....18127.....(VN, V, L, D, GF)
Fresh vegetables and Spanish lentils simmered together in a vegetarian broth flavored with cumin and parsley.

CREAM OF BROCCOLI.....18129.....(GF, AN)
A creamy blend of broccoli simmered with potatoes, garlic, and cream.

VEGETARIAN SPLIT PEA.....18115.....(VN, V, L, D, GF, AN)
Flavorful, chunky, low fat, vegetarian version of our famous split pea soup.

REDUCED SODIUM

Reduced sodium version of our Hale and Hearty classics.

REDUCED SODIUM TEN VEGETABLE..18184..(VN, V, L, D, GF, AN)
Sodium: 463 Mgs (Original Version: 720 Mgs).

REDUCED SODIUM HOMESTYLE CHICKEN NOODLE....18203..(L, D)
Sodium: 479 Mgs (Original Version: 790 Mgs).



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CHOWDER

Our chunky, flavorful chowders, including original recipes of this classic comfort food.

***KALE AND SWEET POTATO CHOWDER.....18143.....(V, GF, AN)**

This vegetarian soup combines tender kale and succulent sweet potatoes simmered in a light tomato broth, with a touch of cream. It is a delicious way to ward off the winter cold.

H&H NEW ENGLAND CLAM CHOWDER..18107..(GF, contains pancetta)

The flavorful combination of clams, pancetta, and potatoes with the special H&H touch of parsley and scallions.

SWEET CORN CHOWDER.....18109.....(GF)

Potatoes, sweet corn, and nitrate free bacon simmered in a creamy broth with a hint of white and cayenne pepper.

TRADITIONAL NEW ENGLAND CLAM CHOWDER..18266.(contains

bacon) *Thick and creamy, loaded with clams, bacon, and potatoes.*

MANHATTAN CLAM CHOWDER.....18106... (GF, contains pancetta)

Tomato based chowder brimming with clams, pancetta, potatoes, and a dash of Tobasco sauce for a hint of heat.

CHILI

Our take on the traditional chili, with delicious seasonings and spices.

***CAMPFIRE VEGETARIAN CHILI18124.....(VN, V, L, D, GF)**

Hearty chili made with three different beans, meaty Portobello mushrooms and aromatic chili spices.

***CHICKEN & BLACK BEAN CHILI.....18246.....(L, D, GF)**

Intensely flavorful and slightly spicy chili made from black beans, chicken and lots of wonderful spices.

TEXAS BEEF CHILI.....18230.....(D)

Tender ground beef enveloped in a deep, chili flavored sauce sweetened with a touch of dark beer.

THREE LENTIL CHILI.....18111.....(VN, V, L, D, GF)

A rich blend of red, green, and yellow lentils with dark brown sugar, spices, peppers, and simmered vegetables.

HOMESTYLE TURKEY CHILI.....18283.....(D, GF)

A hearty full-flavored chili, loaded with ground turkey and spiced with poblano, chipotle, and mixed peppers.

TURKEY CHILI.....18191.....(D, GF, AN)

Lean ground turkey, pinto beans, and spices make up this meaty and satisfying version of a classic dish.