



MONTHLY MENU

AUGUST 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 SAUCE** 88878 45.99(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**.....(VN, V D, GF, AN) 88872 26.99

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.

BROKEN LASAGNA..... 88762 72.50

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

BUFFALO CHICKEN MAC & CHEESE..... 88826 62.50

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

HOMESTYLE MAC & CHEESE..... 88764 49.50(V)

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

CHICKEN & SAUSAGE JAMBALAYA..... 88327 45.50(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.

***MOROCCAN CHICKEN**..... 88450 36.25.....(L, D, GF, AN)
Chunky and highly seasoned Moroccan style soup loaded with chicken, hearty vegetables and raisins.

***MEXICAN CHICKEN POZOLE**..... 88400 35.99.....(L, D, GF)
Traditional and authentic Mexican holiday soup made with hominy, chicken and lots of wonderful seasonings.

***YUCATAN CHICKEN WITH LIME & ORZO**..... 88235 50.50.....(AN)
Light, brothy Mexican chicken soup made with tomatillos, chicken, poblano peppers and a touch of fresh lime.

***CURRIED CAULIFLOWER CHICK PEA AND TOMATO**...(VN, V, L, D, GF, AN)
This is a wonderfully aromatic vegan, low fat soup with a unique blend of ingredients, flavors and Indian spices. 88844 50.99

PORTUGUESE KALE SOUP..... 88596 43.99.....(D, GF)
A combination of cannellini and red kidney beans simmered with pork sausage, tomatoes, kale, and crushed red pepper.

CURRIED CHICKEN CHOWDER..... 88410 36.75.....(GF, AN)
This creamy Indian-style chowder is loaded with potatoes, chicken, vegetables, and spices.

MULLIGATAWNY..... 88224 41.99.....(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.

***MARYLAND CRAB**..... 88536 59.50.....(L, D, GF)
After crab cakes, this is the next best dish to come from Maryland! A rich, satisfying soup loaded with sweet crab meat and fresh vegetables.

***CHICKEN AND MEATBALL** 88676 46.75
Chicken soup loaded with meatballs, egg barley pasta and fresh vegetables.

***BEEF VEGETABLE**..... 88618 53.99.....(D)
We slowly simmer the beef for hours before adding tender vegetables to accompany this splendid soup. We then add Acini De Pepe pasta to slightly thicken the soup and bind all the ingredients together for your enjoyment.

***TORTELLINI FLORENTINE**..... 88674 44.99.....(V)
Three cheese tortellini simmered with baby spinach and sweet cherry tomatoes with a touch of garlic and cream.

WILD MUSHROOM BARLEY..... 88204 30.99.....(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..... 88592 38.99.....(D, GF, AN)
Our famous chicken stock loaded with Savoy cabbage, chicken, parsnips, turnips, rice, and parsley.

CHICKEN POT PIE..... 88366 36.75.....(GF, AN)
A soup version of this classic American dish; loaded with carrots, potatoes, green peas, chicken, and herbs.

CHUNKY POTATO LEEK..... 88348 37.50.....(GF, AN)
Thick and creamy soup made with loads of diced potatoes, fresh leeks, and parsley.



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SEASONAL

Drawing inspiration from fresh ingredients unique to each season.

***NEW! *BUFFALO CHICKEN SOUP**... 88248... 38.99 (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!

***TOMATO CORN AND BASIL**(V, VN, D, GF, AN)

This is a light tomato soup loaded with sweet corn fresh from
the cob and Italian basil. 88608 30.50

***CHILLED TRADITIONAL GAZPACHO**.....(VN, V, D, GF)

Traditional version of the classic Spanish soup, puréed until
smooth with a slightly spicy finish. 88510 43.50

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

A simple tomato soup featuring flavorful sweet cherry tomatoes.

*Can also be served chilled. 88642 30.99

***SUMMER CLAM BAKE**.....(D, GF, AN)

A summer staple in New England, this is our version of the
classic summer clam bake. 88730 48.50

***SUMMER VEGETABLE**.... 88236... 33.99 (V, L, D, VN, GF, AN)

Light and full flavored vegetable soup made with the best
summer has to offer.

ROASTED RED PEPPER WITH SMOKED GOUDA(V, GF)

Roasted red peppers and tomatoes blended with freshly grated
smoked gouda and a hint of cream. 88692 47.75

LIGHTER

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

***WHITE BEAN, BROCCOLI, & SUN-DRIED TOMATO**..(VN, V, L, D, GF)

Thick and unique combination of fresh broccoli, sun-dried
tomatoes and white beans. 88370 28.99

***BLACK LENTIL WITH TUSCAN KALE**... 88650... 36.50 (VN, V, L, D, GF)

Exotic black lentils and deliciously healthy Tuscan Kale are
enhanced by a dash of balsamic vinegar in this vegetarian soup.

***WILD MUSHROOM, KALE AND ORZO**... 88688 40.50 (V, L, D, VN, AN)

Crimini, Portobello, and Shiitake mushrooms simmered with
tomatoes and kale, seasoned with thyme and garlic.

TOMATO KALE... 88658 29.99(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..... 88502 31.99(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... 88590... 30.50(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... 88504... 36.50(L, D, GF, AN)

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

PASTA E. FAGIOLI..... 88243 31.99(VN, V, L, D)

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

GINGER CARROT ARTICHOKE... 88218 29.50 (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... 88238 32.50(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... 88694... 35.50 (L, D, AN)

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

TOMATO BASIL WITH RICE... 88230 29.50 (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..... 88682 42.99.....(GF, AN)
A rich and satisfying soup of Portabella, Cremini, and Shiitake mushrooms with fresh cream and pepper.

BROCCOLI CHEDDAR..... 88786 56.50.....(GF, AN)
The perfect blend of fresh broccoli and aged cheddar cheese.

FRENCH ONION..... 88812 43.50.....(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..... 88234 46.50.....(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..... 88223 38.99.....
A wedding of meatballs, orzo, and fresh vegetables.

BEEF BARLEY..... 88207 44.50.....(AN)
This full-bodied soup is made with beef, barley, fresh veggies and herbs simmered in a rich brown broth.

CLASSIC MINESTRONE..... 88222 29.75.....(D)
A delicious Italian soup loaded with fresh vegetables, pancetta, white kidney beans, and pasta.

CLASSIC CHICKEN NOODLE..... 88681 38.99.....(L, D)
A simple soup, made to make you feel right at home.

HOMESTYLE CHICKEN NOODLE..... 88542 39.50.....(L, D)
A classic favorite, made with chicken, carrots, potatoes, and noodles cooked in our famous chicken stock.

LOBSTER BISQUE..... 88460 46.99.....(GF)
Maine lobsters simmered in lobster stock with onions, potatoes, garlic, Spanish paprika, and sweetened with a touch of Sherry.

TOMATO BISQUE..... 88420 30.75.....(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..... 88340 39.50.....(AN)
Sweet and creamy, this tomato soup is loaded with chicken, orzo, basil, and a hint of paprika and cayenne peppers.

TOMATO CHEDDAR..... 88228 47.99.....(GF, AN)
A sweet blend of tomato puree and aged Cheddar.

TUSCAN WHITE BEAN WITH SPINACH.....(VN, V, L, D, GF, AN)
Wholesome combination of the finest imported Italian cannelloni beans, spinach and vegetables. 88208 28.50

CLASSIC LENTIL..... 88380 31.99.....(VN, V, L, D, GF)
Fresh vegetables and Spanish lentils simmered together in a vegetarian broth flavored with cumin and parsley.

CREAM OF BROCCOLI..... 88378 47.50.....(GF, AN)
A creamy blend of broccoli simmered with potatoes, garlic, and cream.

VEGETARIAN SPLIT PEA..... 88245 29.50.....(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.....(VN, V, L, D, GF, AN)
Sodium: 463 Mgs (Original Version: 720 Mgs). 88238 32.50

REDUCED SODIUM HOMESTYLE CHICKEN NOODLE.....(L, D)
Sodium: 479 Mgs (Original Version: 790 Mgs). 88656 33.50



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CHOWDER

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

***CORN COB CHOWDER.....88888 45.99.....(V, VN, D, GF, AN)**

Creamy without cream? Sweet without sugar? This is the delicious, dairy-free corn chowder that dreams are made of. We shuck fresh corn from the cob, make stock with the cobs, and then slowly simmer it all together. Enjoy everything you love about corn on the cob, without the hassle (or toothpicks)!

***SOUTHWESTERN SHRIMP & ROASTED CORN CHOWDER.....(GF, AN)**

Complex and flavorful chowder made with loads of sweet corn right off the cob, diced potatoes, fresh shrimp, and classic southwestern seasonings. 88406 56.50

882112 49.50

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

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

SWEET CORN CHOWDER.....88214 38.50.....(GF)

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

88213 48.99

TRADITIONAL NEW ENGLAND CLAM CHOWDER...(contains bacon)

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

88211 45.50

MANHATTAN CLAM CHOWDER.....(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.

***THREE BEAN CHILI.....88259 32.50.....(V, L, D, VN, GF)**

A complex vegetarian chili made with black, red, and white beans, four different peppers, fresh chilies and for good measure we finish it with just a touch of old fashioned molasses.

TEXAS BEEF CHILI.....88412 56.99.....(D)

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

THREE LENTIL CHILI.....88210 29.50.....(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.....88586 53.50.....(D, GF)

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

TURKEY CHILI.....88836 50.50.....(D, GF, AN)

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