



To order call 978.388.6776

# MONTHLY MENU

## DECEMBER 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.

**\*ARRABBIATA SAUCE**..... 88876 26.99 .....(V, VN, D, GF, AN)

Perfectly pureed, our spicy tomato sauce is simmered in small batches to allow the fresh ingredients to shine through. This intense flavor only comes from being homemade, our kitchen may be just a little bigger than yours!

**\*MARINARA SAUCE**..... 88872 26.50 .....(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!

**\*MEAT SAUCE**..... 88874 45.50 .....(D)

This thick and hearty sauce has bright tomato flavor and loads of ground beef for the ideal taste and texture for lasagna, pasta, and (when nobody is looking) a personal snack by the spoonful!

### 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.

**\*NEW!\*SEAFOOD RISOTTO (GF)** .....

Fresh shrimp, scallops and langoustine are simmered with Arborio rice and finished with fresh parmesan cheese and a touch of heavy cream to make this risotto as delicious as can be.

**\*CREAMY TOMATO WITH PASTA & MEATBALLS** .. 88602 .. 51.50

A creamy tomato soup made with pasta, mini meatballs, Romano cheese, yellow cheddar and a garlic blend.

**\*POT PIE FILLING** ..... 88868 73.50 .....

This is Chicken Pot Pie, taken to the next level. We simmer large chunks of tender chicken breast, sweet peas, carrots, pearl onions, and Yukon gold potatoes with fresh herbs. This base is ready to be poured into a crust or topped off with your choice of flaky puff pastry to complete this comfort food classic dish.

**SHEPHERD'S PIE FILLING**..... 88870 66.99 .....(D)

The epitome of simple, homey comfort, our "Shepherd's" Pie filling is brimming with beef and veggies just waiting to be topped with your own creamy mashed potatoes and whatever else you decide to make it your own. Packed with flavor and so satisfying, it will give your favorite pub a run for their money.

**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 62.99 .....

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.

\* **SENEGALESE CHICKEN with PEANUTS**.....(D, GF)

*Spicy and complex African-style tomato soup loaded with chicken, peanuts and spices.* 88350 38.75

\* **7 HERB BISTRO CHICKEN** .....(GF) 88388 37.50

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

\* **CURRIED SHRIMP & ROASTED CORN BISQUE** .....(GF)

*Thick Indian style bisque made with shrimp and loads of fresh corn right off the cob.* 88580 60.50

**PORTUGUESE KALE SOUP**.....88596 46.50.....(D, GF)

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

**CURRIED CHICKEN CHOWDER**.....88410 39.50.....(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.

\***CHICKEN MARSALA**.....88880 58.99.....(L, GF)

*Our 'spoonable' version of this beloved Italian-American classic! Tender white meat chicken, freshly chopped cremini and Portobello mushrooms slowly simmered with fresh herbs, finished with a touch of sweet Marsala wine. Serve it over your favorite pasta or consume by the bowl . . . it's all delicious!*

\***CREAMY CHICKEN & BROCCOLI** .....88474 42.25.....(GF, AN)

*Creamy chicken soup enriched with garden fresh broccoli, sweet vegetables and herbs.*

\***OLD FASHIONED CHICKEN & DUMPLINGS** .....88452 40.99.....

*Our version of this classic pairing of chicken and potato gnocci dumplings.*

\***TORTELLINI WITH WILD MUSHROOMS** .....88368 54.50.....(V)

*Light and creamy blend of Crimini mushrooms, rich cheeses and basil served with ricotta cheese filled Italian dumplings.*

**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 39.50.....(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!\*CAULIFLOWER CHEDDAR .....(GF, AN)**  
*A smooth and creamy blend of fresh cauliflower and aged Upstate NY cheddar cheese.*

88858 30.75

**\*HOLIDAY ROASTED SQUASH .....(GF, AN)**  
*A smooth, savory puree of assorted roasted squashes and pumpkins. A wonderful first course for your holiday dinner.*

88892 72.99

**\*PUMPKIN SPICED LOBSTER BISQUE.....(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!*

**\*AUTUMN PUMPKIN BISQUE ..88736 37.75...(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.*

**HEARTY WINTER CHICKEN .....(GF) 88752 37.50**

*This is a hearty chicken soup slowly simmered with luscious pearl onions and tender mushrooms. Perfect to ward off that shrill winter wind.*

**WINTER VEGETABLE WITH DUMPLINGS .....(V, L) 88588 35.75**

*This soup is made combining sweet winter root vegetables, a touch of tomato and hearty potato dumplings simmered together for a cold blustery winter's day.*

**ROASTED BUTTERNUT SQUASH.....(V, GF, AN) 88436 52.99**

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

88692 47.75

**ROASTED RED PEPPER WITH SMOKED GOUDA .....(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.

**\*FRENCH LENTIL WITH GARDEN VEGETABLES...(VN, V, L, D, GF, AN)**

*A light and healthy soup made with lentils and fresh vegetables gently simmered in a tangy red pepper broth.* 88628 38.50

**\*VEGETABLE BARLEY.....(V, L, D, VN, AN) 88634 30.99**

*Warm up with this comforting barley soup loaded with vegetables and fresh herbs.*

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

*Thick and unique combination of fresh broccoli, sun dried tomatoes and white beans.* 88370 26.50

**\*BLACK LENTIL WITH TUSCAN KALE...(V, L, D, VN, GF) 88650 33.50**

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

**\*TOMATO ZUCCHINI ...(V, L, D, VN, GF) 88246 26.50**

*A light and flavorful tomato soup loaded with fresh Zucchini.*

**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 33.75.....(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 29.75(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.*



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### LIGHTER

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

**TOMATO KALE**..... 88658 27.50.....(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.*

**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.*

### 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 53.50.....(GF, AN)  
*The perfect blend of fresh broccoli and aged cheddar cheese.*

**\*FRENCH ONION**..... 88812 40.99.....(D, GF)  
*Slow simmered veal stock and sherry wine make up this classic recipe. Add your own baguette and cheese for the full effect.*

88234 46.50  
**SPLIT PEA WITH DOUBLE SMOKED BACON**.....(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 38.75.....  
*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 MINISTRONE**..... 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 38.99.....(L, D)  
*A classic favorite, made with chicken, carrots, potatoes, and noodles cooked in our famous chicken stock.*

**LOBSTER BISQUE**..... 88460 44.50.....(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.*

88340 39.50  
**CREAM OF TOMATO WITH CHICKEN & ORZO**.....(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 29.50.....(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 44.75.....(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.*



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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).  
 88644 25.99

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

CHOWDER

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

88792 25.99  
 \*KALE AND SWEET POTATO CHOWDER.....(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.

88212 46350  
 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 37.99.....(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.

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.  
 88211 45.50

CHILI

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

\*CHICKEN BLACK BEAN CHILI.....88372 33.50.....(L, D, GF)  
 Intensely flavorful and slightly spicy chili made from black beans, chicken and lots of wonderful spices.

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.