SOUP'S UP

WINTER SOUP SCHEDULE 2025

Call Us 519 542 1171
Order Online SOUPSUPSARNIA.COM
Visit Us 1143 CONFEDERATION ST.
Facebook SOUPS UP FEATURING STICKY FINGERS
Instagram @SOUPSUPSARNIA

VEGAN 100% PRODUCT · VEGETARIAN · GLUTEN FREE · DAIRY FREE · SPICY LEVEL

WEEKLY SOUP FEATURES

Soup ingredients are displayed on take-out posters and dine-in menus

	VEGGIE FEATURES	CREAMY FEATURES	MEATY FEATURES
~ WEEK 1 ~ Sep 22 - 27 Jan 19 - 24	Mexican Tomato & Rice	Cheesy Broccoli	Shepherd's Pie Inspired
~ WEEK 2 ~ Sep 29 - 4 Jan 26 - 31	Cauliflower & Chickpea	Spicy Jalapeno & Corn Chowder	Macaroni Beef & Veggie
~ WEEK 3 ~ Oct 6 - 11 Feb 2 - 7	Spicy Thai Sweet Potato	Winter Chowder	Beef Vegetable
~ WEEK 4 ~ Oct 13 - 18 Feb 9 - 14	Veggie Spring Roll	Sweet Potato & Bacon	Spicy Sausage, Potato & Kale
~ WEEK 5 ~ Oct 20 - 25 Feb 16 - 21	Tomato Veggie	Butternut & Rosemary	Savoury Beef & Veggie
~ WEEK 6 ~ Oct 27 - 1 Feb 23 - 28	Veggie Minestrone	Cheesy Ham Chowder	Spicy Chicken Fiesta
~ WEEK 7 ~ Nov 3 - 8 Mar 2 - 7	Artichoke & Spinach	Spicy Buffalo Chicken	Italian Wedding
~ WEEK 8 ~ Nov 10 - 15 Mar 9 - 14	Spicy Cuban-style Black Bean	Beef Stroganoff	Chicken Minestrone
~ WEEK 9 ~ Nov 17 - 22 Mar 16 - 21	Chickpea Fiesta	Cheesy Beer & Bacon	Spicy Coconut Curry Chicken
~ WEEK 10 ~ Nov 24 - 29 Mar 23 - 28	Spicy Sweet Potato & Kale	Sausage, Potato & Spinach	Lasagna Tortellini
~ WEEK 11 ~ Dec 1 - 6 Mar 30 - 4	Spinach & Lentil	Split Pea & Bacon	Red Curry Shrimp & Rice
~ WEEK 12 ~ Dec 8 - 13 Apr 6 - 11	Spicy Veggie & Lentil	Chunky Potato & Dill Pickle	Beef, Vegetable & Barley
~ WEEK 13 ~ Dec 15 - 20 Apr 13 - 18	Edamame & Veggie	Chicken Cordon Bleu	Spicy Mexican Chicken & Corn
~ WEEK 14 ~ Dec 22 - 27 Apr 20 - 25	Rustic Split Pea & Veggie	Creamy Tortellini & Artichoke	Chicken, Mushroom & Wild Rice
~ WEEK 15 ~ Dec 29 - 3 Apr 27 - 2	Tex-Mex Veggie & Bean	Creamy Parmesan & Sausage	Meatball Tortellini
~ WEEK 16 ~ Jan 5 - 10 May 4 - 9	Spicy Moroccan Chickpea	Sun-dried Tomato & Tortellini	Home-style Beef Barley
~ WEEK 17 ~ Jan 12 - 17 May 11 - 16	Light Veggie & Spinach	Cheesy Cauliflower	Spicy Jambalaya

NOW OPEN
INSIDE DEGROOT'S NURSURIES 1840 LONDON LINE, SARNIA

Me Thyme FRESH FOOD, ARTISAN TEA

Sticky Fingers FRESH CINNAMON BUNS

SOUP'S UP FRESH SOUP & SANDWICHES

House-crafted Soups, Sandwiches, & Cinnaminis since 2003

MENU

soupsupsarnia.com

Combo suggestions are listed on the back

Me Thyme FRESH FOOD, ARTISAN TEA

Sticky Fingers FRESH CINNAMON BUNS

SOUP'S UP FRESH SOUP & SANDWICHES

SANDWICHES

Cold Sandwiches

Veggie Ranch
-$2.00 | Cucumber, sweet peppers, lettuce, tomato, onion, ranch

Vegan Chickpea
House chickpea salad, lettuce, tomato, onion, dill pickles

Egg Salad
House-made egg salad, lettuce, tomato, onion

Tuna Salad
House-made tuna salad, lettuce, tomato, onion

Classic BLT
Applewood smoked bacon, lettuce, tomato, mayo

Avocado BLT
Guacamole, smoked bacon, lettuce, tomato, mayo

Ham & Swiss
Deli-style ham, Swiss, lettuce, tomato, onion, honey mustard

Sweet & Spicy Ham & Swiss
Deli-style ham, 5 & 5 Bacon, Swiss, LTO, honey mustard

Turkey Bacon
Deli-style turkey, bacon, lettuce, tomato, onion, mayo

Roast Beef & HR Mayo
Deli-style roast beef, lettuce, tomato, onion, HR mayo

The Melissa
Deli-style roast beef, cheddar, sweet peppers, LTO, HR mayo

Corned Beef & Swiss
Deli-style corned beef, Swiss, dill pickles, LTO, grainy mustard

Chicken Salad
House-made chicken salad, lettuce, onion, sweet spicy pickles

Buffalo Chicken Salad
House-made buffalo chicken salad, sweet spicy pickles, LO, ranch

Soup's Up Club
FULL ONLY! Turkey, ham, roast beef, dill pickles, LTO, mayo, mustard

Hot Sandwiches

Basic Grilled Cheese
-$2.00 | Basic. Real cheddar, mozzarella

Ham & Swiss Melt
Deli-sliced ham, Swiss, mozzarella, grilled onion, honey mustard

Sweet & Spicy Ham & Swiss Melt
Deli-sliced ham, 5 & 5 bacon, Swiss, mozza, onion, honey mustard

Reuben Swiss Melt
Deli-sliced corned beef, Swiss, mozza, sauerkraut, onion, house 1000

Bacon Melt
Applewood smoked bacon, real cheddar, mozzarella

Maple Chili Bacon & Egg Melt
Smoked bacon OR 5 & 5 bacon, egg, cheddar, mozza, maple chili sauce

Turkey Brie Melt
Deli-sliced turkey, Brie, mozza, onion, honey mustard, cranberry baguette

Mushroom & Swiss Melt
Grilled mushrooms, Swiss cheese, mozzarella, grilled onions

The Melissa Melt
Deli-sliced roast beef, cheddar, mozza, sweet peppers, onion, HR mayo

Spicy Jalapeno Popper Melt
Smoked bacon, cheddar, house jalapeno cream cheese. Mild version: dill pickle

BBQ Pulled Pork Melt
FULL ONLY! House-made BBQ Pulled Pork, cheddar, mozza, BBQ sauce, onion

Spicy Cuban Melt
FULL ONLY! House-made Cuban Pulled Pork, Swiss, mozza, jalapenos, dill pickles, onion, mustard

Whitey's Burger
FULL ONLY! Two x 3 oz all-beef patties, cheddar, Sweet & Spicy bacon, onion, lettuce, mayo

Soup's Up Burger
FULL ONLY! Two x 3 oz all-beef smash patties, cheddar, bacon, dill pickles, onion, house 1000, lettuce

Vegan Burger
FULL ONLY! Black Bean burger, guacamole, lettuce, tomato, onion

½ Sandwich ONLY | $9.00 each
½ Sandwich on Specialty Bun | Add $1
Full Sandwich ONLY | $17.00 each
Full Sandwich on Specialty Bun | Add $2
Combo Pricing on Back Page

REGULAR SOFT BUNS — Soft White, Soft Whole Wheat, Gluten Free +$2

SPECIALTY CHEESE BUNS — Just Cheddar, Jalapeno Cheddar, Creamy Dill, Herb Garlic Mozza

TOASTED SLICED BREAD — White Sliced, Marble Rye, Sourdough, Everything, Gluten Free +$2

Weekly Soup Features & Soup Dippers Options are located on the menu insert

SOUPS & SIDES

Potato Cheddar

Potatoes, celery, onions, carrots, milk, real cheddar, fresh garlic, herbs, spices, veggie broth

Dilly Cheddar
Potato Cheddar Soup topped with shredded dill pickles

Spicy Jalapeno Cheddar
Potato Cheddar Soup topped with minced jalapeno

Loaded Vegetarian
Potato Cheddar Soup topped with double cheddar, sour cream, green onion

Loaded Spicy Vegetarian
Potato Cheddar topped with cheddar, sour cream, green onion, jalapeno

Loaded Potato Bacon
Potato Cheddar topped with bacon, cheddar, sour cream, green onion

Loaded Spicy Potato Bacon
Potato Cheddar topped with bacon, cheddar, sour cream, green onion, jalapeno

Loaded Dilly Potato Bacon
Potato Cheddar topped with bacon, cheddar, sour cream, onion, dill pickle

Loaded Potato Sausage
Potato Cheddar topped with sausage crumble, cheddar, green onion

Loaded Spicy Potato Sausage
Potato Cheddar topped with sausage, cheddar, onion, red pepper flake

Loaded Bacon Potato Crunch
Potato Cheddar topped with bacon bits, hickory sticks, BBQ Sauce, green onions

Stuffed Cabbage

Ground beef, green cabbage, onions, rice, fresh garlic, herbs, spices, tomato beef broth

Loaded Stuffed Cabbage
Stuffed Cabbage topped with sausage, parmesan, green onion

Loaded Spicy Stuffed Cabbage
Stuffed Cabbage topped with sausage, parmesan, onion, red pepper flake

Chicken Noodle

Chicken, carrots, celery, onions, green beans, noodles, fresh garlic, herbs, spices, chicken broth

Tomato Parmesan

Tomato, onions, balsamic vinegar, wine, Parmesan, fresh garlic, herbs, spices, milk, veggie broth

Loaded Tomato & Crouton
Tomato Parmesan topped with garlic croutons, parmesan cheese, green onion

Loaded Tomato & Sausage
Tomato Parmesan topped with sausages, parmesan cheese, green onion

Creamy Chicken

Chicken, carrots, celery, onions, peas, wheat flour, fresh garlic, herbs, spices, milk, chicken broth

Loaded Chicken Pot Pie
Creamy Chicken Soup topped with pie crust crumble

Loaded Chicken Pot Puff
Creamy Chicken Soup topped with puff pastry croutons

Smokey Chili

Ground beef, onions, celery, green peppers, beans, tomatoes, fresh garlic, herbs, spices

Loaded Smokey Chili
Smokey Chili topped with cheddar, sour cream, onion. Spicy? Add jalapenos

Loaded Smokey Chili Crunch
Smokey Chili topped with hickory sticks, BBQ sauce, green onion

Other Side Options

Golden Fries
Seasoned House-cut (Ask if needing Gluten-Free) or Seasoned Waffle

Loaded Fry Options
Loaded Caesar Fries | Loaded Chili Cheese Fries | Loaded Chicken Pot Pie Fries

Garden Salad
Romaine, cucumbers, sweet peppers, red onion, tomato

Loaded Salad Options
Loaded Caesar Salad | Loaded Greek Salad | Loaded BLT & Cheese | Loaded Chef Salad | Dressings: Caesar, Greek, Ranch, Italian, French, Balsamic Vinegar & Oil

Small Soup | $5.00 each
Loaded Small Soup | $6.00 each
Medium Soup | $8.00 each
Loaded Medium Soup | $10.00 each
Combo Pricing on Back Page

Me Thyme FRESH FOOD, ARTISAN TEA

Sticky Fingers FRESH CINNAMON BUNS

SOUP'S UP FRESH SOUP & SANDWICHES

BUY ANY 3 MENU ITEMS, GET DESSERT OR DINNER ROLL FREE

COMBO IDEAS

Famous Soup's Up Combo — $17
1/2 Sandwich, Small Side, Drink, FREE Dessert
Most Popular Combo

Full Sandwich Combo — $25
FULL Sandwich, Small Side, Drink, FREE Dessert
Starvin' Marvin Combo

Soup & Salad Combo — $15
Small Salad, Small Soup, Drink, FREE Dessert
Agathokakological Combo

Soup & Fries Combo — $14
Small Soup, Small Side, Drink, FREE Dessert
Why NOT ?! Combo

Soup & Dinner Roll Combo — $10
Small Soup, Dinner Roll, Drink, FREE Dessert
Fastest Served Combo

Soup Flight Combo — $16
4 Regular Mini Soups, Drink, FREE Dessert or Dinner Roll
Can't Decide Combo

Soup Loop Fundraising Combo — $20
25% goes to a Local Charity of the Week
Help out our Community Combo

MAKE ANY COMBO GLUTEN FREE
We take extra care with gluten-free orders using dedicated tools and a separate gluten-free fryer

---

Sweet Traditions Sticky Fingers Est 2003

SOUP'S UP CRAFTED IN HOUSE Est 2010

Me Thyme FRESH EATERY EST 2025

Whitey's BAR

COMING BACK FALL 2026
JAKE & EMILY'S Est. 2021
Mini-Doughnut Shop
A DIVISION OF STICKY FINGERS

SOON TO BE OPEN
INSIDE DEGROOT'S NURSURIES 1840 LONDON LINE, SARNIA