

HEALTH CLAIMS CHART

Key: DF - Dairy Free | GF - Gluten Free | VG - Vegan | V - Vegetarian

ITEM NAME	OTHER DIETARY CLAIMS
BEEF SOUPS	
Beef Barley & Vegetable Soup	DF
Beef Chili with Beans	DF / GF
Beef Stew	GF
Italian Wedding Soup	
POULTRY SOUPS	
Chicken & Dumpling	
Chicken Chili with White Beans	GF
Chicken Noodle	DF
Chicken Stew	
Chicken Tortilla	GF
Chicken Vegetable with Rice	DF / GF
Grilled Chicken & Corn Chowder	
Lemon Ginger Chicken & Rice	DF / GF
Red Curry Chicken Soup with Rice	DF / GF
Turkey Chili with Beans	DF / GF
SEAFOOD SOUPS	
Boston Clam Chowder	
Cream of Crab	
Fish Stew	DF / GF
Haddock Chowder	
Lobster Bisque	GF
Manhattan Clam Chowder	
Maryland Vegetable Crab Soup	DF / GF
Shrimp & Sausage Gumbo	
SOUP MEDLEYS	
Broccoli Cheddar	V
Butternut Squash & Apple	GF
Cream of Broccoli	V
Creamy Mushroom	GF
Corn Chowder	V
Kale & Linguica	GF
Green Chilies Pork Chowder	GF
Lentil	DF / VG / V
Loaded Potato	
Minestrone	V
Pasta e Fagiolo	
Pumpkin Bisque	GF / V
Three Bean Chili	DF / GF / VG / V
Tomato Basil	DF / GF
Tomato Bisque	GF / V
Tomato Garden	DF / GF / VG / V
White Bean Escarole	DF / GF / VG / V
SAUCES & OTHER OFFERINGS	
Alfredo	GF / V
Buffalo Macaroni & Cheese	V
Cranberry Orange Sauce	DF / GF
Macaroni & Cheese	V
Marinara Sauce	DF / GF / VG / V
Marsala Sauce	GF
Steel Cut Oatmeal	DF / GF / VG / V
VEGAN SOUPS & SAUCES	
Gazpacho Soup	DF / GF / VG / V
Lentil	DF / VG / V
Marinara Sauce	DF / GF / VG / V
Steel Cut Oatmeal	DF / GF / VG / V
Three Bean Chili	DF / GF / VG / V
Tomato Garden	DF / GF / VG / V
White Bean Escarole	DF / GF / VG / V

VEGETARIAN SOUPS & SAUCES	
Alfredo	GF / V
Broccoli Cheddar	V
Buffalo Macaroni & Cheese	V
Corn Chowder	V
Cream of Broccoli	V
Lentil	DF / VG / V
Macaroni & Cheese	V
Marinara Sauce	DF / GF / VG / V
Minestrone	V
Pumpkin Bisque	DF / V
Steel Cut Oatmeal	DF / GF / VG / V
Three Bean Chili	DF / GF / VG / V
Tomato Bisque	GF / V
Tomato Garden	DF / GF / VG / V
White Bean Escarole	DF / GF / VG / V
DAIRY FREE SOUPS & SAUCES	
Beef Barley & Vegetable Soup	DF
Beef Chili with Beans	DF / GF
Chicken Noodle	DF
Chicken Vegetable with Rice	DF / GF
Cranberry Orange Sauce	DF / GF
Fish Stew	DF / GF
Gazpacho Soup	DF / GF / VG / V
Lemon Ginger Chicken & Rice	DF / GF
Lentil	DF / VG / V
Marinara Sauce	DF / GF / VG / V
Maryland Vegetable Crab Soup	DF / GF
Red Curry Chicken Soup with Rice	DF / GF
Split Pea & Ham Soup	DF / GF
Steel Cut Oatmeal	DF / GF / VG / V
Three Bean Chili	DF / GF / VG / V
Tomato Basil	DF / GF
Tomato Garden	DF / GF / VG / V
Turkey Chili with Beans	DF / GF
White Bean Escarole	DF / GF / VG / V
GLUTEN FREE SOUPS & SAUCES	
Alfredo	GF / V
Beef Stew	GF
Beef Chili with Beans	DF / GF
Butternut Squash & Apple	GF
Chicken Chili with White Beans	GF
Chicken Tortilla	GF
Chicken Vegetable with Rice	DF / GF
Cranberry Orange Sauce	DF / GF
Creamy Mushroom	GF
Fish Stew	DF / GF
Gazpacho Soup	DF / GF / VG / V
Green Chilies Pork Chowder	GF
Kale & Linguica	GF
Lemon Ginger Chicken & Rice	DF / GF
Lobster Bisque	GF
Marinara Sauce	DF / GF / VG / V
Marsala Sauce	GF
Maryland Vegetable Crab Soup	DF / GF
Pumpkin Bisque	GF / V
Red Curry Chicken Soup with Rice	DF / GF
Split Pea & Ham Soup	DF / GF
Steel Cut Oatmeal	DF / GF / VG / V
Three Bean Chili	DF / GF / VG / V
Tomato Basil	DF / GF
Turkey Chili with Beans	DF / GF
White Bean Escarole	DF / GF / VG / V

WHY LIGHTHOUSE SOUPS?

John Zofchak, owner and founder of Boston salads & Prepared Foods, had a vision to make a line of high-quality, fresh soups. John began his quest to design and develop Lighthouse Soups by assembling a team of experienced, dedicated professionals. Today they present to you Lighthouse Soups and Chowders.



MARKETING SUPPORT


Lighthouse Soups & Chowders is always happy and willing to help our valued customers. We offer a variety of different marketing materials including product tags, brochures, menus, posters and signage, retail labels and more. Please inquire with your sales representative for more complex orders.



For any other information, please contact:

Adrienne Simeone
Marketing Manager

 adrienne@bostonсалads.com

 (617) 318-6114 x 18