



&



Fundraiser



Beef Barley



Brownie Dessert



Butter Chicken Lentil



**Ragin' Ramen
Spicy Soup**

Visit kanatasoup.ca for full product descriptions

About Kanata Soup

Once upon a time there was a couple named Terry and Laura. Terry had been in the air force for 31 years and Laura developed several auto immune diseases and became allergic to much of the world, especially foods that had always been favourites.

They started to experiment with foods to see what would cause the least or no reaction. Laura could not picture the rest of her life eating bland foods and began trying out different combinations of spices, herbs, legumes, pulses and other fresh items. The more pure an item, the less or zero reaction, thus began our little company.

The Kanata Soup Difference

Locally Curated

We are totally unique in that we actually curate every item in our soup mixes and we are the ONLY company that curates some items from local farms and dehydrates them ourselves at the peak of freshness (MacIntosh apples for our curried soups, green beans, yellow beans, carrots, sweet red peppers and corn). For the items that do not grow locally, we drive to Toronto (where we can buy high quality Canadian legumes, grains and pulses in bulk) regularly to ensure that we are using ONLY Canadian legumes and pulses. We believe the drive is worth it to make sure that our soup is as local and Canadian as we can make it.

We use only Canadian soup bases (all MSG free) and several of our soup mixes contain no soup base at all, just a delicious blend of herbs and spices, which won't make you miss the soup base at all. We want our soups to be as healthy and yummy! (Superfoods? Check... Fibre? Check.. Healthy? Check... Deliciously delightful? Check...)

Carefully Crafted – with your safety in mind!

As one of us is anaphylactic, all our soup mixes and dessert mixes are peanut and nut free. We are SO careful with everything we use as we understand what it is to have a severe allergy. Our vegan and gluten free soup mixes are made on separate days, using their own stainless steel bowls and measuring items to ensure there is no cross contamination.

Licensed, inspected, and insured.

We make our soups in a commercial kitchen and are licensed and inspected and carry full business insurance. We believe in quality above all things and have vowed our soup mixes will always be made by hand with love. Don't worry, our hands never actually touch any item.. we wear aprons, hair nets, gloves and sterilize all items before and after use. Did I mention we are super careful and go above and beyond the necessary safety requirements?

See the reverse for the Order Form. Forms are due no later than closing parade Feb 19th 2025. Submit in person on Wednesday nights at cadets or scan and email to 872.chairperson@cadetsair.ca. Payment is due when submitting the order form. Orders will be available for pickup Wednesday Feb 26th during our regular parade night.

ORDER FORM

Soups - \$10.00 each

Regular Soups (Top Section).

Our regular sized soup mixes are perfect for a family of four and more. Our regular soup mixes are between 300-900g.

Name	Phone #	Butter Chicken Lentil	Southwest	Caribbean Jerk	Chili	Black Bean	Thai Lentil	Spicy Ricey	Nicey Ricey	Curried Lentil	Friendship	Minestrone	Pasta Fagioli	Split Pea	Beef Barley	Chicken Lentil	Potato	Chicken Noodle	Calmin Ramen	Ragin Ramen	Canadian Quinoa	Cajun Quinoa	erman Lentil	Total Cost	
Example: Jane Doe	(123) 456-7890	1							2										1				1	\$50.00	
																							Total Top		

Our minis (or soupies as we like to call them) are the perfect size for a couple or for Students. Soupies are between 200-275g.

Soupie - \$7.00 each

Dessert - \$10 ea

Name	Phone #	Butter Chicken	Curried Lentil	Thai Lentil	Beef Barley	Split Pea	Chicken Lentil	German Lentil	Oatmeal Cranberry Cookie	Oatmeal Raisin Cookie	Oatmeal Chocolate Chip Cookie	Chocolate Chip Brownie	Total Cost	
													Total Bottom	

Payment Options:

- Wednesday Nights at the SSC table - Cash, Cheque, Credit Card.
- E-Transfer: 872.treasurer@cadetsair.ca you **MUST** include your Name & Phone # + "Kanata Soup Payment" in the comments. Order form **MUST** still be submitted in person or by email.

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 Vegan  Vegan AND Gluten Free

Total of top + bottom sections

GRAND TOTAL