Nutrition Facts Valeur nutritive Per 250 ml (300g) / par 250 ml (300g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 120	
Fat / Lipides 6 g	10 %
Saturated / saturés 4 g + Trans / trans 0 g	17%
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 730 mg	24%
Carbohydrate / Glucides 12 g	4%
Fibre / Fibres 3 g	10 %
Sugars / Sucres 5 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	10 %
Iron / Fer	10 %

Ingredients:
Barrie's Fresh Asparagus, Sodium Reduced Chicken Stock, Onion, Lemon Juice, Salt, Pepper

744 ml

Barrie Bros.
LOCAL FOOD COMPANY **1892**

"From field to jar since 1956"

FRESH ASPARAGUS SOUP

For information on our full line of fresh preserved and home grown products contact:
Barrie Bros.
Local Food Company
1236 Kings Road
RR # 2 Cambridge, ON
519-621-9409
www.barriebrothers.com

Add 1 cup yogurt OR milk OR cream. Salt to taste. Refrigerate after opening.

FOODLAND ONTARIO

Nutrition Facts Valeur nutritive Per 250 ml (300g) / par 250 ml (300g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 120	
Fat / Lipides 6 g	10 %
Saturated / saturés 4 g + Trans / trans 0 g	17%
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 730 mg	24%
Carbohydrate / Glucides 12 g	4%
Fibre / Fibres 3 g	10 %
Sugars / Sucres 5 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	10 %
Iron / Fer	10 %

Ingredients:
Barrie's Fresh Asparagus, Sodium Reduced Chicken Stock, Onion, Lemon Juice, Salt, Pepper

744 ml

Nutrition Facts / Valeur nutritive	
Per 250 ml (300g) / par 250 ml (300g)	
Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 120	
Fat / Lipides 6 g	10 %
Saturated / saturés 4 g + Trans / trans 0 g	17%
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 730 mg	24%
Carbohydrate / Glucides 12 g	4%
Fibre / Fibres 3 g	10 %
Sugars / Sucres 5 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	10 %
Iron / Fer	10 %

Ingredients:
Fresh Ontario Butternut Squash, Sodium Reduced Chicken Stock, Onion, Salt, Pepper

744 ml

Barrie Bros.
LOCAL FOOD COMPANY **1892**

"From field to jar since 1956"

BUTTERNUT SQUASH SOUP

For information on our full line of fresh preserved and home grown produce contact:
Barrie Bros.
Local Food Company
1236 Kings Road
RR # 2 Cambridge, ON
519-621-9409

www.barriebrothers.com

Add 1-2 cups milk OR cream OR yogurt. Salt to taste.
Refrigerate after opening.

FOODLAND ONTARIO

Nutrition Facts / Valeur nutritive	
Per 250 ml (300g) / par 250 ml (300g)	
Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 120	
Fat / Lipides 6 g	10 %
Saturated / saturés 4 g + Trans / trans 0 g	17%
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 730 mg	24%
Carbohydrate / Glucides 12 g	4%
Fibre / Fibres 3 g	10 %
Sugars / Sucres 5 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	10 %
Iron / Fer	10 %

Ingredients:
Fresh Ontario Butternut Squash, Sodium Reduced Chicken Stock, Onion, Salt, Pepper

744 ml

Nutrition Facts Valeur nutritive Per 250 ml (300g) / par 250 ml (300g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 120	
Fat / Lipides 6 g	10 %
Saturated / saturés 4 g + Trans / trans 0 g	19 %
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 730 mg	30 %
Carbohydrate / Glucides 12 g	4 %
Fibre / Fibres 3 g	10 %
Sugars / Sucres 5 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	80 %
Calcium / Calcium	6 %
Iron / Fer	6 %

Ingredients:
Fresh Ontario Cauliflower, Sodium Reduced Chicken Stock, Onion, Dry Mustard, Salt, Pepper

744 ml

Barrie Bros.
LOCAL FOOD COMPANY **1892**

"From field to jar since 1956"

FRESH CAULIFLOWER SOUP

For information on our full line of fresh preserved and home grown products contact:
Barrie Bros.
Local Food Company
1236 Kings Road
RR # 2 Cambridge, ON
519-621-9409
www.barriebrothers.com

Add 1-2 cups yogurt OR milk OR cream. Salt to taste and add your favourite cheese. Refrigerate after opening.

FOODLAND ONTARIO

Nutrition Facts
Valeur nutritive

Per 250 mL (1 cup)
Pour 250 ml (1 tasse)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 140	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.2 g + Trans / trans 0 g	1 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 540 mg	22 %
Carbohydrate / Glucides 33 g	11 %
Fibre / Fibres 4 g	16 %
Sugars / Sucres 22 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	180 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	4 %
Iron / Fer	15 %

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Barrie Bros. Local Food Company 1892

presents

FOODLAND ONTARIO

Jeff Suddaby's

GOURMET

Curried Pumpkin & Sweet Potato Soup

Add 3/4 cup cream or coconut milk for lactose intolerant.

Recipe provided by 3 Guys And A Stove

744 mL

www.3guysandastove.com

Refrigerate after opening

Ingredients:
Water, pumpkin, sweet potato, red onion, honey, vegetable stock, mild curry, vegetable oil, basil, oregano

Ingrédients :
Eau, citrouille, patates douces, oignons rouges, miel, bouillon de légumes, cari doux, huile végétale, basilic et origan.

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Barrie Bros. Local Food Company 1892

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FOODLAND ONTARIO

Jeff Suddaby's

GOURMET

Soup à la patate douce et à la citrouille à base de cari

Ajouter 3/4 tasse de crème ou de lait de coco pour les personnes intolérantes au lactose

744 ml

Recette fournie par le restaurant 3 Guys And A Stove

www.3guysandastove.com

Réfrigérer après ouverture.

Nutrition Facts
Valeur nutritive

Per 250 mL (1 cup)
Pour 250 ml (1 tasse)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 0 g	0 %
Saturated / saturés 0.0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 510 mg	**21 %**
Carbohydrate / Glucides 28 g	**9 %**
Fibre / Fibres 4 g	**17 %**
Sugars / Sucres 3 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	60 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Barrie Bros. Local Food Company 1892

Potato & Leek SOUP

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From Field to Jar since 1956

744 mL

FOODLAND ONTARIO

Add 1-2 cups milk or water. Salt to taste. Refrigerate after opening.

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Barrie Bros. Local Food Company 1892

Ingredients:
Potato, Sodium Reduced Chicken Stock, Water, Leek, Onion, Salt, Pepper, Dry Mustard.

Ingrédients :
Pommes de terre, bouillon de poulet à faible teneur en sodium, eau, poireaux, oignons, sel, poivre et moutarde sèche.

www.barriebrothers.com

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Barrie Bros. Local Food Company 1892

SOUPE aux pommes de terre et aux poireaux

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Du potager à votre table depuis 1956

744 ml

FOODLAND ONTARIO

Ajouter 1 à 2 tasses de lait ou d'eau. Saler au goût. Réfrigérer après ouverture.

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Barrie Bros. Local Food Company 1892

Barrie Bros. Local Food Company 1892

Nutrition Facts
Valeur nutritive

Per 250 mL (1 cup)
Pour 250 ml (1 tasse)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 150	
Fat / Lipides 0 g	0 %
Saturated / saturés 0.0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 590 mg	25 %
Carbohydrate / Glucides 35 g	12 %
Fibre / Fibres 5 g	21 %
Sugars / Sucres 8 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	240 %
Vitamin C / Vitamine C	25 %
Calcium / Calcium	6 %
Iron / Fer	10 %

Sweet Potato & Red Pepper SOUP

Buy Local! Buy Fresh!

From Field to Jar since 1956

744 mL

FOODLAND ONTARIO

Add 1-2 cups milk or water. Salt to taste. Refrigerate after opening.

Ingredients:

Sweet potato, Sodium reduced chicken stock, Water, Red Pepper, Onion, Salt, Pepper, Dry Mustard

Ingrédients :

Pommes de terre, bouillon de poulet à faible teneur en sodium, eau, poivrons rouges, oignons, sel, poivre et moutarde sèche.

www.barriebrothers.com

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SOUPE à la patate douce et aux poivrons rouges

Buy Local! Buy Fresh!

Du potager à votre table depuis 1956

744 ml

FOODLAND ONTARIO

Ajouter 1 à 2 tasses de lait ou d'eau. Saler au goût. Refrigérer après ouverture.

Nutrition Facts
Valeur nutritive

Per 250 mL (1 cup)
Pour 250 ml (1 tasse)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 70	
Fat / Lipides 1 g	1 %
Saturated / saturés 0.0 g + Trans / trans 0 g	1 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 560 mg	24 %
Carbohydrate / Glucides 15 g	5 %
Fibre / Fibres 3 g	11 %
Sugars / Sucres 7 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	50 %
Vitamin C / Vitamine C	30 %
Calcium / Calcium	4 %
Iron / Fer	4 %

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Barrie Bros. Local Food Company 1892

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Jeff Suddaby's

GOURMET

Vegetable Barley Soup

Recipe provided by 3 Guys And A Stove

744 mL
Heat and serve.

www.3guysandstove.com

FOODLAND ONTARIO

Refrigerate after opening.

Ingredients:

Onion, carrot, rutabaga, zucchini, tomato, vegetable stock, barley, vegetable oil, parsley, cilantro, garlic, basil, paprika, oregano, cayenne, cumin, black pepper.

Ingrédients :

Oignons, carottes, navets, courgettes, tomates, bouillon de légumes, orge, huile végétale, persil, coriandre, ail, basilic, paprika, origan, piment de cayenne, cumin et poivre noir.

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Barrie Bros. Local Food Company 1892

présente

Jeff Suddaby's

GOURMET

Soup à l'orge et aux légumes

Recette fournie pur le restaurant 3 Guys And A Stove

744 ml
Réchauffer et servir

www.3guysandstove.com

FOODLAND ONTARIO

Réfrigérer après ouverture.