

Elegant Entree's!

Entrée - Bulk	Unit	Item	*
Baked Penne Pasta	1/2 Hotel Pan/6lbs	20201	V
Cheese Enchiladas	1/2 Hotel Pan/4lbs	20202	V
Eggplant Parmesan	1/2 Hotel Pan/6lbs	20203	V
Cheese Lasagna	1/2 Hotel Pan/6lbs	20204	V
Pesto Spinach Lasagna	1/2 Hotel Pan/6lbs	20205	V
Tamale Pie	1/2 Hotel Pan/6lbs	20207	V
The Big Enchilada	1/2 Hotel Pan/6lbs	20209	V
Vegetable Lasagna	1/2 Hotel Pan/6lbs	20210	V
Macaroni & Cheese	1/2 Hotel Pan/6lbs	20211	V
Viva Spinach Enchilada	1/2 Hotel Pan/6lbs	20212	G
Curried Potatoes	1/2 Hotel Pan/4.75lbs	20213	G
Vegan Lasagna Roll-Ups	1/2 Hotel Pan/5lbs	20214	G

Entrée - Retail

Baked Penne Pasta	8 X 12 oz.	70601	V
Eggplant Parmesan	8 X 12 oz.	70602	V
Macaroni & Cheese	8 X 12 oz.	70603	V
Cheese Lasagna	8 X 12 oz.	70604	V
Pesto Spinach Lasagna	8 X 12 oz.	70605	V
Vegetable Lasagna	8 X 12 oz.	70606	V
Tamale Pie	8 X 12 oz.	70609	V
Cheese Enchiladas	8 X 8 oz.	70610	V
The Big Enchilada	8 X 12 oz.	70611	V
Viva Spinach Enchilada	8 X 12 oz.	70612	G
Chow Mein	8 X 12 oz.	70613	G
Fried Rice	8 X 12 oz.	70614	V
Curried Potatoes	8 X 12 oz.	70615	V
Vegan Lasagna Roll-Ups	8 X 12 oz.	70616	V



Viva Vegan Spinach Enchiladas

Succulent Salads!

Cranraisin Three Grain Salad



Salads - Bulk or Retail*(12 x 8oz)	Bulk size	Item	*
Black Bean Salad	5 LB.	30301	G
Buttons and Bows Pasta	5 LB.	30302	G
Cranraisin Three Grain	5 LB.	30304	V
Fresh Bean Salad	5 LB.	30305	G
Greek Vegetable Salad	5 LB.	30306	G
Indonesian Two Rice Salad	5 LB.	30308	G
Mediterranean Pasta Salad	5 LB.	30311	V
Orecchiette Pasta Salad	5 LB.	30312	G
Roasted Corn & Two Rice Salad	5 LB.	30315	G
Rosemarina Salad	5 LB.	30317	G
Szechuan Pasta with Chicken	5 LB.	30319	M
Tabouli	5 LB.	30320	G
Fried Rice	5 LB.	30321	V
Chow Mein	5 LB.	30322	G
Rosemary Potatoes	5 LB.	30323	G
Pasta Italiano	5 LB.	30329	M
Red Potato Supreme	5 LB.	30330	V
Chinese Tofu Salad	5 LB.	30331	G

*ask for retail code #'s when ordering retail salads

Based in South San Francisco, Marsha's makes everything "to order" with a quick 2-day lead time. All soups have a 40-day shelf life, and our salads, wraps, & entree's are made fresh with a 10-day shelf life.

*V=Vegetarian G=Vegan M=Meat or Meat Broth S=Seasonal
Nutritional information on all Marsha's products are on our web.



All natural and preservative-free
**Soups, salads, wraps,
entree's & more!**

Made fresh daily in our South San Francisco kitchen since 1981.

www.marshasmMarvelous.com



Worldly Wraps!

Burritos & Wraps - Bulk	Unit	Item	*
Breakfast Wrap	12 X 8 oz.	50401	V
Black Bean Burrito	12 X 12 oz.	50402	V
Brown Rice Burrito with Vegetable	12 X 12 oz.	50403	V
Brown Rice Burrito with Chicken	12 X 12 oz.	50404	M
Brown Rice Burrito	12 X 12 oz.	50405	V
Indonesian Wrap	12 X 12 oz.	50406	G
Bombay Wrap	12 X 8 oz.	50408	G
Manila Wrap	12 X 8 oz.	50409	G
Gaza Wrap	12 X 8 oz.	50411	G
Chinese Tofu Salad Wrap	12 x 9.5 oz.	50412	G
Vegi Sausage Breakfast Wrap	12 X 8.5 oz.	50413	V

Burritos & Wraps - Retail

Breakfast Wrap	12 X 8 oz.	90401	V
Black Bean Burrito	12 X 12 oz.	90402	V
Brown Rice Burrito with Vegetable	12 X 12 oz.	90403	V
Brown Rice Burrito with Chicken	12 X 12 oz.	90404	M
Brown Rice Burrito	12 X 12 oz.	90405	V
Indonesian Wrap	12 X 12 oz.	90406	G
Bombay Wrap	12 X 8 oz.	90408	G
Manila Wrap	12 X 8 oz.	90409	G
Gaza Wrap	12 X 8 oz.	90411	G
Chinese Tofu Salad Wrap	12 x 9.5 oz.	90413	G
Vegi Sausage Breakfast Wrap	12 X 8.5 oz.	90414	V

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SavorySoups!

Soup	Unit	Item	*
Vegetable Barley	2 X 1 gal.	10101	G
Minestrone	2 X 1 gal.	10102	G
Red Potato Leek	2 X 1 gal.	10104	V
Split Pea	2 X 1 gal.	10105	G
Tomato Rice	2 X 1 gal.	10106	V
Noodle with Chicken	2 X 1 gal.	10107	M
Hungarian Mushroom	2 X 1 gal.	10109	S
Corn Chowder	2 X 1 gal.	10111	M
Tomato Lentil Soup	2 X 1 gal.	10112	G
Mexicali Rice	2 X 1 gal.	10113	V
Minestrone with Tortellini	2 X 1 gal.	10115	V
Butternut Bisque	2 X 1 gal.	10116	V
Cacciatore Soup	2 X 1 gal.	10118	M
Minestrone with Meatballs	2 X 1 gal.	10119	M
Clam Chowder	2 X 1 gal.	10120	M
Gazpacho	2 X 1 gal.	10121	S
Gumbo with Turkey Sausage	2 X 1 gal.	10123	M
Vegetable Rice with Chicken	2 X 1 gal.	10124	M
Lentil Rice	2 X 1 gal.	10126	G
Harvest Vegetable	2 X 1 gal.	10131	S
Tomato Cabbage	2 X 1 gal.	10133	V
Wild Rice & Pesto with Turkey	2 X 1 gal.	10136	M
Tomato Bisque	2 X 1 gal.	10137	V
Thai Vegetable Rice with Chicken	2 X 1 gal.	10142	M
Pozole	2 X 1 gal.	10150	M

Organic Soup

ORGANIC Cashew Carrot Ginger	2 X 1 gal.	10201	G
ORGANIC Broccoli Florentine	2 X 1 gal.	10202	V
ORGANIC Tomato Rustica	2 X 1 gal.	10203	G
ORGANIC Prima Minestrone	2 X 1 gal.	10204	G
ORGANIC Moroccan Red Lentil	2 X 1 gal.	10205	G
ORGANIC Cuban Black Bean	2 X 1 gal.	10206	G

Kettle

Three Bean Chili	2 X 1 gal.	10134	G
Hot & Spicy Vegetable Stew	2 X 1 gal.	10135	G
Vegan Stew	2 X 1 gal.	10140	G

Healthy Gourmet Soups

Modified nutritionally and texturally for the Health Care industry

Soup	Unit	Item	*
Broccoli Low Salt/Puree	2 X 1 gal.		V
Celery Low Salt/Puree	2 X 1 gal.		V
Cream of Chicken Low Salt/Puree	2 X 1 gal.		M
Minestrone Low Salt/Puree	2 X 1 gal.		G
Mushroom Low Salt/Puree	2 X 1 gal.		V
Potato Low Salt/Puree	2 X 1 gal.		V
Vegetable Low Salt/Puree	2 X 1 gal.		G



Company History

Marsha's Marvelous Soup Co. was founded by Marsha and Gerry Luckham in 1981 when they lived in San Francisco's Noe Valley district. They were both young, aspiring street artists and Marsha, a vegetarian who loved to cook and entertain, had garnered the admiration of many locals with her soup recipes. Before long, the Luckham's were getting requests from local cafe's and deli's to buy Marsha's soups to serve to their customers.

They soon realized that they were busier making soup than selling their artwork, so they decided to develop more products...and from there a new business was born!

Since that time, with innovative product development and a passion for wholesome healthy ingredients, Marsha's has grown into a manufacturer of many vegan, vegetarian, and select meat offerings. All are still made-to-order with fresh, all-natural ingredients.

With over 100 varieties of soups, salads, wraps, and entree's...we hope you'll find each of them just...

MARVELOUS!