# SOUPERGIRL CEO SARA POLON'S *I REGRET NOTHING* PREMIERES AT THE CUTTING ROOM NYC FOR A ONE-NIGHT-ONLY EXPERIENCE

*Fresh off a sold-out D.C. premiere, the one-woman show comes to The Cutting Room on November 17 with one question: what happens if we share the stories we're supposed to keep to ourselves?*

**NEW YORK, NY —** *November 4, 2026* — Before she built Soupergirl, the fearlessly fresh food company, Sara Polon was doing stand-up in New York. Now she's coming back to the stage with the story she spent years not telling. *I Regret Nothing*, Polon's frank, funny one-woman show, next stop is at The Cutting Room for one night only on Tuesday, November 17, 2026, following a sold-out, three-night premiere in Washington, D.C.

Polon built Soupergirl from a small home delivery business into a nationally distributed multi-million dollar company with nearly one hundred employees. Publicly, she was "crushing it." Behind closed doors, her personal life was crushing her. *I Regret Nothing* is part stand-up, part confession, and all true. It's the story no successful woman "should" share, yet after three sold-out nights in DC, it's the one audiences haven't stopped talking about.

Success and messiness are not mutually exclusive. Polon questions the notion that we have to hide it all. She dares to ask - what if we actually tell the real tale behind our success? What if we share the stories we are supposed to keep to ourselves?

"Returning to where it all started is a new type of homecoming. This isn't a story of survival. This isn't a story about shame. It's a night of breaking down the rules, finding laughter in the absurdity, and giving audience members a night to exhale. Back where it all began," says Polon.

Polon's turning point came when she realized she wasn't the only one struggling behind the scenes. By putting her story in the spotlight, she's paying that realization forward, showing how sharing our hardest moments can help put them in their place: as chapters, not defining narratives. No shame allowed.

The DC run sold out and drew coverage from Axios, Washingtonian, Time Out and City Cast DC. "I felt so seen… the whole show felt so beautifully human," one D.C. audience member said.

The *I Regret Nothing* experience begins well before the lights go down and lingers long after they come back up. Doors open at 6:30 p.m. with a full bar, a custom photo moment and an immersive installation by a local New York artist, part of a signature city-by-city collaboration that makes each stop unique. Guests are invited to leave whatever they've been carrying on the cutting room floor and choose what they walk away with. The performance begins at 7:30 p.m. and runs 75 to 90 minutes, with a livestream available for audiences beyond the room.

*I Regret Nothing* is traveling to cities across the U.S., building a community of people curious about what happens when we start telling the stories we're not supposed to. Sara's going first. Visit www.iregretnothingshow.com for upcoming show dates and locations.

**THE DETAILS**

**WHAT** I Regret Nothing, a one-woman show and guest experience by Sara Polon (75 to 90 minutes)

**WHEN** Tuesday, November 17, 2026. Doors 6:30 p.m., show 7:30 p.m.

**WHERE** The Cutting Room, 44 E. 32nd St., New York, NY

**TICKETS** VIP $125 (includes post-show reception with Sara), Preferred $75, General $40, Livestream $20. iregretnothingshow.com

**ABOUT SARA POLON**

Sara Polon is the co-founder and CEO of Soupergirl, a Washington, D.C.-area, fearlessly fresh, food-justice-focused soup and salsa company. The company's products are sold at major retailers such as Costco, Whole Foods, Safeway, Giant, and more. *I Regret Nothing* is her first one-woman show.

**MEDIA CONTACTS**

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