



"I look forward to cooking food that brings life to your soul"

**Chef/Owner  
Nyia Lee**

### **BREAD & GARDEN**

#### **CLOUD-9 CORNBREAD\***

Scratch-made with extra love prayed over, served hot and yummy. \*VEGETARIAN\*

Full Order: \$47 (Serves aprx.50)

Half Order: \$35 (Serves aprx. 20)

#### **GARDEN OF EDEN SALAD\***

Lettuce, red onion, cucumbers, cherry tomatoes(optional).

Full Order: \$32 (Serves 45-50)

Half Order: \$20 (Serves 20-25)

#### **CHEF NYIA'S JERSEY SALAD**

Lettuce, red onion, cucumbers, peppers, mozzarella pearls, herbs, cherry tomatoes.

Full Order: \$40 (Serves 45-50)

Half Order: \$32 (Serves 25-30)

Served with your choice of dressing: Mandarin Ginger, Strawberry Champagne, Blue Cheese, Ranch, or Italian.

Full Order: \$27 (Serves 25) Half Order: \$15 (Serves 15)

**"We Don't Just Make Soul Food,  
We Make Food With Soul!"**

### **DESSERTS**

#### **AUNT JACKI'S SWEET POTATO PIE**

Just in time for any day. Scratch-made pie crust, scratch-made sweet potato filling. Scratch everything else and order one of these!

PIE: \$35

#### **COUSIN HAKEEN'S STRAWBERRY**

##### **LEMONADE CAKE**

Moist & tasty strawberry cake, with homemade lemon glaze.

Whole Cake: \$45



#### **ANDREA'S PEACH COBBLER**

Scratch-made with lots of cobbler and sweet peaches, extra love, served hot and yummy.

Half Order: \$50 (Serves 15)

#### **DARLENE'S APPLE COBBLER**

Scratch-made with lots of cobbler and sweet fresh apples, extra love, served hot and yummy.

Half Order: \$50 (Serves 15)

**Need A Private  
Chef???  
Catering???  
Call: 862.347.2020**

**PRICES SUBJECT TO  
CHANGE AT ANY TIME**



**Foods With Soul, LLC**

**Serving NJ & NY**

**Call or Email Us  
862.347.2020**

**Instagram: @foodswithsoul  
Facebook: Foods With Soul, LLC**

**www.foodswithsoul.com**

**foodswithsoul@gmail.com**

## MEATS

### BAKED CHICKEN

Signature  
Simply Seasoned Baked  
Rosemary & Garlic  
Garlic & Lemon  
Rose Mary & Thyme  
Full Orders \$75(Serves 40-45)  
Half Orders \$45(Serves 20-25)

Brown Stewed  
Jerk  
Curry  
Smothered Chicken  
Full Orders \$95(Serves 40 – 45)  
Half Orders \$50(Serves 20-25)

### CHICKEN WINGETTES – BAKED ONLY

Signature  
Jerk  
Thai Chilli  
Garlic & Herb  
Lemon Pepper

Extra Large (approx. pcs.135-140)\$165  
Large (approx. pcs 115-120)\$135  
Medium (approx. pcs 70-75)\$90  
Small (approx. pcs 50-55)\$65  
X-Tra Small (approx. pcs. 25-30)\$40

### TURKEY WINGS- Call for Pricing

Smothered  
Simply Seasoned  
Rosemary & Garlic  
\*Call for Pricing\*

### BEEF

BBQ Meatballs  
Full Orders \$100(Serves 40 – 45)  
Half Orders \$55(Serves 20-25)  
Oxtail - Half Orders ONLY  
(Serves 12-15) \$185  
Pot Roast – Call for Pricing

### LAMB

Curry – Half Orders ONLY,  
Serves 10-12 \$90

### GOAT

Curry – Half Orders ONLY,  
Serves 10-12 \$85

## SEAFOOD

### SHRIMP & ZUCCHINI PASTA

Fresh zucchini -spaghetti style, red peppers, topped with juicy pan-seared shrimp, tossed in spices & olive oil.  
GLUTEN FREE.  
Substitute w/ Chicken or Salmon  
\*\*HALF ORDERS ONLY\*\*  
Half Order: \$55 (Serves 8-10)

### RALPH'S HEAVENLY SEAFOOD PAN

Fresh steamed clams, mussels, shrimp, turkey or beef kielbasa, corn, broccoli, red potatoes, topped with our fresh signature garlic butter & Sunflower oil sauce.  
Full Order: \$145 (Serves 20-25, 2 Full Pans)  
Half Order: \$70 (Serves 15-20)

### SIGNATURE SALMON - JULIE'S WAY

Seasoned with our signature spices and baked. \*Garlic & Lemon, Rosemary & Garlic, Thai chili, and Sesame Glaze flavors available\*  
Full Order: \$110 (Serves 30-35)  
Half Order: \$70 (Serves 15-20)

### CITY GIRL SHRIMP & GRITS

Succulent, flavorful jumbo shrimp, smoky turkey bacon bits & peppers & onions, served with our signature seasoned and cheesy grits.\*no cheese available\*  
Full Order: \$105 (Serves 25-30)  
Half Order: \$55 (Serves 15-20)

### JADE'S GARLIC SHRIMP & SAFFRON RICE

Loads of garlic shrimp sauteed with fresh garlic, spices, and wine sauce. Served with our saffron rice w/fresh veggies.  
Full Order: \$85 (Serves 30-35)  
Half Order: \$40 (Serves 15-20)

### SEAFOOD PAELLA - JERSEY STYLE

Loads of shrimp, scallops, mussels, clams, mixed veggies, and yellow rice tossed in a garlic wine sauce.  
Full Order: \$125 (Serves 30) Half Order: \$75 (Serves 15)

**\*=Vegan/Vegetarian Option available\***

## PASTAS

### TOWNS & HALLEY RASTA PASTA

Yummy penne pasta loaded with our creamy jerk sauces, peppers, onions. You don't want to miss this!  
\*\*HALF ORDERS ONLY\*\*  
Half Order: \$50 (Serves 15-17)  
Add: Chicken, \$10, Shrimp \$12, Salmon \$15

### ME-MAWS LASAGNA\*

Fresh ground seasoned turkey layered with homemade tomato sauce, basil, fresh mozzarella, and ricotta cheese.  
\*BEEF & VEGETARIAN OPTIONS AVAILABLE\*  
GLUTEN FREE OPTIONS AVAILABLE  
Pan Order: \$75 (Serves 12-15)

### TIM'S BLACKENED CHICKEN & PASTA\*

Pan-Seared Blackened Chicken Breast, sauteed spinach & mushrooms, tossed in a light creme or garlic & oil sauce. \*Vegetarian Option available\*  
Full Order: \$65(Serves 25-30)  
Half Order: \$40(Serves 15-20)

### JERSEY GIRL PASTA, CHANTEL STYLE\*

Salmon, spinach, seared in rosemary & garlic-infused olive oil, tossed with penne pasta.\*Vegetarian Option Available\*  
Full Order: \$70 (Serves 25-30)  
Half Order: \$45 (Serves 15-20)

### P.I.C's PENNE VODKA

Traditional penne vodka, with our homemade sauce, just a different name.  
Full Order: \$50 (Serves 15-20)  
Half Order: \$35(Serves 10-15)

### ZITI A-LA-DENISE

Traditional baked ziti with seasoned ground turkey, homemade tomato basil sauce, and plenty of cheese.  
Full Order: \$50 (Serves 20-25)  
Half Order: \$30 (Serves 10-15)

### NATE'S SEAFOOD LASAGNA

Lots of shrimp & scallops, layered with in a parmesan alfredo creme sauce, ricotta, fresh mozzarella cheese. Topped with yummy breadcrumbs and baked to perfection. \*\*Only comes in half sizes\*\*  
Pan Order: \$75 (Serves 15-17)

### C.G.W's LINGUINI ALFREDO\*

Linguini tossed in our rich & creamy homemade alfredo sauce. Add Shrimp \$14, Chicken \$10, Veggies \$8  
\*\*Only comes in half sizes\*\*  
Half Order: \$30 (Serves 15-17)

### AUNT JULIANNE'S JERK SHRIMP PASTA

Juicy shrimp tossed in our jerk creme sauce and linguini. Add Chicken \$10, Veggies \$8 \*\*Only comes in half sizes\*\*  
Half Order: \$45 (Serves 15-17)

### 7-UNCLES LOBSTER MAC & CHEESE

Chunks of lobster, baked with a touch of sun-dried tomato and our special cheese blend. Creamy and rich. \*\*Only Comes in Half Orders\*\*Half Order: \$80 (Serves 12-15)

## SIDES

### GLORY ROASTED VEGGIES

Green & Yellow Zucchini, Red Peppers, Carrots, & Onions, Seasoned and Roasted in olive oil.  
\*Coconut, Sesame, Veggie oil can be substituted\*  
Full Order: \$45 (Serves 30 - 35)  
Half Order: \$25 (Serves 12 - 15)

### SIGNATURE MAC & CHEESE

Our rich, cheesy, and tasty mac has plenty of cheese and plenty of flavor.\* Country style, Smoked Gouda, Monterey Jack, Sun-dried tomato and basil, flavors available, additional \$10\*  
Full Order: \$95 (Serves 25-30)  
Half Order: \$55 (Serves 15-20)

### SARAH'S SMOKEY GREEN BEANS\*

Fresh green beans, cooked to perfection, with smoky turkey neck added. \*Vegan/Vegetarian Option available\*  
Full Order: \$45 (Serves 25-30)  
Half Order: \$20 (Serves 15-20)

### MAMMA'S CABBAGE & KALE\*

Freshly cut cabbage, kale, & carrots, seasoned & simmered with a hint of heat.

\*Vegan/Vegetarian Option available\*

Full Order: \$35 (Serves 25-30)  
Half Order: \$15 (Serves 15-20)

### JORDAN'S GARDEN GREENS\*

Fresh collard greens, cut & simmered in our special blend of spices & onion, with a touch of smoke & turkey neck.

\*Vegan/Vegetarian options available\*

Full Order: \$65 (Serves 25-30)  
Half Order: \$35 (Serves 15-20)

## SIDES

### YUM-YUM YAMS\*

Whipped yams, baked twice in our Caribbean or Rum-style flavor.  
Full Order: \$55 (Serves 35-40)  
Half Order: \$35 (Serves 20-25)

### UNCLE MAC'S WHIPPED GARLIC MASH\*

Light, smooth, flavorful, and airy with a touch of cream. \*Vegan & Vegetarian Options Available\*  
Full Order: \$50 (Serves 35-40)  
Half Order: \$30 (Serves 20-25)

### ROSEMARY & THYME ROASTED RED POTATOES\*

Fresh cut red potatoes, lightly coated in fresh olive oil, seasoned and oven-roasted. Add a hint of heat upon request!  
Full Order: \$45 (Serves 35-40)  
Half Order: \$30 (Serves 20-25)

### CREOLE BAKED BEANS\*

Vegetarian Beans, simmered, then baked with ground turkey, peppers, onions & creole spices. \*Vegan & Vegetarian Options Available\*  
Full Order: \$50 (Serves 30-35)  
Half Order: \$30 (Serves 20-25)

### NEPHEW DAVIS SAFFRON RICE\*

Full of flavor, steamed just right, and of course...yellow.\* Plain White & Brown Rice Available\*  
Full Order: \$35 (Serves 35-40)  
Half Order: \$25 (Serves 20-25)

### RICE & PEAS

Jamaican-inspired with a subtle twist, and of course, good.  
Full Order: \$105 (Serves 35-40)  
Half Order: \$50 (Serves 25-30)

### UNCLE "C"'s POTATO SALAD

The best around! Made with love!  
Full Order: \$95 (Serves 35-40)  
Half Order: \$45 (Serves 20-25)  
-Does include egg, but is optional\*

**Call Now!!!**  
**862.347.2020**

