



"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: \$35 (Serves 30) Half Order: \$25 (Serves 15)

GARDEN OF EDEN SALAD*

Easy going, romaine lettuce, red onion, cucumbers, cherry tomatoes, garlic croutons.

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 whipped icing.

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 DUE TO THE

RISE IN COST OF FOOD



Call or Email Us

862.347.2020

foodswithsoul@gmail.com

Instagram: @foodswithsoul

Facebook: Foods With Soul, LLC

www.foodswithsoul.com

Foods With Soul, LLC

Serving NJ & NY

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

Turkey Wings
Smothered
Simply Seasoned
Rosemary & Garlic

BEEF

Oxtail - Half Orders ONLY (Serves 10-12) \$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 PABELLA - 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 bread crumbs 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.*Smoked Gouda flavor available, additional \$10*
Full Order: \$90 (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-style glaze.
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: \$45 (Serves 35-40)
Half Order: \$30 (Serves 20-25)

**DON'T SEE WHAT YOU
WANT ? CALL US ! WE CAN
MAKE IT !!!**

**Call Now!!!
862.347.2020**

