



"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: \$20 (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 potatoe filling. Scratch everything else, and order one of these!
PIE: \$20

COUSIN HAKEEN'S STRAWBERRY LEMONADE CAKE

Moist & tasty strawberry cake, with homemade lemon whipped icing.
Whole Cake: \$25



ANDREA'S PEACH COBBLER

Scratch-made with lots of cobbler and sweet peaches, extra love, served hot and yummy.
Half Order: \$35 (Serves 15)

DARLENE'S APPLE COBBLER

Scratch-made with lots of cobbler and sweet fresh apples, extra love, served hot and yummy.
Half Order: \$35 (Serves 15)



Need A Private Chef???

Catering??? Call:

862.347.2020

Call or Email Us

862.347.2020

foodswithsoul@gmail.com

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www.foodswithsoul.com

Foods With Soul, LLC

Serving NJ & NY

MEATS

BBQ BAKED CHICKEN – JERZ STYLE

Each piece of chicken is seasoned and twice baked with a yummy BBQ sauce. Hint of sweet, Hint of Heat!
Full Order: \$105 (Serves 30-35)
Half Order: \$65 (Serves 15-20)

GABBY'S JOYFUL POT ROAST

Simmered in signature spices, carrots, onions, and potatoes.
Tender & Juicy.
Full Order: \$120 (Serves 25-30)
Half Order: \$65 (Serves 15-20)

GARLIC & LEMON BAKED CHICKEN

Each piece of chicken is seasoned to perfection with an added touch of fresh lemon zest.
Full Order: \$105 (Serves 30-35)
Half Order: \$65 (Serves 15-20)

NOT YOUR ORDINARY JERK CHICKEN

Each piece of chicken is seasoned and marinated overnight in our signature jerk spices, then roasted until tender and flavorful.
Full Order: \$110 (Serves 30-35)
Half Order: \$70 (Serves 15-20)

NANA'S SUNDAY TURKEY WINGS (Seasonal)

A secret family recipe has been placed upon them, giving plenty of life and plenty of flavors.
Full Order: \$115 (Serves 30-35)
Half Order: \$80 (Serves 15-20)

PRAISE DANCE CHICKEN WINGS

Oven-baked chicken wings, tossed or dry-rubbed in Honey BBQ, Signature, Lemon Pepper, Thai Chili, Garlic Parmesan. or Jerk sauces.
Full Order: \$100 (Serves 20-25)
Half Order: \$55 (Serves 10-15)

OFF THE ROLL BBQ MEATBALLS

Beef Meatballs, oven-baked and tossed in a yummy BBQ sauce.
Full Order: \$65 (Serves 40)
Half Order: \$35 (Serves 20)

SEAFOOD

New 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: \$40 (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: \$100 (Serves 10-15, 2 Full Pans)
Half Order: \$55 (Serves 5-10)

SIGNATURE SALMON - JULIE'S WAY

Seasoned with our signature spices, and baked
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, served with our signature seasoned and cheesy grits.
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, yellow rice tossed in our garlic wine sauce.
Full Order: \$125 (Serves 30) Half Order: \$60 (Serves 15)

HERB SHRIMP & SPINACH W/RICE

Juicy shrimp, marinated in our herb olive oil. Sauteed with fresh spinach and placed over brown rice.
Substitute w/ saffron or white rice \$5 extra
Full Order: \$85 (Serves 30)
Half Order: \$40 (Serves 15)

PASTAS

New 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: \$35 (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: \$60 (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: \$50(Serves 25-30)
Half Order: \$30(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: \$55 (Serves 25-30)
Half Order: \$35 (Serves 15-20)

P.I.C's PENNE VODKA

Traditional penne vodka, with our homemade sauce, just a different name.
Full Order: \$45 (Serves 15-20)
Half Order: \$25(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

New 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.
Full Order: \$90 (Serves 25-30)
Half Order: \$55 (Serves 15-20)

SUPER SMOKED GOUDA MAC

Creamy, smooth, and full of flavor. This is a rich dish. Only comes in half sizes.
Half Order: \$50 (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)

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

**Call Now!!!
862.347.2020**

SIDES

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)

YUM YUM YAMS*

Fresh cut yams, baked twice in our Caribbean-style glaze.
Full Order: \$50 (Serves 35-40)
Half Order: \$30 (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)

NEPHEW DAVIS SAFFRON RICE

Full of flavor, steamed just right, and of course...yellow.
Full Order: \$20 (Serves 30-35)
Half Order: \$10 (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)

