

THE JBJ SOUL FOUNDATION

SOUL KITCHEN

Community Restaurant

APPETIZER ★ ENTRADA

Monmouth St. Mixed Green Salad with Soul Kitchen Garden herb vinaigrette

Rainbow Beet Salad – beets, apples, carrots and spinach
High Point honey dressing

Garden State Gumbo – hearty soup with chicken and pork sausage and Jersey
Fresh kale

3 Bean Vegetarian Chili w/handmade chips

MAIN COURSE ★ PLATO FUERTE

Terrence Fall Off the Bone Roasted Chicken w/down home gravy, sweet potato
mash,
sautéed greens

Grilled Chicken Breast w/homemade basil mayo on a bed of rice pilaf

Grilled Pork Chops w/local fig and apple chutney and crispy red spuds

Cornmeal Crusted Catfish w/red beans and rice, and hush puppies

BBQ Grilled Salmon Fillet w/Soul Seasonings, sweet potato mash, and sautéed
greens

DESSERT ★ POSTRE

Homemade Carrot Cake with Lemon Cream Cheese Frosting

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APPETIZER ★ ENTRADA

Three Bean Vegetarian Chili
Tres vegetales con frijoles y chili

Mixed Green Salad with Herb Dressing and Candied Pecans
Ensalada Verde con Aliño de Hierbas y Nueces Azucaradas

MAIN COURSE ★ PLATO FUERTE

Honey Mustard Pork Paillards with Apple Chutney
Carne de Cerdo con Mostaza de Miel Paillards y Salsa de Manzana

Potato Gratin or Baked Tilapia with Creole Sauce and Rice
Gratinado de Papas o Tilapia Horneada con Salsa Criolla y Arroz

Honey Mustard Pork Paillards with Apple Chutney
Carne de Cerdo con Mostaza de Miel Paillards y Salsa de Manzana

Potato Gratin or Baked Tilapia with Creole Sauce and Rice
Gratinado de Papas o Tilapia Horneada con Salsa Criolla y Arroz

Honey Mustard Pork Paillards with Apple Chutney
Carne de Cerdo con Mostaza de Miel Paillards y Salsa de Manzana

DESSERT ★ POSTRE

Chocolate Brownie with Vanilla Ice Cream
Brownie de Chocolate con Helado de Vanilla

Cash only donation or Volunteer
Donación de dinero en efectivo o Servir como voluntario