

Main Menu



This is the main menu that is always rotating by season. See the different flavors and dishes you can choose from below.

Custom Gluten Free & Vegan Options Available

PLEASE NOTE THAT MENU ITEMS AND AVAILABILITY MAY VARY.

Half Pan

Feeds up to 15 Guests

Full Pan

Feeds up to 25 Guests

Breakfast

Customization options available to accommodate dietary preference. Please inform us in advance of any specific dietary restrictions.

SOUL KITCHEN CHI CONTINENTAL

Assorted Freshly Baked Pastries

Croissants, muffins, bagels, and danishes

Yogurt Parfaits

Yogurt, granola, and fresh berries

HOT BREAKFAST SELECTIONS

The CHI Special

French Toast (two halves per person), scrambled eggs, Breakfast Potatoes, and choice of protein options, Turkey bacon, Turkey sausage (two pieces per person)



Scrambled Eggs

Fluffy scrambled eggs (option to add cheddar cheese)

French Toast

Thick sliced brioche bread dipped in a cinnamon-infused batter, served with maple syrup, butter, berries topped in powdered sugar

Breakfast Potatoes

Smothered potatoes with onions and bell peppers

BREAKFAST SANDWICHES

Bacon, Egg, and Cheese Sandwich

Classic combination of bacon, egg, and cheese served on a warm and flaky biscuit or croissant.

Sausage, Egg, and Cheese Sandwich

Classic combination of sausage, egg, and cheese served on a warm and flaky biscuit or croissant.

Eggs, Spinach and Cheese Sandwich

Eggs, sautéed spinach, and cheese

VEGAN OPTIONS

Yogurt Parfaits

Layers of dairy-free yogurt, granola, and fresh berries

ADD-ONS

Buttermilk Biscuits

Freshly baked biscuits served with butter and jam. Options may include strawberry, grape, and apricot

Turkey Sausage (Patties)

Chicken Sausage (Patties/Links)

Beef/ Turkey Smoked Sausage

Seasonal Fruit

Assortment of fresh fruits (melons, grapes, berries, oranges and pineapples)

BEVERAGES

Assorted Juices

A variety of juices to choose from, including orange juice, apple juice and cranberry juice

Bottled Water

Coffee



Small Bite Appetizers

Salmon Bites

Garlic honey butter glaze or teriyaki glaze

BBQ Meatballs

Beef, turkey, meatless (vegan)

Habanero Mango glazed grill meatballs

Beef/ turkey

Spring Rolls

Party Wings

Mango Jerk, Honey BBQ, Lemon Pepper, or fried

Mini Chicken, Shrimp or Beef Skewers

Jerk, Chili Lime or Honey Garlic

Steak/ Chicken Tacos

With chimichurri sauce or pineapple mango salsa

Mini Mac and Cheese Cups

Garlic Butter Steak Bites

Mini Salmon Croquettes

Cheeseburger Sliders

Main Dishes

PROTEIN DISHES

Smoked BBQ Chicken/ BBQ Wings

Roasted Baked Chicken

Grilled Jerk Chicken/ Jerk Wings

Slow grilled and infused with Island spices, comes with Jerk sauce on the side

BJ's Oxtails

Slow cooked oxtails with thyme, scallions and island spices

FROM THE SEA

Teriyaki Glazed Salmon

Honey Garlic Glazed Salmon

Roasted Lemon, Garlic and Herb Salmon

Island Rasta Pasta

Homemade Jerk Alfredo sauce with bell peppers, chicken and shrimp

Creamy Tuscan Cajun Shrimp/ Chicken Pasta

Option to add salmon



PROTEIN DISHES

Blackened Chicken Breast

With Cajun cream sauce (option for Salmon)

Stew Chicken

Belizean style stewed chicken with onions, sweet pepper, garlic and spices

Soul Kitchen Chicago's Slow Roasted Beef Pot Roast

With sweet peppers, onions, carrots and fresh herbs

Sides

SIDES

Candied Yams

Mama Val's Mac & Cheese

Garlic Mashed Potatoes

Yellow Rice (Vegan)

Coconut Rice & Peas (Vegan)

Silvia's Arroz con Gandules (Spanish Rice) (Vegan)

Green Beans with Smoked Turkey

Sweet Honey Butter Corn Muffins

SALADS

Strawberry Spinach Salad

With feta cheese, pecans, red onions and balsamic dressing on the side

SALADS

House Garden Salad

With mixed greens, cherry tomatoes, cucumbers, red onions, carrots and Vinaigrette served on the side (Add Chicken Breast, Shrimp or Salmon)

Jerk Chicken Salad

With jerk chicken breast, grilled pineapples, tomatoes, cucumber, avocado, red onions, bell peppers

Caesar Salad

With romaine lettuce, croutons, parmesan cheese and creamy Caesar dressing served on the side (Option to add chicken)



DESSERT

Peach Cobbler

Homemade Carmel Pound Cake

Double Chocolate Cake

Cheesecake

DESSERT

Sandwich Platters

Veggie Platters

Sandwich Wrap Platters

Fresh Fruit Trays

Dessert Platter

Assorted cookie tray and brownies

Spring Bottled Water

Soda

Coke, Sprite, Diet Coke, Ginger Ale

We highly recommend purchasing warming kits to ensure your food stays warm throughout your event. Our warming kits include chafing racks, fuel warmers, and water pans for \$45.

ALL CATERING ORDERS REQUIRE A MINIMUM PURCHASE OF \$500.

