

Classic – Traditional - A Cut Above
**Reduced Menu Pricing to
 Fit Your Budget!**

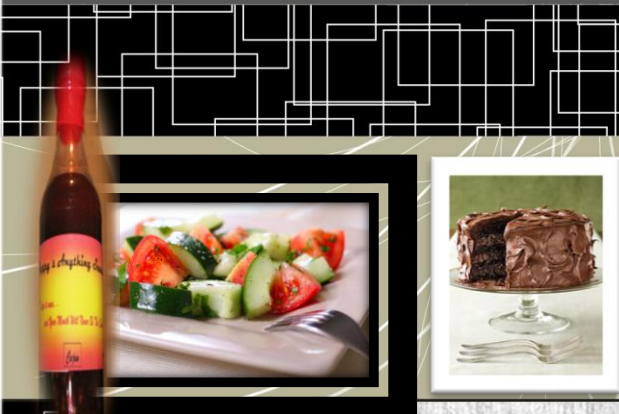
Menus from light to hearty including fresh seafood. Depending on the number of guests and type of function we can:

- cook
- carve
- present the buffet
- serve your guests
- clear tables and clean up.

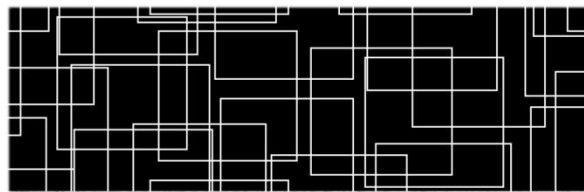
**Sit down dinners/
 Casual buffets**

Wedding Receptions, Rehearsal Dinners, Anniversaries, showers, birthdays, Funeral Receptions
 Company Picnics Family Reunions, business meetings – conferences, high school reunion, social gathering, Holiday & Special Events.

Whatever your function, large or small, inside or outdoors, we will help you create a professional and successful event.



**For home or gift: CRAVES 7 Seasoning
 It's only \$5.99 or 2for\$10**



Thank You!

**10% Off
 Catering Service**

C.R.A.V.E.S. = Carmen,
 RaDana/RaGina, Annette, Vina, Edwin
 Jr., (Momma & Daddy)Scott

Testimony: YUM YUM To: The Craves Family
 My colleagues and I enjoyed the meals we ordered and had delivered. Rest assured you will be hearing from us soon again. Customer service was fantastic!
 We give you all FIVE STARS-☆☆☆☆☆

-NWS

Contact us:

☎ 877- 589-7755

ww.CRAVESsoulfood.com



Email:

CRAVESsoulfood@gmail.com



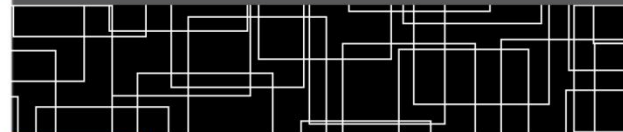
CATERING SERVICECS

**TOLL FREE NUMBER
 1-877-589-7755**

*- full service events and
 reception caterer. Flavorful
 Meals-for Individuals,
 Businesses, Families &
 Community Events.*



Southern Hospitality:



**CRAVES Soul Food-
 PO Box 14051
 Charleston, SC 29422**

3 Ways to Serve You

Choose the service that best fits your event:

- Delivery Service:

We set it up, you take care of the rest.



- Full Service Delivery:

The in-between option.

- Full Service Catering:

Don't want to lift a finger?

Let us do all the work for you.

OUR MISSION:

To SERVE thy neighbor as thy self.

Register your catered event today!

Your guests will be talking about your flavorful food for days after your event. If you have already used our services, we thank you. If you are looking for a quality caterer at your next event, you've found it.

— CRAVESoulFood.com

**Tasting History: Seminar & Tasting
"Soul Food" History Seminars available***

Good Tasting Healthy Food -
www.cravessoulfood.com. We come to you for on-site pre-pay demonstrations or you can register today for one of our **sponsored events.

*FREE & open to the public.

Soulful hor' derves - wings, meatballs, shrimp cocktails, tomatoes n cucumber poppers, rolled up turkey, olives on a stick, fruits, peppers, vegetables and cheeses, crab or seafood spreads/dips, soups and salad, muffins, soft drinks, juices, coffee/tea, baked cookies, assorted mini desserts, and more...

NEW! Community Fundraiser:

CRAVES-7-Seasoning Hot/Mild

A bag of CRAVES 7 seasoning goes a very long way... **1- 877-589-7755 FOR HOME or GIFT!**

C.R.A.V.E.S CATERING SERVICES



A Heritage...

To survive the hot days in the south filled with long workdays and no wages, the enslaved Africans needed to have food that was cheap but filling. Soul food was able to provide the needed energy. -Soul food was developed by enslaved African-Americans. Originated in Africa, the term became popular in the 1960s, the word soul was then used in connection with African American culture. -Today "soul food" is the result of recipes and cooking techniques handed down from generation to generation for over 300 years. -**Soul food originated** and developed by slaves and their descendant's. Originally the food the slave masters or owner didn't or wouldn't eat. Through trial, error and time soul food has evolved. - Descendants of enslaved West Africans, who were brought to the Sea Islands and Lowcountry as early as the late 1600s, have a distinct culture in South Carolina (and other coastal states) known as Gullah. One of the highly recognized Gullah traditions is the food. Africans had knowledge and experience from their homelands of different modes of rice cultivation. Rice eventually became a cash crop in South Carolina for almost 200 years. - Looking back and judging by today's health food standards the slaves had a much better diet than the slave masters. The slaves had to have a diet of **mostly vegetables**, fruit, nuts and water. Most slaves ate meat **only on special occasions** such as Christmas. - **Over the years** seasonings and spices helped to improve the flavor and satisfaction of the food.- It is the purpose of CRAVES Soul Food to keep that legacy growing and evolving. We use the simple, healthful, basic ingredients of lowcountry cuisine, like shrimp, oysters, crab, fresh produce, rice and sweet potatoes, made at its best. We support local food and local farms.

Create -a- Menu

Heritage Cooking at its best!



We offer a wide range of very popular menu items. Shrimp n' Grits, Chicken or Turkey **Rice Pileau**, Hoppin' John, Red Rice w/ beef sausage, Seasoned String Beans, Bread pudding, Cornbread Dressing, Sweet Potatoe Pie, Baked Chicken , Smothered Pork Chops, Pigs Feet, Chicken Feet, Turkey Wings, Meatloaf, Fried Shrimp, BBQ Beef/or Pork, Oxtail Stew, Heavy veggies, local Ice Tea and more...

ENHANCEMENTS FOR YOUR EVENT OUR MEMBERS REFERRAL LIST:

Live Music	Clowns or Magicians
Entertainment	Floral Arrangements
DJ Services	Tent Rental Services
Bartending Services	Party Rental Items
Tour Guides	Inflatables, Slides etc
Group Transport	Centerpieces
Rental Accessories:	Chocolate Fountain
China, Silverware,	Room Decoration
Barware, Chair	and more....
Covers, etc.	



Friends and Partners:

Joseph Fields Farms (local), Crisis Ministries, LAMC, Roper, CofC, SC Schools, Naval Weapons Station & many more.