

# Great Flavors



# Low in Calories

## LUNCH (\$14)

- California Cobb Salad with Poached Shrimp Hydroponic Butter Lettuce Green Goat Cheese and Green Goddess Vinaigrette 🌱 (220 calories)
- Bangkok Beef Steak Salad – Marinated Flank Steak on a bed of Asian Greens with Papaya Cucumber Red Cabbage Sesame Seeds and Citrus Carrot Miso Vinaigrette 🌱🌱 (340 cals)
- Island Style Salad with Curried Chicken – Succulent Aromatic Chicken with Romaine Grilled Pineapple Grapes Pickled English Cucumber and Mango Jalapeno Vinaigrette 🌱🌱 (210 cals)
- Organic Crunchy Quinoa and Organic Kale Salad with Zesty Chicken Roasted Broccoli Sweet Potatoes Toasted Almonds Cranberries and Citrus Vinaigrette 🌱🌱 (can substitute tofu) (340 cals)
  - Pan-seared Herb Chicken with Brown Rice and Veg Medley 🌱🌱 (320 cals)
    - Bean Ragout with Greens and Brown Rice 🌱🌱 (210 cals)
  - Veracruz Grouper with Salad Brown Rice and White Wine Dressing 🌱🌱 (300 cals)
- Salmon Shrimp Cake Organic Arugula Salad and Pomegranate Roasted Sweet Potato Wedges Honey Crisp Apple with Citrus Dressing (330 cals)

## DINNER (\$17)

- Italian Chicken Marsala with Crimini Mushrooms Garlic Organic Brown Rice Asparagus Squash and Green Beans 🌱🌱 (320 cals)
- Asian Style Salmon w/ Shitake Mushrooms Bok Choy Red Pepper Snow Peas Broccoli and Brown Rice 🌱🌱 (230 cals)
- Herb Glazed Snapper with Ahi Citrus Sauce Sautéed Vegetable and Black Rice 🌱🌱 (390 cals)
  - Braised Beef Short Rib with Vegetable Medley and Brown Rice 🌱🌱 (440 cals)
    - Chicken Tikka Masala with Saffron Rice and Salad 🌱🌱 (340 cals)

## SPECIALS (\$25)

- Flat Iron Steak w/ Roasted Root Vegetable Asparagus Sweet Potato Wedges and Cabernet Sauce 🌱🌱
- Veal Osso Bucco with Mushrooms Sweet Potato Risotto Pomegranate Gremolata and French Beans 🌱🌱

## DESSERTS

Sticky Toffee (Warm Dates) Pudding & Ice Cream  
Triple Chocolate Pecan Cookie 🌱

Date Truffles (no added sugar) 🌱  
Posh Chocolate Cake 🌱

## BEVERAGE

Iced Tea      Hot Tea      Soft Drinks      Bottled Water

## Hours

**Lunch Mon – Sat 10:30 – 3:00      Dinner Fri – Sat 5:00 – 7:30**

**Take-Outs Mon – Sat 10:30 – 7:00, SUNDAY CLOSED**

[www.julesposh.com](http://www.julesposh.com) (901) 509-8675



Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.