

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)

- Beef Bourguignon with Veg Medley and Brown Rice 🍏🌱 (450 cals)
- Nawabi Chicken Served with Saffron Pilaf and Garden Salad (Indian Style – Spicy) 🍏🌱 (350 cals)
- Vermouth Apple Glazed Salmon with Winter Veg Medley and Nutty Organic Quinoa 🍏🌱 (320 cals)
- Italian Chicken Marsala with Crimini Mushrooms Garlic Organic Brown Rice Asparagus Squash and Green Beans 🍏🌱 (320 cals)
- Herb Glazed Snapper with Ahi Citrus Sauce Sautéed Vegetable and Black Rice 🍏🌱 (390 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.jullesposh.com (901) 509-8675



Gluten Free



Dairy-free



Vegan

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