





Great Flavors



Low in Calories


















SOUP (\$8)

- Green Chicken Chili Soup  
- Roasted Carrot Ginger Soup   
(Served with Multigrain Croissant)

SALAD (\$10)

- **Purple Haze Salad** – Oven Roasted Beets Tossed Red Cabbage Granny Smith Apple Iceberg Lettuce Crumbled Feta Spicy Pepitas Cranberry Tarragon Vinaigrette    (Add Chicken or Tofu \$4) (270 cal)
- **Fuel Bowl** – Marinated Shaved Brussels Sprouts Kale Greens Roasted Butternut Adzuki Beans Dates Cran Raisins Date Vinaigrette Toasted Seeds & Nuts    (Add Chicken or Tofu \$4) (250 cal)

LUNCH (\$14)

- **I Love V** – Veggie Steak Tomato Cashew Remoulade Tossed Greens Yellow Squash Sweet Potato Wedges Walnuts Sunflower Seeds Pumpkin Seeds    (290 cal) (\$15)
- **Casablanca Harvest** – Moroccan-spiced Chicken Beluga Lentil Quinoa Eggplant Roasted Cauliflower Broccoli Carrot Puree Tahini Spicy Pepitas   (320 cal) (can substitute tofu )
 - Redfish in Zesty Butternut Coconut Sauce with Salad and Organic Brown Rice   (300 cal)
 - 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 cal)
 - Organic Crunchy Quinoa and Organic Kale Salad with Zesty Chicken Roasted Broccoli Sweet Potatoes Toasted Almonds Cranberries and Citrus Vinaigrette   (can substitute tofu) (340 cal)
 - Pan-seared Herb Chicken with Brown Rice and Veg Medley   (320 cal)
 - Bean Ragout with Greens and Brown Rice    (210 cal)
 - Salmon Shrimp Cake Organic Arugula Salad and Pomegranate Roasted Sweet Potato Wedges Honey Crisp Apple with Citrus Dressing (330 cal)

(More menu options overleaf)

Hours

Lunch Mon – Sat 11:00 – 3:00 Take-Outs Mon – Sat 11:00 – 7:00

Dinner only by reservation - for groups of 6+ SUNDAY CLOSED

www.jullesposh.com (901) 509-8675



Gluten Free



Dairy-free



Vegan



Vegetarian











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

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DINNER (\$17)



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

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

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