

Great Flavors



Low in Calories

SALADS AND ENTRÉES

- California Cobb Salad with Poached Shrimp Hydroponic Butter Lettuce Greenhouse Tomatoes Goat Cheese and Green Goddess Vinaigrette 🌱 (220 calories) \$14
- *Purple Haze Salad with Chicken* – Oven Roasted Beets Tossed Red Cabbage Granny Smith Apple Iceberg Lettuce Crumbled Feta Spicy Pepitas Cranberry Tarragon Vinaigrette 🌱🌍 (270 cals) \$14
- *Fuel Bowl with Chicken* – Marinated Shaved Brussels Sprouts Kale Greens Roasted Butternut Adzuki Beans Dates Cran Raisins Date Vinaigrette Toasted Seeds & Nuts 🌱🌍 (250 cals) \$14
- *I Love V* – Veggie Steak Tomato Cashew Remoulade Tossed Greens Yellow Squash Sweet Potato Wedges Walnuts Sunflower Seeds Pumpkin Seeds 🌱🌍🌱 (290 cals) (\$15)
- *Casablanca Harvest* – Moroccan-spiced Chicken Beluga Lentil Quinoa Eggplant Roasted Cauliflower Broccoli Carrot Puree Tahini Spicy Pepitas 🌱🌍 (320 cals) (can substitute tofu 🌱) \$14
- *Redfish* in Zesty Butternut Coconut Sauce with Salad and Organic Brown Rice 🌱🌍 (300 cals) \$14
- 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) \$14
- 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) \$14
- Pan-seared Herb Chicken with Brown Rice and Veg Medley 🌱🌍 (320 cals) \$14
- Bean Ragout with Greens and Brown Rice 🌱🌍🌱 (210 cals) \$14
- Salmon Shrimp Cake Organic Arugula Salad and Pomegranate Roasted Sweet Potato Wedges Honey Crisp Apple with Citrus Dressing (330 cals) \$14
- Beef Bourguignon with Veg Medley and Brown Rice 🌱🌍 (450 cals) \$17
- Nawabi Chicken Served with Saffron Pilaf and Garden Salad (Indian Style – Spicy) 🌱🌍 (350 cals) \$17
- Vermouth Apple Glazed Salmon with Winter Veg Medley and Nutty Organic Quinoa 🌱🌍 (320 cals) \$17
- Italian Chicken Marsala with Crimini Mushrooms Garlic Organic Brown Rice Asparagus Squash and Green Beans 🌱🌍 (320 cals) \$17
- Herb Glazed Snapper with Ahi Citrus Sauce Sautéed Vegetable and Black Rice 🌱🌍 (390 cals) \$17

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 🌱🌍

Summer Hours

Lunch Mon – Fri 11:00 – 3:00

Take-Outs Mon – Fri 11:00 – 7:00

SATURDAY AND SUNDAY CLOSED

DINNER FOR GROUPS OF 6+ AND CATERING ON ANY DAY, CALL IN ADVANCE

www.julesposh.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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DESSERTS

Sticky Toffee (Warm Dates) Pudding & Ice Cream

Triple Chocolate Pecan Cookie 

Posh Chocolate Cake 

Key Lime Bars

BEVERAGE

Iced Tea

Hot Tea

Soft Drinks

Sparkling Water

Bottled Water

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