

Great Flavors



Low in Calories

ENTRÉES

- Salmon Shrimp Cake with Organic Greens Salad Pomegranate Roasted Sweet Potato Wedges Honey Crisp Apple and Citrus Dressing (330 cal) \$14
- Redfish in Zesty Butternut Coconut Sauce with Salad and Organic Brown Rice 🍌🌱 (300 cal) \$14
- Organic Crunchy Quinoa and Organic Kale Salad with Zesty Chicken Roasted Broccoli Sweet Potatoes Toasted Almonds Cranberries and Citrus Vinaigrette 🍌🌱 (340 cal) \$14
- Pan-seared Herb Chicken with Brown Rice and Veg Medley 🍌🌱 (320 cal) \$14
- Bean Ragout with Greens and Brown Rice 🌱🍌🌱 (210 cal) \$14
- I Love V – Veggie Steak Tomato Cashew Remoulade Tossed Greens Yellow Squash Sweet Potato Wedges Walnuts Sunflower Seeds Pumpkin Seeds 🍌🌱🌱 (290 cal) (\$15)
- Chicken Tikka Masala Served with Saffron Pilaf and Garden Salad (Indian Spicy) 🍌🌱 (340 cal) \$17
- Beef Bourguignon with Veg Medley and Brown Rice 🍌🌱 (450 cal) \$17
- Vermouth Apple Glazed Salmon with Winter Veg Medley and Nutty Organic Quinoa 🍌🌱 (320 cal) \$17
- Italian Chicken Marsala with Crimini Mushrooms Garlic Organic Brown Rice Asparagus Squash and Green Beans 🍌🌱 (320 cal) \$17
- Herb Glazed Snapper with Ahi Citrus Sauce Sautéed Vegetable and Black Rice 🍌🌱 (390 cal) \$17
- Nawabi Chicken Served with Saffron Pilaf and Garden Salad (Indian Style – Spicy) 🍌🌱 (350 cal) \$17
- Veal Osso Bucco with Mushrooms Sweet Potato Risotto Pomegranate Gremolata and French Beans 🍌🌱 (\$25)

DESSERTS

- Sticky Toffee (Warm Dates) Pudding (\$7)
 - Honey Almond Bars (\$10)
 - Posh Chocolate Cake 🍌 (\$10)
- Key Lime Bars (\$10)
- Triple Chocolate Pecan Cookie 🍌 (\$4)
- Date Truffles 🍌 (\$3)



TOGETHER WE WILL PREVAIL



Please note that some items and ingredients may not be available at times. We appreciate your understanding.

HOURS: TAKE OUTS/ CURBSIDE PICKUP Monday – Friday 11:00 A.M. – 6:00 P.M. www.jullesposh.com

(901) 509-8675



Gluten Free



Dairy-free



Vegan

3/30/2020