

Great Flavors



Jules Posh Food Co

Low Calories

SALADS AND ENTRÉES

- Mixed Green Salad with Romaine | Arugula | Cucumber | Tomatoes | Carrots | Corn | White Wine Vinaigrette 🌱🌱 (serves 2) \$10
- Jules' Cobb Salad with Poached Shrimp Hydroponic Butter Lettuce Goat Cheese Eggs Cucumber Greenhouse Tomatoes and Green Goddess Dressing 🌱 (220 cal) \$15
- Salmon Shrimp Cake with Organic Greens Salad Pomegranate Roasted Sweet Potato Wedges Honey Crisp Apple and Citrus Dressing (330 cal) \$15
- Organic Crunchy Quinoa and Organic Kale Salad with Zesty Chicken Roasted Broccoli Sweet Potatoes Toasted Almonds Cranberries and Citrus Vinaigrette 🌱🌱 (340 cal) \$15
- Bean Ragout with Greens and Brown Rice 🌱🌱🌱 (210 cal) \$15
- I Love V – Veggie Steak Tomato Cashew Remoulade Tossed Greens Yellow Squash Sweet Potato Wedges Walnuts Sunflower Seeds Pumpkin Seeds 🌱🌱🌱 (290 cal) \$15
- Achiote Rubbed Redfish | Verde Salsa | Tossed Veg and Tomato Rice 🌱🌱 (370 cal) \$18
- Tuscan Style Salmon in Light Creamy Sauce with Spinach | Sundried Tomatoes | Glazed Asparagus & Tomato Rice 🌱 (395 cal) \$18
- Palak Chicken – Indian Style Chicken in Aromatic Spinach Sauce with Veg Medley & Saffron Rice 🌱🌱 (Spicy) (380 cal) \$18
- Texas Style Brisket with Oven Roasted Veg 🌱🌱 (PALEO) (410 cal) \$18
- Ginger Chicken with Rice Noodles | Escabeche Coconut Sauce & Veg 🌱🌱 (380 cal) \$18
- Lemon Oregano Dill Chicken with Brown Rice | Carrot | Asparagus | Greens Beans | Lima Beans 🌱 (390 cal) \$18
- Chicken Tikka Masala Served with Saffron Pilaf and Garden Salad (Indian Spicy) 🌱🌱 (340 cal) \$18

DESSERTS

- Posh Chocolate Cake 🌱 \$10
- Key Lime Bars \$10
- Sticky Toffee (Warm Dates) Pudding \$8
- Date Truffles 🌱 \$3.50
- Carrot Cake w/ Cream Cheese Frosting \$10
- Honey Almond Bars \$10
- Triple Chocolate Pecan Cookie 🌱 \$4

EXTRAS

- Multigrain Croissants (2) \$6
- Extra Salad Dressing \$2
- Jules Cheddar Chive Biscuits (3) \$9

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. – 6:30 P.M. Sat: 11:00 -2:00

www.julesposh.com (901) 509-8675 🌱 Gluten Free 🌱 Dairy-free 🌱 Vegan 7/13/2020