

# Great Flavors



Jules Posh Food Co

# Low Calories

## SOUPS

- Chicken Asparagus Soup with Almonds 🌱🌾 \$7      Country Style Chicken Soup with Veg 🌱🌾 \$7  
Lobster Bisque with Sherry Wine 🌱 \$8

## SALADS AND ENTRÉES

- Mixed Green Salad with Romaine | Arugula | Cucumber | Tomatoes | Carrots | Corn | White Wine Vinaigrette 🌱🌾 \$10 (Add Chicken for \$5)
- **Purple Haze Salad with Chicken** – Oven Roasted Beets | Tossed Red Cabbage | Granny Smith Apple | Romaine | Crumbled Feta | Spicy Pepitas | Cranberry Tarragon Vinaigrette 🌱🌾 (320 cal) \$15
- **Fuel Bowl with Chicken** – Marinated Brussels Sprouts | Kale | Greens Roasted Butternut | Sweet Potatoes | Adzuki Beans | Dates | Cran Raisins | Apple Date Vinaigrette | Toasted Seeds & Nuts 🌱🌾 (340 cal) \$15
- Salmon Shrimp Cake with Organic Greens Salad Pomegranate Roasted Sweet Potato Wedges Honey Crisp Apple and Citrus Dressing (330 cal) \$15
- Chicken Spinach Salad with Frisée | Roasted Grapes | Apple | Grape Lemon Vinaigrette (Feta, Dried Strawberries and Walnuts on side) (380 cal) 🌱🌾 \$15
- Bean Ragout with Greens and Brown Rice 🌱🌾🌿 (210 cal) \$15
- **Caribbean Style Coconut Chicken** | Tomato Coconut Sauce | Rice & Beans | Escabeche Veg 🌱 (470 cal) \$19
- Rogan Josh – Chicken Simmered in Kashmiri Spice | Saffron Rice | Veg 🌱🌾 (390 cal) \$18
- 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
- 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

**Restaurant dining is closed, 20% gratuity will be added to all hot food orders.**

Please note 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. Sat: 11:00 -2:00**

[www.julesposh.com](http://www.julesposh.com) (901) 509-8675 🌱🌾🌿 Gluten Free 🌾 Dairy-free 🌱 Vegan 11/5/2020