

# Great Flavors



Jules Posh Food Co

# Low Calories

## SOUPS

- Chicken Asparagus Soup with Almonds 🌱🌱 \$7      Country Style Chicken Soup with Veg 🌱🌱 \$7

## SALADS AND ENTRÉES

- Mixed Green Salad with Romaine | Arugula | Cucumber | Tomatoes | Carrots | Corn | White Wine Vinaigrette 🌱🌱 \$10 (Add Chicken for \$5)
- **Organic Crunchy Quinoa and Organic Kale Salad** with Zesty Chicken Roasted Broccoli Sweet Potatoes Toasted Almonds Cranberries and Citrus Vinaigrette 🌱🌱 (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
- **Italian Chicken Marsala** with Crimini Mushrooms Garlic Organic Brown Rice Asparagus Squash and Green Beans 🌱🌱 (370 cal) \$18
- **Nawabi Chicken** with Saffron Rice and Veg (Indian Style – Med. Spicy) 🌱🌱🌱 (350 cal) \$18
- Caribbean Style Coconut Chicken | Tomato Coconut Sauce | Rice & Beans | Escabeche Veg 🌱 (470 cal) \$20
- **Macadamia Crusted Haddock in Bercy Sauce with Mixed Grain Pilaf and Mélange of Veg** 🌱🌱 (420 cal) \$18
- **Vermouth Apple Glazed Salmon with Nutty Mixed Grain Pilaf and Mélange of Veg** 🌱🌱🌱 (430 cal) \$18
- Texas Style Brisket with Oven Roasted Veg 🌱🌱 (PALEO) (410 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 Style – Med 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 on hot food orders.**

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

**HOURS: TAKE OUTS 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 1/18/2021