

# Great Flavors



Jules Posh Food Co

# Low Calories

## SALADS AND ENTRÉES

- California Cobb Salad with **Poached Shrimp** | Hydroponic Butter Lettuce Goat Cheese Eggs Cucumber Greenhouse Tomatoes and Green Goddess Dressing 🌱 (260 cal) \$15
- California Cobb Salad with **Grilled Chicken** | Hydroponic Butter Lettuce Goat Cheese Eggs Cucumber Greenhouse Tomatoes and Green Goddess Dressing 🌱 (260 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
- Salmon Shrimp Cake with Organic Greens Salad Pomegranate Roasted Sweet Potato Wedges Honey Crisp Apple and Citrus Dressing (330 cal) \$15
- Bean Ragout with Greens and Brown Rice 🌱 🌍 🌍 (210 cal) \$15
- Pan Seared Snapper 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
- 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
- Braised Short Rib with Mashed Potatoes and Glazed Vegetables 🌱 🌍 (450 cal) \$26
- Tuscan Chicken with Tossed Pasta | Asparagus | Sundried Tomatoes | Mushrooms (390 cal) \$22
- Caribbean Style Coconut Chicken | Tomato Coconut Sauce | Rice & Beans | Escabeche Veg 🌱 (470 cal) \$20
- Balsamic Glazed Braised Chicken in Aromatic Broth and Confit Root Vegetables Tossed Pasta \$24

## 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 4/19/2021