

Posh's Pure and Natural Selections

Most selections are made with low-fat, low-cal ingredients, egg beaters substitute or egg whites. Substitutions are made for Vegan, Vegetarian and Gluten Free menu items.

For a complete menu please join our newsletter or call our corporate office for a copy.



Healthy Beginnings

Breakfast Rellenos

poblano chilies stuffed with scrambled eggs, chicken sausage and monterey jack cheese, topped with pico de gallo, served with freshly baked gluten free breakfast breads, low-fat spread and preserves

Seasonal Fresh Fruit
Assorted Juice or Coffee
\$10.75

Healthy Breakfast Burrito

scrambled eggs, fresh spinach, cheese, red pepper and onions wrapped in sun-dried tomato tortilla served with roasted tomato salsa

\$6.25

Mediterranean-Style Frittata

scrambled eggs, fresh spinach, green onions, basil, sun-dried tomatoes, feta cheese, oregano, freshly baked breakfast breads, served with low-fat spread and preserves

Seasonal Fresh Fruit
Assorted Juice or Coffee
\$8.75

Morning Waffles

gluten free Belgian waffles (2pp) served with syrup, low-fat spread and preserves

Seasonal Fresh Fruit
Assorted Juice or Coffee
\$9.95

Sandwiches and Wraps

Veggie-Bacon Sandwich

veggie bacon strips layered with fresh avocado, leaf lettuce and plum tomatoes on whole grain bread

\$6.75

Italian Vegetable Hoagie

provolone cheese, artichoke hearts, tomato and sweet red onions tossed with balsamic vinaigrette served with Romaine lettuce and pepperoncinis on a baguette

\$6.75

Dijon-Cilantro Tuna Salad

tuna with pickle relish, celery, cilantro, yogurt and Dijon mustard topped with tomatoes and leaf lettuce on whole grain bread

\$6.75

Smoked Turkey and Mango Lavash Wrap

smoked sliced turkey with leaf lettuce, tomatoes, cucumbers, mango and fresh cilantro leaves with curried mayonnaise spread, wrapped in lavash

\$6.75

California Chicken Wrap

grilled chicken strips combined with hummus spread, feta cheese and roasted red sweet peppers wrapped in a whole wheat tortilla

\$6.75

Turkey and Black Bean Salsa Wrap

roasted turkey breast, topped with the black bean salsa and avocado yogurt spread wrapped in a whole wheat tortilla

\$6.75

Soups \$3.75

Cream of Tomato Tarragon

a rich tomato soup with fresh tarragon

Italian Vegetable Soup

fresh celery, carrots, zucchini, yellow squash, cannellini beans and fresh herbs and spices

Corn Chowder

a rich flavorful creamy soup with corn, potatoes and turkey bacon

Salads \$2.50

Whole Wheat Fusilli Pasta Salad

with diced zucchini, yellow squash, red and green bell peppers with a balsamic vinaigrette

Tropical Cucumber Salad

with fresh mango, tomatoes and cilantro lime dressing

Broccoli Healthy Salad

with crisp turkey bacon, grapes, golden raisins, sweet red onions and honey low-fat mayonnaise \$2.75

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Entrees

Chipotle Chicken

grilled chicken breast topped with a black-bean chipotle and cilantro sauce

Grilled Seasonal Vegetables with citrus zest

Confetti Brown Rice Pilaf

\$10.95

Black-Bean and Brown-Rice Cakes

flavorful cakes served with a cilantro yogurt sauce

Grilled Seasonal Vegetables

Garden Salad with choice of dressings

Whole Wheat Rolls and low-fat spread

\$10.95

Chicken or Tofu Parmigiana

breast of chicken or slice of tofu lightly breaded and sauteed until browned then topped with fresh marinara sauce and shredded mozzarella

Whole Wheat Angel Hair Pasta

tossed with olive oil, fresh garlic and parmesan

Garden Salad with choice of dressings

\$11.25

Three-Cheese Stuffed Shells

filled with mushrooms, carrots, ricotta, mozzarella and parmesan cheese, topped with a robust marinara sauce

Field Greens Salad with choice of dressings

\$10.95

Thai Chili Tofu

stir-fried tofu with fresh vegetables in a tart and spicy Thai sauce

Confetti Brown Rice Pilaf

Grilled Seasonal Vegetables with citrus zest

\$10.95

Asian Braised Steak Stir-Fry

stir-fried marinated flank steak in Mongolian BBQ sauce with bok choy

Rice Noodles tossed with sesame oil

Garden Salad with choice of dressings

\$11.95

Grilled Chicken with Blueberry-Basil Salsa

tender chicken breast topped with a sweet and spicy salsa

Confetti Brown Rice

Green Beans with roasted red peppers

\$11.25

Greek Style Quinoa Burgers

quinoa patty with herbs, carrots, green onions and white beans served in whole wheat pita with yogurt, mint and cucumber dill sauce

Sweet Potato Wedges

Garden Salad with choice of dressings

\$11.25

Snacks

Mediterranean Layered Dip

layered traditional hummus with chopped tomatoes, chopped sweet red onions, low-fat feta cheese, sliced Kalamata olives and chopped cucumbers

Includes: celery and carrot sticks and whole wheat baked pita chips

\$4.95

Chipotle Bean Dip

served with baked whole wheat pita chips and fresh vegetables

\$3.95

Veggie Spring Rolls

julienne carrots, cucumbers, green onions and jicama wrapped with rice paper and served with spicy carrot dipping sauce

\$2.50

Desserts

Pure and Natural Bars (2pp)

Low-Fat Lemon Bars

Low-Fat Peanut Butter Bars

Low-Fat Strawberry Brownie

\$2.20

Vegan Chocolate Cupcakes

with vanilla or cookies and cream buttercream frosting

Mini Cupcakes \$1.75 (2pp)

Red Velvet Cupcakes

with cream cheese frosting

\$2.95

Mini Cupcakes \$1.75 (2pp)

Individual Panna Cotta

light flavorful pudding drizzled with honey

\$3.25