

Breakfast Bowls

Breakfast Hash

Gf Sausage-GF Rolled Oats, Pumpkin Seeds, Pecans & Spices / Russet Potatoes / Red Peppers / Spinach / Red Onions / Garlic

Blueberry-Lemon Overnight Oats

Blueberries / Coconut Milk / Chia Seeds / Lemon / Maple Syrup / Vanilla / Rolled Oats / Coconut Flakes / Hemp Seeds



Chocolate Avocado Pudding Bowl

Chocolate Avocado Pudding- Pureed Avocado / Cocoa Powder / Maple Syrup / Vanilla- Topped with Shredded Coconut Flakes / Cacao Nibs / Strawberries / Granola

Monthly Favorites



Vegan Clam Chowder

Assorted Forest Mushrooms / Yukon Gold Potatoes / Spanish Onions / Garlic / Celery / Thyme / White Wine / Kombu / Nutritional Yeast / Cashew Cream / Scallions / Dulse Flakes
Cal: 268 Carbs: 39g Protein: 10g Fat: 8g

Falafel Bowl

Falafel / Tabbouleh- Cucumber, Tomato, Parsley, Lemon, Olive Oil / Hummus / Red Cabbage / Kale / Falafel Sauce
Cal:381 Carbs: 56g Protein: 13g Fat:9g

Creole Jambalaya

Homemade Gluten Free Sausage / Red Kidney Beans / Brown Rice / Green Peppers / Celery / Greens / Onions / Parsley / Creole Seasoning
Cal: 339 Carbs: 47g Protein: 13g Fat: 11g

"Lobster" Po' Boy

Hearts of Palm / Chickpea Mash / Celery / "Mayo" / Garlic / Cilantro / Lime / Old Bay / Nori / Power Greens / Detroit Avalon Hoagie Roll
Cal: 331 Carbs: 43g Protein: 5g Fat: 9g



Weekly Menu 1/24 – 1/29

Chunky Heart Beet Soup

Red Cabbage / Red Beets / Red Onion / Marinara / Cashew Sour Cream / Fresh Dill
Cal: 191 Carbs: 17g Protein: 6g Fat: 11g

Sweet Potato Caesar Salad

Roasted Sweet Potatoes / Toasted Chickpeas / Grated "Parmesan" / Lemon / Kale / Romaine Lettuce / Caesar Dressing
Cal: 289 Carbs: 39g Protein: 9g Fat: 11g

Southwest Bowl

Black Beans & Kidney Beans / Roasted Corn & Sweet Peppers / Cherry Tomatoes / Spinach / Brown Rice / Avocado / Sunflower Seeds / Chimichurri / Lime
Cal: 243 Carbs: 30g Protein: 15 Fat: 9g

Pulled BBQ Jackfruit Sandwich

w/ Traditional Coleslaw
Cal: 309 Carbs: 49g Protein: 8 Fat: 9g



Sweet of the Week

Assorted Cookies

(1 of each cookie- GF will be 2 each of Banana & S'more)

Banana Cake – Banana / Almond Flour / Coconut Flour / Vegan Butter / Coconut Oil / Cane Sugar / Flaxseed / Cinnamon / Cream "Cheese" Frosting /
S'more – AP Flour / Coconut / Oil / Vegan Butter / Flaxseed / Cane & Brown Sugar / Applesauce / Vanilla /Almond Milk / Chocolate Chips / Cinnamon / Vegan Marshmallow
Raspberry Thumbprint – Vegan Butter / Cane Sugar / Almond Milk / Vanilla / Almond Extract / AP Flour / Raspberry Jam
Cherry Oatmeal – AP Flour / Cane & Brown Sugar / GF Rolled Oats / Almond Milk / Vegan Butter / Dried Cherries / Vegan White Chocolate

Phone: 586.871.0917 Email: info@aratham.com – Website: www.aratham.com



Cold-Pressed Juices

Aratham Red

Red Beets / Red Apple / Pineapple / Spirulina / Kale / Lemon

Aratham Orange

Carrots / Oranges / Camu-Camu / Ginger / Turmeric

Aratham Green #1

Green Apple / Spinach / Kale / Cucumber / Wheatgrass / Mint / Lime

Aratham Yellow

Oranges / Pineapple / Red Apple / Lemon / Ginger / Turmeric / Black Pepper

Elderberry Syrup

Organic Ingredients: Elderberries, Local Raw Honey, Rosehips, Echinacea, Cinnamon, Lemon Peel, Orange Peel, Wild Cherry Bark, Star Anise, Cardamom, Mullein Leaves, Artesian Michigan Spring Water