

## Breakfast Bowls



### Breakfast Hash

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

### Banana Pudding Overnight Oats

Maple Syrup Glazed Bananas / Coconut Milk / Cocomune Vegan Vanilla Yogurt / Rolled Oats / Chia Seeds / Maple Syrup / Vanilla / Vegan Butter

### Winter Porridge

Maple Glazed Bananas & Apples / Amaranth / Hemp Seeds / Pecans / Cinnamon / Almond Milk / Vegan Butter

## Monthly Favorites



### Vietnamese Pho

Specialty Local Mushroom Blend / Shredded Carrots / Seared Tofu / Bok Choy / Rice Noodles / Fresh Cilantro & Basil / Crushed Red Peppers / Scallions / Cinnamon / Cardamom / Coriander / Clove / Coconut Aminos / Lime  
Cal: 241 Carbs: 28g Protein: 12g Fat: 9g

### Greek Salad

Pickled Beets / Kalamata Olives / Red Onion / Cherry Tomatoes / Cucumber / Fresh Greens / Lemon / Oregano / Garlic / Greens / Vegan Feta / Greek Dressing  
Cal: 289 Carbs: 35g Protein: 8g Fat: 9g

### Butternut Squash Risotto

Roasted Butternut Squash / Peas / Red Peppers / Hemp Seeds / Risotto / Kale / Thyme / White Wine Garlic Cashew Cream Sauce  
Cal: 404 Carbs: 67g Protein: 18g Fat: 8g

### Mushroom Pot Roast

Specialty Local Mushroom Blend / Carrots / Onions / Potatoes / Kale / Rosemary / Sage / Basil / Tamari / Garlic / Tomato / Red Wine / Hemp Seeds  
Cal: 361 Carbs: 56g Protein: 14g Fat: 9g



## Weekly Menu 1.23-1.28



### Red Lentil Pumpkin Curry

Red Lentils / Sweet Potatoes / Kale / Red Peppers / Pumpkin Puree / Coconut Milk / Spanish Onions / Garlic / Ginger / Curry Powder / Turmeric / Coriander / Garam Masala / Basmati Rice  
Cal: 420 Carbs: 47g Protein: 18g Fat: 9g

### Bruschetta Caesar Salad

Bruschetta - Tomatoes / Red Onions / Basil / Olive Oil / Chickpeas / Shredded Kale / Caesar Dressing / Shredded "Parmesan"  
Cal: 289 Carbs: 39g Protein: 9g Fat: 11g

### Turmeric Tahini Bowl

Roasted Sweet Potatoes / Kale / Lentils / Quinoa / Arame / Turmeric Tahini Dressing  
Cal: 379 Carbs: 48g Protein: 19g Fat: 9g

### Banh Mi Sandwich

Pan Seared Tofu / Forest Mushrooms / Cucumbers / Carrots / Cilantro / Red Onions / Red Peppers / Arugula / Dave's Killer Bread / Banh Mi Sauce – Sesame Oil / Coconut Aminos / Ginger / Garlic / Lime / Hot Chili Oil / Vegan Mayo /  
Cal: 420 Carbs: 38g Protein: 25g Fat: 10g



## Sweet of the Week

### Caramel Twix Bar

Almond Flour / Coconut Oil / Dates / Maple Syrup / Vanilla / Dark Chocolate Chips / Himalayan Salt

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## 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

## Side Dishes

### Mac & "Cheese"

Assorted Pasta / Cashew Cream / Vegan Mayonnaise (Soy Free) / Nutmeg / Grainy Mustard

### Potato Salad

Red Skin Potato / Red Onion / Celery / Vegan Mayonnaise (Soy Free) / Grainy Mustard

### BBQ Sausage

Made with GF Rolled Oats, Pecans, Pumpkin Seeds and Homemade BBQ Sauce