

## 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 1.30-2.4



### White Bean Chili

White Beans / Chickpeas / Poblano Peppers / Celery / Carrots / Thyme / Spanish Onions / Cashew Cream / Kombu / Crushed Red Peppers / Cilantro  
Cal: 323 Carbs: 41g Protein: 13g Fat: 11g

### Cobb Salad

Crispy Coconut Bacon / Chickpeas / Cherry Tomatoes / Corn / Radishes / Red Onions / Romaine Lettuce / House-Made Vegan Ranch  
Cal: 282 Carbs: 39g Protein: 9g Fat: 10g

### Curried Chickpea Lettuce Bowl

Smashed Curried Chickpeas / Coconut Yogurt / Tahini / Fennel / Sweet Peppers / Lemon / Parsley / Arugula  
Cal: 343 Carbs: 29g Protein: 14g Fat 19g

### Pierogi Quesadilla

“Cheesy” Potato and Spinach Filling / Nutritional Yeast / Scallions / Spanish Onions / Flour Tortillas / Sauerkraut / Cashew Sour Cream  
Cal: 409 Carbs: 35g Protein: 13g Fat 12g

### Cauliflower Taco Bowl

Roasted Cauliflower / Hummus / Sweet Peppers / Cilantro / Fennel / Lime / Quinoa / Lentils / Spicy Sauce / Flour Tortillas  
Cal: 400 Carbs: 42g Protein: 13g Fat 20g

### Winter Glazed Polenta

Roasted Balsamic Zucchini, Squash, Carrots & Broccolini / Shredded “Parmesan” / Hemp Seeds / Creamy Polenta / Nutritional Yeast / Cashew Cream  
Cal: 437 Carbs: 49g Protein: 9g Fat: 13g

### Palak Tofu

Cilantro-Lime Cauliflower Rice / Coconut-Spinach Stew / Pan-Seared Tofu / Tomatoes / Ginger / Spices / Naan  
Cal: 226 Carbs: 14g Protein: 13g Fat: 13g

### Pistachio Pesto Pasta

Roasted Broccoli & Cauliflower / Cherry Tomatoes / Pistachio - Basil Pesto / Spaghetti Noodles / “Feta Cheese” / Crushed Pistachios  
Cal: 425 Carbs: 53g Protein: 13g Fat 13g



## Sweet of the Week

### Tiramisu Bars

Cashews / Dark Chocolate / Coconut Cream / Vanilla / Maple Syrup / Puffed Quinoa / Ground Almonds / Coffee / Cacao Powder / Agar Agar

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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