

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 1/31 – 2/5

"Chicken" Noodle Soup

Noodles / Spanish Onion / Celery / Roasted Garlic / Carrots / Jackfruit / Vegetable Broth / Bay Leaves
Cal: 191 Carbs: 17g Protein: 6g Fat: 11g

Tzatziki Veggie Salad (Raw)

Cucumbers / Carrots / Sweet Peppers / Avocado / Red Onion / Cherry Tomatoes / Shredded Kale / Zesty Hummus / Cashew Tzatziki Dressing
Cal: 208 Carbs: 21g Protein: 13g Fat: 8g

Chickpea Taco Bowl

Crispy Chickpea Meat / Sweet Peppers / Shredded Cabbage / Romaine / Spicy Sauce / Hummus / Cilantro
Cal: 389 Carbs: 49g Protein: 25g Fat: 9g

BLT Wrap

Umami Shiitake Mushrooms / Tofu Chorizo / Tomatoes / Crisp Green Leaf Lettuce / Garlic Aioli / Flour Tortilla
Cal: 224 Carbs: 22g Protein: 16g Fat: 8g



Sweet of the Week

Pecan Bars

AP Flour / Cane Sugar / Vegan Butter / Brown Sugar / Brown Rice Syrup / Almond Milk / Arrowroot / Vanilla / Pecans / Sea Salt



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

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