

Breakfast Bowls

Breakfast Hash

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

Fall Spiced Overnight Oats

GF Rolled Oats / Almond Milk / Shredded Coconut & Carrots / Chia Seeds / Raisins / Maple Syrup / Vanilla / Pecans / Ginger / Cinnamon



Chocolate Avocado Pudding Bowl

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

Monthly Favorites



Superfood Tortilla Soup

Black Beans / Corn / Vegetable Broth / Chia Seeds / Red Peppers / Cilantro / Fire Roasted Tomatoes / Scallions / Green Cabbage
Cal: 315 Carbs: 43g Protein: 19g Fat: 9g

Chickpea Fattoush Salad

Cherry Tomatoes / Chickpeas / Cucumbers / Mint / Garlic / Red Onions / Radishes / Romaine Lettuce / Date Syrup / Sumac / Black Pepper / Lemon
Cal: 260 Carbs: 26g Protein: 12g Fat: 12g

Creole Jambalaya

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

Buffalo Chickpea Sub

Buffalo Chickpea "Meat" / Cucumber / Lettuce / Tomato / Mozzarella "Cheese" / Buffalo Sauce / Detroit Avalon Hoagie
Cal: 297 Carbs: 41g Protein: 13g Fat: 9g



Weekly Menu 10/11 – 10/16



Creamy Mushroom Soup

Wild Mushrooms / Roasted Potatoes / Spanish Onions / Celery / Fresh Thyme / Crushed Red Pepper / Cashew Cream / Kombu
Cal: 303 Carbs: 38g Protein: 13g Fat: 11g

Fall Harvest Salad

Roasted Brussel Sprouts / Butternut Squash / Beets / Pecans/ Goji Berries / Shredded Kale / Maple Balsamic Dressing
Cal: 243 Carbs: 26g Protein: 10g 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

"Lobster" Po' Boy

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

"Butter" Masala

Cubed Yukon Potatoes / Roasted Broccoli / Creamy Coconut-Cashew-Tomato Sauce / Ginger / Coriander / Paprika / Turmeric /Garam Masala / Vegan Butter / Fenugreek / Cauliflower Rice / Cilantro / Roti
Cal: 309 Carbs: 35g Protein: 13g Fat: 13g

Quinoa "Crab" cakes

Quinoa / Hearts of Palm / Nori / Lemon / Celery / Nutritional Yeast / Dill / Kale / Red Peppers / Tartar Sauce
Cal: 398 Carbs: 41g Protein: 18g Fat: 18g

Mushroom Risotto

Trumpet, Bella & Shiitake Mushrooms / Green Peas / Fresh Thyme / Swiss Chard / Spanish Onions / Garlic Cashew Bechamel
Cal: 307 Carbs: 39g Protein: 13g Fat: 11g

Pistachio Pesto Pasta

Roasted Broccoli & Cauliflower / Cherry Tomatoes / Pistachio-Basil Pesto / Spaghetti Noodles / "Feta Cheese" / Crushed Pistachios
Cal: 300 Carbs: 46g Protein: 12g Fat: 8g

Sweet of the Week

Banana Cake

AP Flour / Bananas / Cinnamon / Brown Sugar / Coconut Oil / Almond Milk / White Wine Vinegar / Vanilla / Peanut Butter Chocolate Buttercream Frosting- Dark Chocolate / Vegan Butter / Powdered Sugar / Cacao Powder / Peanut Butter / Vanilla / Almond Milk

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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 Potion

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