

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

Monthly Favorites



Southwest Chili

Kidney Bean / White Beans / Black Beans / Poblano Peppers / Tomatoes / Roasted Corn / Spanish Onions / Garlic / Spices / Cashew Sour Cream / Shredded "Cheese" / Cilantro
Cal: 353 Carbs: 45g Protein: 23g Fat 9g

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

Argentinian Burger

House-Made Patty- GF Rolled Oats, Pecans, Pumpkin Seeds & Spices / Caramelized Onions / Lettuce / Tomato / Side of Chimichurri / Detroit Avalon Hamburger Bun
Cal: 345 Carbs: 39g Protein: 10g Fat: 19g

Vietnamese Pho

Shiitake & Trumpet Mushrooms / Shredded Carrots / Seared Tofu / Bok Chow / Fresh Cilantro & Basil / Crushed Red Peppers / Scallions / Cinnamon / Cardamom / Coriander / Clove / Anise / Tamari / Lime Wedge
Cal: 241 Carbs: 28g Protein: 13g Fat 9g



Weekly Menu 10/18 – 10/23

Superfood Cauliflower Chowder (No Modifications)

Roasted Cauliflower / Celery / Spanish Onions / Yukon Gold Potatoes / Garlic / Kombu Broth / Tahini / Lemon / Chives / Thyme / Dulse Flakes
Cal: 295 Carbs: 17g Protein: 8g 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

Asian Crunch Salad

Quinoa / Edamame / Red Cabbage / Kale / Carrots / Scallions / Cilantro / Cashews / Asian Peanut Butter Sauce
Cal: 283 Carbs: 32g Protein: 14g Fat 11g

Falafel Sandwich

House-Made Falafel / Tomatoes / Cucumbers / Red Cabbage / Green Leaf Lettuce / Pocket Pita / House Falafel Dressing
Cal: 381 Carbs: 56g Protein: 17g Fat: 15g

Vegetable Teriyaki (No Modifications)

Broccoli / Cauliflower / Red Onions / Bell Peppers / Bok Choy / Snap Peas / Water Chestnuts / Baby Corn / House-Made Teriyaki Sauce / White Sesame Seeds
Cal: 249 Carbs: 28g Protein: 11g Fat: 9g

Lebanese Mujadara (No Modifications)

Lentils / Brown Rice / Hummus / Fried Onions / Cumin Seeds / Coriander Seeds / Cinnamon / Turmeric / Chili Powder / Allspice / Grain Free Tabbouleh Salad
Cal: 321 Carbs: 47g Protein: 13g Fat: 9g

Asian Bowl

Kimchee / Seared Shiitake Mushrooms / Grilled Cucumber / Red Cabbage / Nori / Edamame / Brown Basmati Rice / Sriracha Chile Sauce
Cal: 307 Carbs: 39g Protein: 13g Fat: 11g

Chili Mac (No Modifications)

Kidney Beans / Black Beans / Tomatoes / Poblano Peppers / Cheesy Cashew Sauce / Cilantro / Nutritional Yeast / Chili Spices / Hemp Seeds / Assorted Pasta
Cal: 405 Carbs: 49g Protein: 23g Fat 8g



Sweet of the Week

Peanut Butter Twix Bar

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

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 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