

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 10/25 – 10/30

Curried Pumpkin Stew

Pumpkin / White Beans / Russet Potatoes / Coconut Milk / Garlic / Spanish Onions / Spices / Fresh Thyme / Kale

Cal: 303 Carbs: 41g Protein: 9g Fat: 11g

Sweet Potato Caesar Salad

Roasted Sweet Potatoes / Toasted Chickpeas / Grated "Parmesan" / Lemon / Kale / Romaine Lettuce / Caesar Dressing

Cal: 243 Carbs: 29g Protein: 7g Fat 11g

General Tso's Tofu Stir-fry

Super-Firm Tofu / Seared Broccoli & Bok Choy / Charred Scallions / Coconut Aminos / Vegan Hoisin / Rice Wine Vinegar / Crushed Red Peppers / Sesame Seeds

Cal: 397 Carbs: 48g Protein: 24g Fat 21g

Philly Sandwich

Marinated Portabella & Baby Bella Mushrooms / Sautéed Green Peppers, Poblano Peppers & Spanish Onions / "Mozzarella Cheese" / Detroit Avalon Bakery Hoagie Bun

Cal: 381 Carbs: 47g Protein: 18g Fat: 7g

Enchilada Verde

Pulled Jackfruit / Black Beans / Red Onions / Tomatoes / Cilantro / Spices / Shredded "Cheese" / Flour Tortillas / Tomatillo Enchilada Sauce

Cal: 377 Carbs: 49g Protein: 25g Fat: 9g

Orange Cauliflower Stir-fry

Bok Choy / Roasted Cauliflower / Broccoli / Red Peppers / Carrots / Crispy Fried Tofu / Green Onions / Sesame Seeds / Ginger Sesame Orange Sauce / Brown Rice

Cal: 414 Carbs: 52g Protein: 20g Fat: 14g

Forest Mushroom Polenta

Roasted Forest Mushrooms / Seared Asparagus / Mixed Micro Greens / Polenta / Citrus Fennel Salad- Shaved Fennel / Lemon Juice / Olive Oil / Mustard Seeds / Sunflower Seeds

Cal: 341 Carbs: 43g Protein: 11g Fat: 13g

Creamy Leek Pasta

Broccoli / Green Peas / Asparagus / Leeks / Cashew Bechamel / Nutritional Yeast / Crushed Red Peppers / Hemp Seeds / Assorted Pasta

Cal: 333 Carbs: 41g Protein: 13g Fat 13g



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



Sweet of the Week

Pumpkin Swirl Brownies

Cocoa Powder / AP Baking Flour / Vegan Butter / Cane Sugar / Vanilla / Almond Milk / Dark Chocolate Chips / Pumpkin Puree / Pumpkin Spice / Tapioca Starch / Coconut Yogurt

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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