

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

Monthly Favorites

Southwest Chili

Kidney Bean / White Beans / Black Beans / Poblano Peppers / Tomatoes / Roasted Corn / Spanish Onions / Garlic / Spices / Cashew Sour Cream / Cilantro

Cal: 353 Carbs: 45g Protein: 23g Fat: 9g

Chickpea Fattoush

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

Philly Sandwich

Exotic Mushroom Blend / Sautéed Green Peppers, Poblano Peppers & Spanish Onions / "Mozzarella Cheese" / Dave's Killer Bread Bun

Cal: 323 Carbs: 47g Protein: 18g Fat: 7g

Tikka Masala Stew

Red Skin Potatoes / Chickpeas / Basmati Rice / Roasted Tomato Stew – Turmeric, Curry, Fenugreek, Garam Masala, Coconut Cream / Kale / Cucumber Cashew Tzatziki

Cal: 342 Carbs: 46g Protein: 17g Fat 10g



Weekly Menu 10.3 – 10.8

Vietnamese Pho

Detroit Mushroom Hub Mushrooms / 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

Roasted Beets / Kalamata Olives / Red Onion / Cherry Tomatoes / Cucumber / Fresh Greens / Lemon / Oregano / Garlic / Greens / Greek Dressing
Cal: 289 Carbs: 35g Protein: 8g Fat: 9g

Hearts of Palm Ceviche

Hearts of Palm / Jicama / White Beans / Cucumbers / Tomatoes / Red Onions / Cilantro / Lime / Arugula
Cal: 243 Carbs: 11g Protein: 29g Fat: 9g

Tandoori Cauliflower Sandwich

Roasted Tandoori Style Cauliflower- Red Curry Paste / Garlic / Onion Powder / Parsley / Garlic / Capers / Olive Oil & Lemon Juice / Arugula / Micro-Green / Dave's Killer Bread Bun

Palak Tofu

Cilantro-Lime Basmati Rice / Coconut-Spinach Stew / Pan-Seared Tofu / Tomatoes / Ginger / Spices / Naan
Cal: 413 Carbs: 51g Protein: 15g Fat: 11g

Sweet Potato Cakes

Sweet Potato / Chickpeas / Hearts of Palm / Lemon / Celery / Spanish Onion / Parsley / Nutritional Yeast / Soy Free Vegan Mayonnaise / Tapioca Flour / Himalayan Salt / Black Pepper / Broccoli / Arugula / Spinach / Kale / Asparagus
Cal: Carbs: g Protein: g Fat: g

Mushroom Pot Roast

Specialty Local Mushroom Blend / Carrots / Onions / Potatoes / Rosemary / Sage / Basil / Tamari / Garlic / Tomato / Red Wine / Hemp Seeds
Cal: 361 Carbs: 56g Protein: 14g Fat: 9g

Lemon Orzo

Asparagus / Peas / Spinach / Cucumber / Cherry Tomatoes / Nutritional Yeast / Lemon Juice / Lemon Zest / Olive Oil / Parsley / Red Onion / Almonds
Cal: 321 Carbs: 40g Protein: 11g Fat: 13g

Sweet of the Week

Pumpkin Pie Crumble Bars

Almond Flour / Coconut Oil / Cinnamon / GF Rolled Oats / Almond Butter / Brown Sugar / Pecans / Pumpkin Puree / Coconut Milk / Maple Syrup / Spices / Vanilla

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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 / Vegan Cheese / 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