

Breakfast Bowls

Breakfast Hash

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

Carrot Cake 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



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 10/4 – 10/9



Harissa Carrot Soup

Pureed Soup Over Brown Rice / Carrots / Caraway Seeds / Spanish Onions / Yukon Gold Potatoes / Maca Powder/ Miso / Carrot Juice / Apple Cider Vinegar / Goji Berry Harissa
Cal: 262 Carbs: 34g Protein: 12g Fat: 5g

Grilled Peach Salad

Grilled Pears / Blueberries / Pecans / Arugula / Kale / Feta "Cheese" / Berry Compote Dressing
Cal: 289 Carbs: 21g Protein: 9g Fat: 9g

Loaded Tabbouleh

Cucumbers / Tomatoes / Green Peppers / Red Onion / Sunflower Seeds / Avocado / Lemon / Olive Oil / Parsley / Quinoa / Feta "Cheese" / Lemon / Olive Oil
Cal: 241 Carbs: 21g Protein: 10 Fat: 13g

Spaghetti Bolognese

GF Oats & Nut Meat / Tomato Basil Sauce / Oregano / Kale / Parsley / Shaved Parmesan / Spaghetti Noodles / Olive Oil
Cal: 317 Carbs: 40g Protein: 10g Fat: 13g

Tex-Mex Burrito

Black Beans / Brown Rice / Roasted Red Peppers / Red Onion / Tomato / Cilantro / Roasted Corn / Jalapenos / Cashew Sour Cream / Flour Tortilla / House-Made Coconut
Nacho Cheese Sauce / Salsa / Smoked Paprika /
Cal: 377 Carbs: 35g Protein: 7g Fat: 11g

Pineapple Fried Rice

Roasted Pineapple / Crispy Fried Tofu / Green Peas / Carrots / Charred Green Onions / Planted Detroit Micro Greens / Red Peppers / Red Onion / Ginger / Garlic / Cashews / Liquid Aminos / Curry
Cal: 560 Carbs: 48g Protein: 25g Fat: 14g

Shepherd's Pie

Yukon Garlic Mash / Green Peas / Lentils / Carrots / Swiss Chard / Forest Mushrooms / Spanish Onions / Glazed Carrots
Cal: 503 Carbs: 79g Protein: 29g Fat 7g

Classic Reuban

Corned Seitan / Sliced "Cheese" / Sauerkraut / Russian Dressing / Detroit Avalon Rye Bread
Cal: 347 Carbs: 49g Protein: 13g Fat: 11g

Sweet of the Week

Pumpkin Cake

AP Flour / Cane Sugar / Pumpkin Spice / Cinnamon / Almond Milk / Pumpkin Puree / Applesauce / Vanilla / House Made Cream Cheese Frosting- Powdered Sugar / Vegan Butter / Vanilla / Apple Cider Vinegar / Almond Milk

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