

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

Vietnamese Pho

Shiitake & Trumpet Mushrooms / Seared Tofu / Broccoli / Rice Noodles / Fresh Cilantro & Basil / Crushed Red Peppers / Scallions / Cinnamon / Cardamom / Coriander / Clove / Anise / Lime

Cal: 339 Carbs: 36g Protein: 12g Fat: 9g

Fall Harvest Salad

Roasted Brussel Sprouts / Butternut Squash / Beets / Pumpkin Seeds / Goji Berries / Shredded Kale / Maple Balsamic Dressing

Cal: 243 Carbs: 26g Protein: 10g Fat: 11g

Red Lentil Pumpkin Curry

Red Lentils / Sweet Potatoes / Carrots / Fire Roasted Tomatoes / Kale / Red Peppers / Pumpkin Puree / Coconut Milk / Spanish Onions / Garlic / Ginger / Curry Powder / Turmeric / Coriander / Garam Masala / Cilantro / Lime / Basmati Rice

Cal: 420 Carbs: 52g Protein: 18g Fat: 9g

Krab Cake Sandwich

Krabcake – Chickpeas, Hearts of Palm / Nori, Nutritional Yeast, Dijon Mustard, Soy Free Vegan Mayo / Coleslaw – Shredded Cabbage / Carrots, Soy Free Vegan Mayo / Sliced Tomato / Dave's Killer Bread Bun

Cal: 389 Carbs: 49g Protein: 17g Fat 9g



Weekly Menu 11.21-11.26



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

Cobb Salad

Crispy Coconut Bacon / Chickpeas / Cherry Tomatoes / Corn / Radishes / Red Onions / Arugula & Spinach / House-Made Vegan Ranch

Cal: 297 Carbs: 39g Protein: 9g Fat: 10g

Shawarma Bowl

Chickpea Meat / Roasted Cauliflower & Sweet Potatoes in Shawarma Spices / Red Onions / Cucumbers / Shredded Kale / Quinoa / Cashew Tzatziki / Lemon / Sumac / Vegan Feta

Cal: 413 Carbs: 41g Protein: 15g Fat: 13g

Tandoori Cauliflower Sandwich

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

Cal: 365 Carbs: 51g Protein: 11g Fat: 13g

Thanksgiving Dinner

Meatloaf – GF Rolled Oats, Pecan, Pumpkin Seeds, Spices, Nutritional Yeast & Figs / Cheesy Potatoes - Cashew Cream / Green Beans

Cal: 513 Carbs: 53g Protein: 17g Fat 11g

Pineapple Fried Rice

Roasted Pineapple / Crispy Fried Tofu / Green Peas / Carrots / Charred Green Onions / Bok Choy / Red Peppers / Red Onion / Ginger / Garlic / Cashews / Coconut Aminos / Curry Paste

Cal: 355 Carbs: 51g Protein: 13g Fat: 11g

Brown Butter Sage Gnocchi

Potato Gnocchi / Asparagus / Exotic Mushroom Blend / Browned Butter Butternut Squash Puree – Butternut Squash / Vegan Butter / Onions, Garlic, Vegetable Broth / Toasted Sage / Hemp Seeds

Cal: 489 Carbs: 49g Protein: 11g Fat: 13g

Garden Pasta

Spinach / Forest Mushrooms / Sundried Tomatoes / Asparagus / Garlic / Crushed Red Peppers / Olive Oil / Assorted Pasta

Cal: 413 Carbs: 51g Protein: 14g Fat: 9g

Sweet of the Week

Traditional Carrot Cake

Flax Seed / Shredded Carrots / AP Flour / Coconut Oil / Brown Sugar / Cane Sugar / Cinnamon / Nutmeg / Ginger / Allspice / Vegan Buttercream Frosting - Vegan Butter / Powdered Sugar / Apple Cider Vinegar / Almond Milk / 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 / 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