

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

Oat Milk / Blueberries / Lemon / Maple Syrup / Vanilla / Rolled Oats / Chia Seeds

Monthly Favorites

White Bean Chili

White Beans / Chickpeas / Poblano Peppers / Celery / Carrots / Thyme / Spanish Onions / Cashew Cream / Kombu / Crushed Red Peppers / Cilantro

Cal: 323 Carbs: 41g Protein: 13g Fat 11g

Gordita Taco Bowl

Mushroom, Pecan & Cauliflower "Meat" / Kidney Beans / Salsa / Kale / Roasted Red Peppers / Red Onions / Vegan Cheese / Cashew Sour Cream

Cal: 384 Carbs: 41g Protein: 25g Fat: 9g

Red Lentil Pumpkin Curry

Red Lentils / Sweet Potatoes / Kale / Red Peppers / Pumpkin Puree / Coconut Milk / Spanish Onions / Garlic / Ginger / Curry Powder / Turmeric / Coriander / Garam Masala / Basmati Rice

Cal: 420 Carbs: 47g Protein: 18g Fat: 9g

Weekly Menu 11.27– 12.2

Vietnamese Pho

Forest Mushrooms / Seared Bok Choy / Sesame Oil / Seared Tofu / Rice Noodles / Fresh Cilantro & Basil / Crushed Red Peppers / Scallions / Cinnamon / Cardamom / Coriander / Clove / Anise / Lime

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

Poached Pear Salad

Poached Pear / Toasted Pecans / Blueberries / Fresh Greens / Maple Balsamic Dressing / Feta "Cheese"

Cal: 289 Carbs: 12g Protein: 8g Fat: 8g

Toona Melt

Chickpeas / Nori / Nutritional Yeast / Fresh Dill / Vegan Mayo / Red Onion / Lemon Juice / Garlic / Tamari / Dijon / Mustard / Arugula / Dave's Killer Bread

Cal: 420 Carbs: 47g Protein: 38g Fat: 11g

Quinoa Stir-Fry

Seared Bok Choy / Quinoa / Spanish Onions / Garlic / Sweet Peppers / Toasted Cashews / Forest Mushrooms / Kimchee / Coconut Aminos

Cal: 398 Carbs: 45g Protein: 16g Fat: 9g

Black Bean & Lentil Enchiladas

Sweet Potato / Black Beans / French Lentils / Roasted Peppers / Spinach / Onions / Garlic / Nutritional Yeast / Enchilada Sauce / Cashew Sour Cream / Cilantro

Cal: 435 Carbs: 51g Protein: 13g Fat: 9g

Lemon Pasta

Asparagus / Kale / Cherry Tomatoes / Lemon Juice / Lemon Zest / Olive Oil / Garlic / Basil / Parsley / Red Onion / Assorted Pasta / Sunflower Seeds

Cal: 321 Carbs: 40g Protein: 11g Fat: 13g

Sweet of the Week

Peanut Butter Twix Bars

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

Traditional Carrot Cake

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



Side Dishes

Mac & "Cheese"

Assorted Pasta / Cashew Cream / Vegan Mayonnaise (Soy Free) / Nutmeg / Nutritional

Potato Salad

Red Skin Potato / Red Onion / Celery / Vegan Mayonnaise (Soy Free) / Grainy Mustard

Green Bean Casserole

Green Beans / Onions / Garlic / Cashew Cream / Nutritional Yeast / Soy-Free Vegan Mayo / Parsley

"Crab" Cakes

Chickpeas / Vegan Mayo / Nori / Hearts of Palm / Garlic / Red Onions / Parsley / Nutritional Yeast / Grainy Mustard

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

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