

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 / Parsley / Cashew Sour Cream

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

Poached Pear Salad

Poached Pears / Dried Figs / Blueberries / Pecans / Arugula / Kale / Feta "Cheese" / Berry Compote Dressing

Cal: 201 Carbs: 21g Protein: 9g Fat: 9g

Pineapple Fried Rice

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

Cal: 413 Carbs: 51g Protein: 13g Fat: 11g

Lobster Sandwich

Hearts of Palm / Chickpea Mash / Celery / "Mayo" / Garlic / Cilantro / Lime / Old Bay / Nori / Power Greens / Dave's Killer Bread

Cal: 413 Carbs: 43g Protein: 14g Fat 9g



Weekly Menu 11.28-12.3



"Clam" Chowder

Oyster & Trumpet Mushrooms / Yukon Gold Potatoes / Spanish Onions / Garlic / Celery / Thyme / White Wine / Kombu / Nutritional Yeast / Cashew Cream / Scallions / Dulse Flakes

Cal: 380 Carbs: 44g Protein: 17g Fat: 8g

Winter Fennel Salad

Fennel / Roasted Red & Yellow Beets / Pomegranate Arils / Pecans / Arugula / Shredded Kale / Citrus Tahini Dressing / Vegan Feta

Cal: 315 Carbs: 49g Protein: 8g Fat: 11g

Falafel Bowl

Falafel / Tabbouleh - Cucumber, Tomato, Parsley, Sumac, Lemon, Olive Oil / Hummus / Green Cabbage / Spinach & Kale / Falafel Dressing

Cal: 381 Carbs: 56g Protein: 13g Fat: 9g

BLT Wrap

Exotic Mushroom Blend / Tofu Chorizo / Tomatoes / Mixed Greens / Garlic Aioli / Flour Tortilla

Cal: 317 Carbs: 39g Protein: 13g Fat: 9g



Sweet of the Week

Peanut Butter Twix Bar

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

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 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