

Breakfast Bowls

Breakfast Hash

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

Fall Spiced 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 Cauliflower Chowder (No Modifications)

Roasted Cauliflower / Celery / Spanish Onions / Yukon Gold Potatoes / Garlic / Kombu Broth / Tahini / Lemon / Chives / Thyme / Dulse Flakes
Cal: 295 Carbs: 17g Protein: 8g Fat: 11g

Sweet Potato Caesar Salad

Roasted Sweet Potatoes / Toasted Chickpeas / Grated "Parmesan" / Lemon / Kale / Romaine Lettuce / Caesar Dressing
Cal: 289 Carbs: 39g Protein: 9g Fat: 11g

Mushroom Risotto

Trumpet, Bella & Shiitake Mushrooms / Green Peas / Fresh Thyme / Swiss Chard / Spanish Onions / Garlic Cashew Bechamel
Cal: 307 Carbs: 39g Protein: 13g Fat: 11g

Pad Thai

Wheat Noodles / Broccoli / Red Peppers / Baby Corn / Red Cabbage / Red Onions / Red Chili Paste / Sesame Oil / Peanuts / Coconut Aminos
Cal: 317 Carbs: 40g Protein: 10g Fat: 13g



Weekly Menu 11/29 – 12/4

Superfood Potato Leek Soup

Russet Potatoes / Leeks / Spanish Onions / Tahini / Kombu / Garlic / Thyme / Nutritional Yeast / Hemp Seeds
Cal: 280 Carbs: 39g Protein: 13g Fat: 8g

Winter Fennel Salad

Fennel / Roasted Red & Yellow Beets / Pomegranate Arils / Pecans / Arugula / Kale / Citrus Tahini Dressing
Cal: 315 Carbs: 49g Protein: 18g Fat: 11g

Classic Taco Bowl

Pecans, Pumpkin Seeds & GF Rolled Oats Taco Meat / Kidney Beans / Spices / Lettuce / Tomato / Red Onion / Brown Rice & Kidney Beans / Flour Tortillas
Cal: 363 Carbs: 47g Protein: 19g Fat: 11g

Tofu Scallopini

Seared Tofu / Kale / Sun-Dried Tomatoes / Garlic / Spanish Onions / Fresh Rosemary / Cashew Cream / Lemon / Vegan Butter / Spaghetti Noodles / Crushed Red Peppers
Cal: 373 Carbs: 47g Protein: 18g Fat: 14g

Turmeric Tahini Bowl

Roasted Sweet Potatoes / Avocado / Kale / Lentils / Quinoa / Arame / Turmeric Tahini Dressing
Cal: 273 Carbs: 29g Protein: 19g Fat: 9g

Forest Mushroom Polenta

Roasted Forest Mushrooms / Seared Asparagus / Mixed Micro Greens / Polenta / Citrus Fennel Salad- Shaved Fennel / Lemon Juice / Olive Oil / Mustard Seeds / Sunflower Seeds
Cal: 333 Carbs: 41g Protein: 13g Fat: 13g

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: 390 Carbs: 48g Protein: 18g Fat: 14g

Pulled BBQ Jackfruit Sandwich

w/ Traditional Coleslaw
Cal: 309 Carbs: 49g Protein: 8 Fat: 9g



Sweet of the Week

Vegan S'more Cookie Bar

GF Vegan Oat Grahams / Cinnamon / Vegan Butter / Brown Sugar / Almond Milk / AP Flour / Dark Chocolate / Vegan Marshmallows

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