

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 12.12-12.17



Superfood Cauliflower Chowder

Roasted Cauliflower / Celery / Spanish Onion / Yukon Gold Potatoes / Cashews / Garlic / Kombu Broth / Tahini / Lemon / Chives / Thyme / Dulse Flakes

Cal: 297 Carbs: 31g Protein: 8g Fat: 11g

Greek Salad

Roasted Beets / Kalamata Olives / Red Onion / Cherry Tomatoes / Cucumber / Fresh Greens / Lemon / Oregano / Garlic / Greens / Vegan Feta / Greek Dressing

Cal: 289 Carbs: 35g Protein: 8g Fat: 9g

Asian Bowl

Kimchee / Seared Exotic Mushrooms / Grilled Cucumber / Red Cabbage / Nori / Edamame / Basmati Rice / Sriracha Chile Sauce

Cal: 307 Carbs: 39g Protein: 13g Fat: 11g

Black Bean Burger

House-Made Bean Patty / Spanish Onion Marmalade / Garlic Aioli / Sliced Tomato / Arugula / Dave's Killer Bread Bun

Cal: 363 Carbs: 29g Protein: 16g Fat: 15g

Mushroom Pot Roast

Specialty Local Mushroom Blend / Carrots / Onions / Potatoes / Kale / Rosemary / Sage / Basil / Tamari / Garlic / Tomato / Red Wine / Hemp Seeds

Cal: 361 Carbs: 56g Protein: 14g Fat: 9g

Butternut Squash Risotto

Roasted Butternut Squash / Asparagus / Tomatoes / Hemp Seeds / Risotto / Kale / Thyme / White Wine Garlic Cashew Cream Sauce

Cal: 404 Carbs: 67g Protein: 18g Fat 8g

Tofu Scallopini

Seared Tofu / Spinach / Sun-Dried Tomatoes / Garlic / Spanish Onions / Fresh Rosemary / Cashew Cream / Lemon / Vegan Butter / Spaghetti Noodles / Crushed Red Peppers

Cal: 415 Carbs: 47g Protein: 17g Fat: 13g

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

Sweet of the Week

Maple Brown Sugar Coffee Cake

AP Flour / Vegan Yogurt / Cane Sugar / Almond Milk / Brown Sugar / Maple Syrup / Cinnamon / Vegan Butter / Maple Glaze – Powdered Sugar / Maple Syrup / 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 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