

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 12.5-12.10



Superfood Creamy Kale Soup

Kale / Cauliflower / Onions / Garlic / Celery / White Beans / Coconut Oil / Miso / Nutritional Yeast / Lemon

Cal: 347 Carbs: 39g Protein: 7g Fat: 9g

Korean Lettuce Bowl

Mixed Spiced Nut "Meat" / Shaved Carrots / Sweet Peppers / Water Chestnuts / Cabbage / Korean Bibimbap Sauce / Green Leaf Lettuce

Cal: 213 Carbs: 21g Protein: 12g Fat: 9g

Gordita Taco Bowl

Mushroom, Pecan & Cauliflower "Meat" / Pinto Beans / Shredded Cheddar "Cheese" / Salsa / Spinach & Arugula / Roasted Red Peppers / Red Onions

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

Banh Mi Sandwich

Pan Seared Tofu / Forest Mushrooms / Cucumbers / Carrots / Cilantro / Red Onions / Red Peppers / Arugula / Dave's Killer Bread / Banh Mi Sauce – Sesame Oil / Coconut Aminos / Ginger / Garlic / Lime / Hot Chili Oil / Vegan Mayo /

Cal: 420 Carbs: 38g Protein: 25g Fat: 10g

Pierogi Quesadilla

"Cheesy" Potato and Spinach Filling / Nutritional Yeast / Scallions / Spanish Onions / Flour Tortillas / Sauerkraut / Cashew Sour Cream

Cal: 409 Carbs: 35g Protein: 13g Fat 12g

Quinoa Stirfry

Seared Bok Choy / Spanish Onions / Garlic / Sweet Peppers / Toasted Cashews / Shiitake Mushrooms / Coconut Aminos / Broccoli

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

Gobi Manchurian

Spiced Roasted Cauliflower / Red & Green Peppers / Spanish Onions / Ginger / Garlic / Rice Wine Vinegar / Chili Paste / Tomato Paste / Scallions / Basmati Rice

Cal: 320 Carbs: 43g Protein: 9g Fat 13g

Spaghetti Bolognese

GF Oats & Nut Meat / Tomato Basil Sauce / Oregano / Spinach / Parsley / Shaved Parmesan / Spaghetti Noodles / Olive Oil

Cal: 489 Carbs: 52g Protein: 14 g Fat: 13g

Sweet of the Week



Salted Caramel Brownies

Cocoa Powder / AP Baking Flour / Vegan Butter / Cane Sugar / Vanilla / Almond Milk / Dark Chocolate Chips / Medjool Dates / Coconut Oil / Sea Salt

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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