

Breakfast Bowls

Breakfast Hash

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

PB & J Overnight Oats

GF Rolled Oats / Chia Seeds / Coconut Milk / Maple Syrup / Strawberry Jam / Peanut Butter / Vanilla / Freeze Dried Strawberries / Cacao Nibs / Peanuts



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 12/06 – 12/11

Chunky Heart Beet Soup

Red Cabbage / Red Beets / Red Onion / Marinara / Cashew Sour Cream / Fresh Dill
Cal: 191 Carbs: 17g Protein: 6g Fat: 11g

Korean Lettuce Wraps

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

Tandoori Cauliflower Sub

Roasted Tandoori Style Cauliflower- Red Curry Paste, Garlic, Onion Powder / Topped with Gremolata Sauce-Cilantro, Parsley, Garlic, Capers, Olive Oil & Lemon Juice / Arugula / Micro-Greens / Cashew Tzatziki / Detroit Avalon Sub Bun
Cal: 365 Carbs: 51g Protein:11g Fat: 13g

Vegetable Teriyaki (No Modifications)

Broccoli / Cauliflower / Red Onions / Bell Peppers / Bok Choy / Snap Peas / Water Chestnuts / Baby Corn / House-Made Teriyaki Sauce / White Sesame Seeds
Cal: 249 Carbs: 28g Protein: 11g Fat: 9g



Sweet of the Week

Black Forest Cake

AP Flour / Arrowroot / Cane Sugar / Cacao Powder / Sea Salt / Coconut Oil / Almond Milk / Apple Cider Vinegar / Cherries / Vanilla "Buttercream" Frosting / Cherry Compote

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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 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