

Breakfast Bowls



Breakfast Hash

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

Banana Pudding Overnight Oats

Maple Syrup Glazed Bananas / Coconut Milk / Cocomune Vegan Vanilla Yogurt / Rolled Oats / Chia Seeds / Maple Syrup / Vanilla / Vegan Butter

Winter Porridge

Maple Glazed Bananas & Apples / Amaranth / Hemp Seeds / Pecans / Cinnamon / Almond Milk / Vegan Butter

Monthly Favorites



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

Blueberry Detox Salad

Shredded Kale / Spinach / Blueberries / Cucumbers / Hemp Seeds / Pistachios / Beets / Citrus Dressing
Cal: 271 Carbs: 17g Protein: 9g Fat: 8g

Spaniard Paella

Brown Rice / Grilled Artichoke Hearts / Castelvetrano Olives / Roasted Red Peppers / Green Peas / Cauliflower / Scallions / Spanish Onions / Garlic / Saffron / Parsley / Smoked Paprika
Cal: 499 Carbs: 53g Protein: 13g Fat: 15g

Chickpea Caesar Sandwich

Crispy Chickpea Cutlet / "Caesar" Dressing / Vegan Cheese / Arugula / Tomato / Dave's Killer Bread Burger Bun
Cal: 321 Carbs: 42g Protein: 18g Fat: 9g



Weekly Menu 2.13-2.18



Cabbage Soup

Green Cabbage / Fire Roasted Tomatoes / White Beans / Potatoes / Carrots / Celery / Garlic / Onions / Thyme
Cal: 287 Carbs: 32g Protein: 12g Fat: 9g

Cucumber Pomegranate Salad

Cucumbers / Fennel / Pistachios / Pomegranate Arils / Arugula / Kale / Vegan Feta / Orange-Maple Vinaigrette
Cal: 208 Carbs: 21g Protein: 13g Fat: 8g

Poke Bowl

Smoked Tofu / Coconut Aminos / Beet Pastrami / Cucumber / Sriracha & Vegan Mayo Sauce / Sushi Rice / Seaweed Salad / Pickled Ginger
Cal: 335 Carbs: 45g Protein: 14g 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



Sweet of the Week

Vanilla Rose Cake

AP Flour / Cane Sugar / Coconut Milk / Almond Milk / Apple Cider Vinegar / Vanilla "Buttercream" Frosting - Vegan Butter / Powdered Sugar / Coconut Milk / Rose Water

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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