

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 2.6-2.11



Mediterranean Lentil Soup

Red Lentils / Carrots / Spanish Onions / Sweet Corn / Cilantro / Saffron / Turmeric / Vegetable Broth
Cal: 317 Carbs: 39g Protein: 17g Fat: 9g

Shawarma Bowl

Chickpea Meat & Sweet Potatoes in Shawarma Spices / Red Onions / Cucumbers / Shredded Kale / Quinoa / Cashew Tzatziki / Lemon / Sumac / Vegan Feta
Cal: 413 Carbs: 41g Protein: 15g Fat: 13g

Southwest Bowl

Kidney Beans / Roasted Corn & Sweet Peppers / Spinach / Quinoa / Sunflower Seeds / Chimichurri Sauce / Lime Juice
Cal: 313 Carbs: 41g Protein: 15g Fat: 9g

Philly Sandwich

Exotic Mushroom Blend / Sautéed Green Peppers, Poblano Peppers & Spanish Onions / "Mozzarella Cheese" / Dave's Killer Bread Bun
Cal: 323 Carbs: 47g Protein: 18g Fat: 7g



Sweet of the Week

Mint Chocolate Cake

AP Flour / Almond Milk / Coconut Milk / Vanilla / Apple Cider Vinegar / Cane Sugar / Coconut Oil / Cacao Powder / Peppermint Frosting - Vegan Butter / Powdered Sugar / Coconut Milk / DoTerra Peppermint Oil

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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