

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 / Coconut 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 Tortilla Soup

Black Beans / Corn / Vegetable Broth / Chia Seeds / Red Peppers / Cilantro / Fire Roasted Tomatoes / Scallions / Green Cabbage / Spices
Cal: 314 Carbs: 43g Protein: 8g Fat

Poached Pear Salad

Poached Pears / Dried Figs / Blueberries / Pecans / Arugula / Kale / Feta
"Cheese" / Berry Compote Dressing
Cal: 201 Carbs: 21g Protein: 9g Fat: 9g

Golden Lentil Dahl

Red Lentils / Carrots / Red Bell Peppers / Onion / Garlic / Coconut Cream / Fire Roasted Tomatoes / Ginger / Turmeric / Curry / Cumin / Fire Roasted Tomatoes / Basmati Rice / Cilantro / Kale
Cal: 293 Carbs: 43g Protein: 11g Fat: 15g

Spaghetti Bolognese

GF Oats & Pecan Meat / Tomato Basil Sauce / Oregano / Spinach / Parsley / Vegan Shaved Parmesan / Spaghetti Noodles / Olive Oil
Cal: 321 Carbs: 42g Protein: 18g Fat: 9g

Weekly Menu 3.20 - 3.25



Broccoli Cheddar Soup

Cashew Cream / Spanish Onion / Roasted Garlic / Broccoli / Vegan Cheddar - Miyokos Roadhouse Cheddar / Celery / Nutritional Yeast / Kombu / Nutritional Yeast

Cal: 325 Carbs: 48g Protein: 10g Fat: 11g

Cucumber Pom Salad

Cucumbers / Orange Segments / Pecans / Pomegranate Arils / Arugula / Kale / Vegan Feta / Orange-Maple Vinaigrette

Cal: 208 Carbs: 21g Protein: 13g Fat: 8g

Asian Crunch Bowl

Quinoa / Edamame / Red Cabbage / Kale / Carrots / Scallions / Cilantro / Cashews / Asian Peanut Butter Sauce

Cal: 283 Carbs: 32g Protein: 14g 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

Palak Tofu

Cilantro-Lime Cauliflower Rice / Coconut-Spinach Stew / Pan-Seared Tofu / Tomatoes / Ginger / Spices / Naan

Cal: 226 Carbs: 14g Protein: 13g Fat: 13g

Albondigas

Brown Rice / Aratham Bolognese / Pecans / Pumpkin Seeds / GF Rolled Oats / Seared Asparagus / Exotic Mushrooms

Cal: 459 Carbs: 49g Protein: 13g Fat 9g

Peruvian Huanciana

Chickpea Meat / Broccoli / Assorted Potatoes / Peruvian Chiles / Amarillo Pepper Salsa / Cashew Cream Sauce / Arugula / Pumpkin Seeds

Cal: 461 Carbs: 49g Protein: 12 Fat: 12g

Brown Butter Sage Gnocchi

Asparagus / Mushrooms / Butternut Squash Puree / Brown Butter Toasted Sage / Seared Kale / Nutmeg / Hemp Seeds / Nutritional Yeast

Cal: 489 Carbs: 49g Protein: 12g Fat: 11g

Sweet of the Week

Pistachio Cake

Spelt Flour / Pistachios / Spinach / Almond Milk / Apple Cider Vinegar / Coconut Oil / Cane Sugar / Cream Cheese Glaze - Vegan Cream Cheese / Vegan Butter / Vanilla / Cane Sugar / Powdered Sugar

Phone: 586.871.0917 Email: info@aratham.com – Website: www.aratham.com



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

Ground "Sausage"

Made with GF Rolled Oats / Pecans / Pumpkin Seeds

Roasted Brussel Sprouts

Pecans / Apple Cider Vinegar / Maple Syrup / Green Apples

"Crab" Cakes

Chickpeas / Vegan Mayo / Nori / Hearts of Palm / Garlic / Red Onions / Parsley / Nutritional Yeast / Grainy Mustard

Roasted Garlic Hummus

Chickpeas / Roasted Garlic / Olive Oil / Tahini / Cumin / Lemon Juice

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