

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

Cacao Quinoa Bowl

Blueberries / Coconut Flakes / Hemp Seeds / Cocoa Powder / Quinoa / Almond Milk / Maple Syrup / Sunflower Seed 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 3.27 – 4.1



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

Cobb Salad

Crispy Coconut Bacon / Chickpeas / Cherry Tomatoes / Corn / Radishes / Red Onions / Romaine Lettuce / House-Made Vegan Ranch
Cal: 282 Carbs: 39g Protein: 9g Fat: 10g

Curried Chickpea Lettuce Bowl

Smashed Curried Chickpeas / Coconut Yogurt / Tahini / Fennel / Sweet Peppers / Lemon / Parsley / Arugula
Cal: 343 Carbs: 29g Protein: 14g Fat 19g

Toona Melt (No Modifications except Gluten Free)

Chickpeas / Nori / Nutritional Yeast / Fresh Dill / Vegan Mayo / Red Onion / Lemon Juice / Garlic / Coconut Aminos / Dijon / Mustard / Arugula / Vegan Swiss Cheese / Dave's Killer Bread
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

Tofu Butter Masala

Tofu / Roasted Broccoli / Creamy Coconut-Cashew-Tomato Sauce / Ginger / Coriander / Paprika / Turmeric / Garam Masala / Vegan Butter / Fenugreek / Basmati Rice / Cilantro
Cal: 309 Carbs: 35g Protein: 13g Fat 13g

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

Eggplant Rollatini

Seared Eggplant / Pistachio Basil Pesto / Tomato-Basil Sauce / Fresh Greens / Spaghetti
Cal: 424 Carbs: 41g Protein: 9g Fat: 11g

Sweet of the Week

Traditional Carrot Cake

Flax Seed / Shredded Carrots / AP Flour / Coconut Oil / Brown Sugar / Cane Sugar / Cinnamon / Nutmeg / Ginger / Allspice / Vegan Buttercream Frosting - Vegan Butter / Powdered Sugar / Apple Cider Vinegar / Almond Milk / Vanilla

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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