



Breakfast Bowls

Cocoa Quinoa Bowl

Blueberries / Coconut Flakes / Hemp Seeds /
Cocoa Powder / Quinoa / Dry Banana Chips /
Coconut Milk / Maple Syrup

Superfood Oat Bowl

Steel Cut Oats / Coconut Flakes / Pumpkin Seeds /
Chia Seeds / Almond Milk / Purium's Green
Spectrum Superfood... served with: Dragon fruit -
Dark Cherries - Blueberries and Dates Smoothie

Monthly Favorites

Superfood White Bean Chili

Cannellini Beans / Chickpeas / Poblano Peppers
/ Celery / Carrots / Thyme / Spanish Onions /
Cashew Cream / Kombu / Crushed Red Peppers
/ Cilantro
Cal: 250 Carbs:37g Protein: 18g Fat: 8g

Blueberry Detox Salad

Shredded Kale / Blueberries / Spiraled Beets /
Cucumbers / Avocados / Quinoa / Hemp Seeds /
Crushed Pistachios / Orange Champagne Dressing
Cal: 224 Carbs: 19g Protein: 7g Fat: 7g

Creole Jambalaya (No Modifications)

Homemade Gluten Free Sausage / Red Kidney Beans
/ Brown Rice / Green Peppers / Celery / Onions /
Parsley / Creole Seasoning / GF Oats
Cal: 417 Carbs:47g Protein:13g Fat 11g

Falafel Sandwich

House-Made Falafel / Tomatoes / Cucumbers /
Red Cabbage / Green Leaf Lettuce / Pocket Pita
/ House Falafel Dressing
Cal: 480 Carbs: 56g Protein: 17g Fat: 15g



Weekly Menu 4/19 – 4/23



Vegetable Minestrone

Green Beans / Cauliflower / Swiss Chard / Russet
Potatoes / Corn / Carrots / Celery / Cannellini
Beans / Tomato-Vegetable Broth / Oregano /
Basil / Parsley
Cal: 325 Carbs: 28g Protein: 11g Fat: 7g

Grilled Pear Salad

Grilled Pears / Dried Figs / Blueberries / Pecans /
Arugula / Kale / Feta "Cheese" / Berry Compote
Dressing
Cal: 289 Carbs: 21g Protein: 9g Fat: 9g

Harvest Salad

Roasted Brussel Sprouts, Butternut Squash &
Beets / Pecans / Goji Berries / Shredded Kale /
Maple Balsamic Dressing
Cal: 302 Carbs: 11g Protein:10g Fat 12g

"Lobster" Po' Boy

Hearts of Palm / Chickpea Mash / Celery /
"Mayo" / Garlic / Cilantro / Lime / Old Bay / Nori
/ Power Greens / Detroit Avalon Hoagie Roll
Cal: 401 Carbs: 32 Protein: 16g Fat 4g

Mediterranean Orzo

Cherry Tomatoes / Grilled Artichokes / Green
Peas / Greek Olives / Raisins / Arugula / Roasted
Garlic Sauce
Cal: 365 Carbs: 24g Protein: 16g Fat: 8g

Vegetable "Butter" Masala

Cubed Yukon Potatoes / Roasted Broccoli /
Creamy Coconut-Tomato Sauce / Ginger /
Coriander / Paprika / Turmeric / Garam Masala /
Vega Butter / Fenugreek / Cauliflower Rice /
Cilantro / Roti
Cal: 425 Carbs: 35g Protein: 13g Fat: 13g

Southwest Bowl

Black Beans & Kidney Beans / Cherry Tomatoes /
Roasted Corn & Sweet Peppers / Spinach /
Sunflower Seeds / Brown Rice / Avocado /
Chimichurri / Cilantro / Lime
Cal: 375 Carbs: 30g Protein:19g Fat 7g

Buffalo Mac n' "Cheese"

Steamed Broccoli / Roasted Red Peppers / Hemp
Seeds / Macaroni / Spicy Cheesy Sauce
Cal: 360 Carbs: 32g Protein:21g Fat 9g

Sweet of the Week



Chocolate Peanut Butter Cheesecake

Peanut butter / Cocoa Powder / Coconut Oil / Dates / Cinnamon / Maple Syrup / Cashews / Cocoa Nibs

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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



Organic Fruits & Vegetables

Mini Basket – Various organic fruits and
vegetables 3 to 5 lbs

Super Basket – Various organic fruits
and vegetables 8 to 10 lbs