

Breakfast Bowls

Breakfast Hash

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

Blueberry Lemon Overnight Oats

Oat Milk / Blueberries / Lemon / Maple Syrup / Vanilla / Rolled Oats / Chia Seeds

Cacao Quinoa Bowl

Blueberries / Coconut Flakes / Hemp Seeds / Cocoa Powder / Quinoa / Almond Milk / Maple Syrup / Sunflower Seed Butter

Monthly Favorites



Vietnamese Pho

Shiitake & Trumpet Mushrooms / Seared Tofu / Rice Noodles / Fresh Cilantro & Basil / Crushed Red Peppers / Scallions / Cinnamon / Cardamom / Coriander / Clove / Anise / Lime
Cal: 339 Carbs: 36g Protein: 12g Fat: 9

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

Vegetable Teriyaki

Broccoli / Cauliflower / Red Onions / Bell Peppers / Bok Choy / Snap Peas / Water Chestnuts / Baby Corn / House-Made Teriyaki Sauce / White Sesame Seeds
Cal: 249 Carbs: 31g Protein: 11g Fat: 9g

Spring Pesto Pasta

Asparagus / Kale / Cherry Tomatoes / Lemon Juice / Lemon Zest / Pistachios / Olive Oil / Garlic / Basil / Parsley / Assorted Pasta
Cal: 312 Carbs: 36g Protein: 11g Fat: 9g

Weekly Menu 5.22-5.27



Creamy Tomato Basil Soup

Roasted Tomatoes / Roasted Garlic / Spanish Onions / Cashew Cream / Nutritional Yeast / Fresh Basil
Cal: 262 Carbs: 34g Protein: 8g Fat: 5g

Blueberry Detox Salad

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

Goddess Bowl

Roasted Beets / Cucumbers / Cherry Tomatoes / Kale / Quinoa / Herbal Cashew Tzatziki / Hummus / Chia Seeds
Cal: 378 Carbs: 37g Protein: 13g Fat 9g

Chickpea Caesar Sandwich

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

Chinese Basil Fried Rice

Green Peas / Carrots / Basil / Cucumber / Shiitake Mushrooms / Pan Seared Tofu / Garlic / Green Onion / Rice / Vegan Oyster Sauce / Coconut Aminos / Lime
Cal: 413 Carbs: 51g Protein: 13g Fat: 11g

Lebanese "Kafta"

House-made Kafta "Meat" – GF Rolled Oats, Pecans, Pumpkin Seeds, Parsley & Spices / "Feta Cheese" / Cucumbers / Cherry Tomatoes / Shredded Kale / Lemon Juice
Cal: 461 Carbs: 49g Protein: 12g Fat: 11g

Gobi Manchurian

Spiced Roasted Cauliflower / Red & Green Peppers / Spanish Onions / Ginger / Garlic / Rice Wine Vinegar / Chili Paste / Tomato Paste / Scallions / Basmati Rice
Cal: 413 Carbs: 49g Protein: 13g Fat: 13g

Traditional Lasagna

GF Rolled Oats, Pumpkin Seeds, Pecan & Spices "Meat" / Marinara Sauce / Cashew Cream / Nutritional Yeast / Vegan Cheese / Onions / Garlic / Kale / Broccoli
Cal: 512 Carbs: 53g Protein: 13g Fat 11g

Sweet of the Week

Peanut Butter Chocolate Cake

AP Baking Flour / Cane Sugar / Almond Milk / Apple Cider Vinegar / Cocoa Powder / Coconut Oil / Vanilla / Peanut Butter Frosting - Peanut Butter / Powdered Sugar / Vegan Butter / 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