

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 5.29-6.3



Split Pea Soup

Green Split Peas / Leeks / Spanish Onions / Fresh Thyme / Carrots / Vegetable Broth / Parsley / Garlic

Cal: 299 Carbs: 36g Protein: 14g Fat: 11g

Korean Salad

Mixed Spiced Nut "Meat" – Pecans / Pumpkin Seeds / Cashews / Shaved Carrots / Sweet Peppers / Water Chestnuts / Cabbage / Korean Bibimbap Sauce / Green Leaf Lettuce

Cal: 213 Carbs: 21g Protein: 12g Fat: 9g

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

"Tuna Melt"

Chickpeas / Nori / Nutritional Yeast / Fresh Dill / Vegan Mayo / Red Onion / Lemon Juice / Garlic / Tamari / Dijon / Mustard / Arugula / Vegan Swiss Cheese / Sandwich Bread

Cal: 420 Carbs: 47g Protein: 38g Fat: 11g

Cauliflower Taco Bowl

Roasted Cauliflower / Hummus / Sweet Peppers / Cilantro / Fennel / Lime / Quinoa / Lentils / Spicy Sauce / Flour Tortillas

Cal: 400 Carbs: 42g Protein: 13g Fat: 20g

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: 31g Protein: 11g Fat: 15g

Mushroom Risotto

Trumpet, Bella & Shiitake Mushrooms / Green Peas / Red Peppers / Kale / Fresh Thyme / Spinach / Spanish

Onions / Garlic Bechamel

Cal: 415 Carbs: 49g Protein: 13g Fat: 11g

Pad Thai

Wheat Noodles / Peanuts / Bok Choy / Broccoli / Red Peppers / Red Cabbage / Red Onions / Red Chili Paste / Sesame Oil / Peanuts / Coconut Aminos

Cal: 317 Carbs: 40g Protein: 10g Fat: 13g

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

Sweet of the Week

Caramel Raspberry Millionaires

Strawberries / Almond Flour / Coconut Oil / Maple Syrup / Coconut Milk / Cashew Butter / Agar Agar / Sea Salt / Lemon / Dark Chocolate

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