

## Breakfast Bowls

### Cocoa Quinoa Bowl

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

### Blueberry-Lemon Overnight Oats

Blueberries / Coconut Milk / Chia Seeds / Lemon /  
Maple Syrup / Vanilla / Rolled Oats / Coconut  
Flakes / Hemp Seeds

### Chocolate Avocado Pudding Bowl

Chocolate Avocado Pudding- Pureed Avocado /  
Cocoa Powder / Maple Syrup / Vanilla- Topped  
with Shredded Coconut Flakes / Cacao Nibs /  
Strawberries / Granola

## Monthly Favorites

### 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

### Mid-Summer Salad

Strawberries / Blueberries / Pickled Red Onions  
/ Cucumbers / Kale / Arugula / "Feta Cheese"  
/ Sunflower Seeds / Lemon Poppy Seed Dressing  
Cal: 210 Carbs: 10g Protein: 10g Fat: 8g

### Philly Steak Sandwich

Marinated Portabella & Baby Bella Mushrooms  
/ Sauteed Green Peppers, Poblano Peppers &  
Spanish Onions / "Mozzarella Cheese" / Detroit  
Avalon Bakery Hoagie Bun  
Cal: 342 Carbs: 52g Protein: 18g Fat: 7g

### Spaghetti Bolognese

GF Oats & Nut Meat / Tomato Basil Sauce /  
Oregano / Kale / Parsley / Shaved Parmesan /  
Spaghetti Noodles / Olive Oil  
Cal: 312 Carbs: 40g Protein: 10g Fat: 13g



## Weekly Menu 6/14 – 618



### Wild Rice Mushroom Soup

Wild Mushrooms / Leeks / Broccoli / Celery /  
Carrots / Garlic / Miso / Fresh Thyme / White  
Wine / Wild Rice / Cashew Cream / Lemon /  
Cal: 240 Carbs: 40g Protein: 11g Fat: 5g

### Blueberry Detox Salad

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

### Korean Lettuce Wraps

Mixed Spiced Nut "Meat" / Shaved Carrots /  
Sweet Peppers / Water Chestnuts / Cabbage /  
Korean Bibimbap Sauce / Green Leaf Lettuce  
Cal: 398 Carbs: 21g Protein: 12g Fat 9g

### Sausage & Peppers Sub

House-Made Sausage- GF Oats, Pecans &  
Pumpkin Seeds / Sauteed Green Peppers &  
Spanish Onions / Marinara Sauce / Detroit  
Avalon Bakery Hoagie Bun  
Cal: 345 Carbs: 39g Protein: 10g Fat: 11g

### Turmeric Tahini Bowl

Roasted Sweet Potatoes / Avocado / Kale /  
Lentils / Quinoa / Arame / Turmeric Tahini  
Dressing  
Cal: 389 Carbs: 29g Protein: 19g Fat: 9g

### Chinese Fried Rice

Water Chestnuts / Charred Scallions / Seared  
Broccoli / Green Peas / Carrots / Snow Peas /  
Red Onions / Garlic / Tamari / Coconut Aminos /  
Ginger  
Cal: 512 Carbs: 58g Protein: 16g Fat: 3g

### Buffalo Chickpea Taco Bowl

Crispy Chickpea Meat / Sweet Peppers /  
Shredded Cabbage Slaw / Flour Tortillas / Spicy  
Sauce / Hummus / Avocado  
Cal: 389 Carbs: 49g Protein: 25g Fat: 9g

### Wild Forest Penne

Butternut Squash Puree/ Asparagus / Forest  
Mushrooms / Kale / Hemp Seeds / Garlic / Penne  
Pasta / Crushed Red Peppers / Toasted Sage  
Cal: 387 Carbs: 29g Protein: 12g Fat 14g



## Sweet of the Week

### Chocolate Chip Banana Bread

AP Flour / Cane Sugar / Brown Sugar / Banana / Vanilla / Apple Cider Vinegar / Vegan Butter /  
Almond Milk / Chocolate Chips

Phone: 586.871.0917 Email: [info@aratham.com](mailto:info@aratham.com) – Website: [www.aratham.com](http://www.aratham.com)

## 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