

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

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

Cacao Quinoa Bowl

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

Monthly Favorites



White Bean Chili

White Beans / Chickpeas / Poblano Peppers / Celery / Carrots / Thyme / Spanish Onions / Cashew Cream / Kombu / Crushed Red Peppers / Cilantro

Cal: 292 Carbs: 37g Protein: 18g Fat: 8g

Green Goddess Bowl

Asparagus / Edamame / Green Peppers / Pumpkin Seeds / Pistachios / Cucumbers / Quinoa / Arugula / Spinach / Sprouts / Green Goddess Dressing – Lemon / Cilantro / Parsley / Tahini / Maple Syrup / Garlic

Cal: 345 Carbs: 37g Protein: 13g Fat: 16g

Fajita Taco Bowl

Sauteed Onions / Mixed Bell Peppers / Mushrooms / Rice / Black Beans / Flour Tortillas / Cashew Sour Cream / Chimichurri

Cal: 413 Carbs: 49g Protein: 11g Fat 9g

“Tuna 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



Weekly Menu 6/20 – 6/25



Cabbage Soup

Green Cabbage / White Beans / Green Beans / Yukon Potatoes / Fire Roasted Tomatoes / Vegetable Broth / Onions / Garlic / Celery / Carrots / Fresh Thyme / Caraway

Cal: 295 Carbs: 17g Protein: 8g Fat: 11g

Falafel Salad

Falafel / Tabbouleh - Cucumber, Tomato, Parsley, Sumac, Lemon, Olive Oil / Hummus / Red Cabbage / Kale / Romaine / Falafel Dressing

Cal: 381 Carbs: 56g Protein: 13g Fat: 9g

Curried Chickpea Lettuce Wraps

Smashed Curried Chickpeas / Coconut Yogurt / Tahini / Fennel / Sweet Peppers / Lemon / Parsley / Green Leaf Lettuce

Cal: 343 Carbs: 29g Protein: 14g Fat: 19g

Sausage & Peppers Sandwich

House-Made Sausage- GF Oats, Pecans & Pumpkin Seeds / Sauteed Green Peppers & Spanish Onions / BBQ Sauce / Dave's Killer Bread Bun

Cal: 312 Carbs: 39g Protein: 12g Fat: 12g

Pineapple Fried Rice

Roasted Pineapple / Crispy Fried Tofu / Green Peas / Carrots / Charred Green Onions / Planted Detroit Micro Greens / Red Peppers / Red Onion / Ginger / Garlic / Cashews / Liquid Aminos / Curry

Cal: 355 Carbs: 51g Protein: 13g Fat: 11g

Caponata

Roasted Eggplant / Zucchini / Yellow Squash / Green Bell Peppers / Capers / Olives / Raisins / Tomato Basil Sauce / Brown Rice

Cal: 402 Carbs: 32g Protein: 15g Fat: 12g

Garden Pasta

Spinach / Forest Mushrooms / Sundried Tomatoes / Asparagus / Garlic / Crushed Red Peppers / Olive Oil / Pasta / Hemp Seeds

Cal: 340 Carbs: 46g Protein: 12g Fat: 12g

Chili Mac

Kidney Beans / Black Beans / Tomatoes / Poblano Peppers / Cheesy Cashew Sauce / Cilantro / Nutritional Yeast / Chili Spices / Hemp Seeds / Assorted Pasta

Cal 360 Carbs: 49g Protein: 21g Fat: 8g



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

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



Sweet of the Week

Pineapple Upside Down Cake

AP Flour / Cane Sugar / Almond Milk / Pineapple Juice / Apple Cider Vinegar / Vanilla / Pineapples / Cherries

Phone: 586.871.0917 Email: info@aratham.com – Website: www.aratham.com