

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 6/21 – 6/25



Split Pea Soup

Green Split Peas / Onions / Fresh Thyme /
Carrots / Vegetable Broth / Parsley / Garlic
Cal: 241 Carbs: 9g Protein: 22g Fat: 11g

Cobb Salad

Crispy Coconut Bacon / Chickpeas / Cherry
Tomatoes / Corn / Radishes / Red Onions /
Romaine Lettuce / House-Made Vegan Ranch
Cal: 387 Carbs: 39g Protein: 9g Fat: 10g

Loaded Tabbouleh

Cucumbers / Cherry Tomatoes/ Green Peppers /
Red Onion / Sunflower Seeds / Avocado / Lemon
/ Olive Oil / Parsley / Quinoa / Feta "Cheese"
Cal: 241 Carbs: 16g Protein: 10g Fat: 13g

Black Bean Burger

House-Made Bean Patty / Spanish Onion
Marmalade / Garlic Aioli / Sliced Tomato /
Arugula / Detroit Avalon Bun
Cal: 402 Carbs: 29g Protein: 16g Fat: 15g



Sweet of the Week

Strawberry Lemon Cake

Cane Sugar / AP Baking Flour / Lemon / Strawberries / Almond Milk / Vanilla / Strawberry
Lemonade Frosting- Lemon / Powdered Sugar / Vanilla / Apple Cider Vinegar / Vegan Butter /
Strawberries

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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