

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 6/27 – 7/2



Vietnamese Pho

Shiitake & Trumpet Mushrooms / Shredded Carrots / Seared Tofu / Bok Choy / Rice Noodles / Fresh Cilantro & Basil / Crushed Red Peppers / Scallions / Cinnamon / Cardamom / Coriander / Clove / Coconut Aminos / Lime

Cal: 241 Carbs: 28g Protein: 12g Fat: 9g

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

Hearts of Palm Ceviche

Hearts of Palm / Jicama / White Beans / Cucumbers / Tomatoes / Red Onions / Cilantro / Lime / Arugula

Cal: 243 Carbs: 11g Protein: 29g Fat: 9g

Reuben Sandwich

Corned Seitan / Sliced "Cheese" / Sauerkraut / Russian Dressing / Dave's Killer Bread Bun

Cal: 347 Carbs: 49g Protein: 13g Fat: 11g

BLT Wrap

Umami Shiitake Mushrooms / Tofu Chorizo / Tomatoes / Crisp Green Leaf Lettuce / Garlic Aioli / Flour Tortilla

Cal: 224 Carbs: 22g Protein: 16g Fat: 8g

Orange Cauliflower Stir-Fry

Bok Choy / Roasted Cauliflower / Broccoli / Red Peppers / Carrots / Crispy Fried Tofu / Green Onions / Sesame Seeds / Ginger Sesame Orange Juice / Coconut Aminos / Thai Red Chili Paste / Brown Rice

Cal: 493 Carbs: 52g Protein: 20g Fat: 24g

Sweet Potato Cakes

Sweet Potatoes / Green Onions / Parsley / Paprika / Chili Powder / Garlic / Vegan Mayo / Served with Broccoli, Carrots and Pesto-Cashew Sour Cream

Cal: 385 Carbs: 52g Protein: 8g Fat: 13g

Pistachio Pesto Pasta

Roasted Broccoli & Cauliflower / Cherry Tomatoes / Pistachio - Basil Pesto / Spaghetti Noodles / “Feta Cheese” / Crushed Pistachios

Cal: 341 Carbs: 43g Protein: 13g Fat: 13g



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

Lemon Cake

AP Flour / Cane Sugar / Almond Milk / Apple Cider Vinegar / Vanilla / Lemon Extract / Lemon "Buttercream" Frosting - Vegan Butter / Powdered Sugar / Lemon Extract / Almond Milk

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