

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

Cucumber Pomegranate Salad

Cucumbers / Fennel / Pistachios / Pomegranate Arils / Arugula / Kale / Vegan Feta / Orange-Maple Vinaigrette

Cal: 208 Carbs: 21g Protein: 13g Fat: 8g

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 7/4 – 7/9



Superfood Cauliflower Chowder

Roasted Cauliflower / Celery / Spanish Onion / Yukon Gold Potatoes / Garlic / Kombu Broth / Tahini / Lemon / Chives / Thyme / Dulse Flakes

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

Sweet Potato Caesar Salad

Roasted Sweet Potatoes / Toasted Chickpeas / Grated "Parmesan" / Lemon / Kale / Romaine Lettuce / Caesar Dressing

Cal: 289 Carbs: 39g Protein: 9g Fat: 11g

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: 28g Protein: 11g Fat: 9g

Black Bean Burger

House-Made Bean Patty / Spanish Onion Marmalade / Garlic Aioli / Sliced Tomato / Arugula / Dave’s Killer Bread Bun

Cal: 363 Carbs: 29g Protein: 16g Fat: 15g

Quinoa Stir-fry

Seared Bok Choy / Spanish Onions / Garlic / Sweet Peppers / Kale / Toasted Cashews / Shiitake Mushrooms / Coconut Aminos / Kimchee

Cal: 325 Carbs: 39g Protein: 16g Fat: 9g

Spaniard Paella

Short Grain Rice / Grilled Artichoke Hearts / Castelvetro Olives / Roasted Red Peppers / Green Peas / Cauliflower / Scallions / Spanish Onions / Garlic / Saffron / Parsley / Smoked Paprika / Arugula

Cal: 499 Carbs: 53g Protein: 13g Fat: 15g

Mushroom Stroganoff

Creamy Cashew Bechamel / Forest Mushrooms / Fresh Thyme / Peas / Assorted Pasta / Roasted Kale / Vegan Sour Cream / Vegan Worcestershire / Nutritional Yeast

Cal: 333 Carbs: 41g Protein: 12g Fat: 13g

Spaghetti Bolognese

GF Oats & Nut Meat / Tomato Basil Sauce / Oregano / Spinach / Parsley / Shaved Parmesan / Spaghetti Noodles / Olive Oil

Cal: 317 Carbs: 40g Protein: 10g 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

Pecan Bar

AP Flour / Cane Sugar / Vegan Butter / Brown Sugar / Brown Rice Syrup / Almond Milk / Arrowroot / Vanilla / Pecans / Sea Salt

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