

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 Svrup

Monthly Favorites

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 / Arugula & Spinach / House-Made Vegan Ranch
Cal: 282 Carbs: 39g Protein: 9g Fat: 10g

Fried Rice

Brown Rice / Vegan Butter / Coconut Aminos / Rice Wine Vinegar / Green Peas / Carrots / Edamame / Seared Bok Choy / Green Onions / Red Peppers / Black Sesame Seeds
Cal:323 Carbs: 58g Protein: 16g Fat 5g

BBQ Sausage Mac N Chz

House-Made BBQ Sausage - GF Rolled Oats, Pecans, Pumpkin Seeds, BBQ Sauce & Spices / Bell Peppers / Onions / Nutritional Yeast / Cashew Cream / Vegan Cheddar / Kale / Assorted Pasta
Cal: 489 Carbs: 49g Protein: 13g Fat:11g



Weekly Menu 8.1 - 8.6



Cabbage Soup

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

Southwest Bowl

Black Beans & Kidney Beans / Roasted Corn & Sweet Peppers / Cherry Tomatoes / Spinach / Brown Rice / Sunflower Seeds / Chimichurri / Lime
Cal: 243 Carbs: 30g Protein: 15 Fat: 9g

Chickpea Caesar Sandwich

Crispy Chickpea Cutlet / "Caesar" Dressing / Vegan Cheese / Arugula / Tomato / Sandwich Bun
Cal: 321 Carbs: 42g Protein: 18g Fat: 9g

Chickpea Taco Bowl

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

Butternut Risotto

Roasted Butternut Squash / Asparagus / Tomatoes / Swiss Chard / Hemp Seeds / Risotto / Thyme / White Wine Garlic Cashew Cream Sauce
Cal: 404 Carbs: 67g Protein: 18g Fat: 8g

Swedish Meatballs

Meatballs - Pecans, Pumpkin Seeds, GF Rolled Oats & Spices / Creamy Cashew Gravy / Onions / Garlic / Dijon Mustard / Garlic Smashed Potatoes / Swiss Chard / Crushed Red Peppers
Cal: 415 Carbs: 50g Protein: 14g Fat: 12g

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

Sweet of the Week



Coconut Cake

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

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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

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



Side Dishes

Mac & "Cheese"

Assorted Pasta / Cashew Cream / Vegan Mayonnaise (Soy Free) / Nutmeg / Vegan Cheese / Grainy Mustard

Potato Salad

Red Skin Potato / Red Onion / Celery / Vegan Mayonnaise (Soy Free) / Grainy Mustard