

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

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

Cauliflower Chowder

Roasted Cauliflower / Celery / Spanish Onions / Yukon Gold Potatoes / Garlic / Kombu Broth / Tahini / Lemon / Chives / Thyme / Dulse Flakes
Cal: 293 Carbs: 17g Protein: 8g Fat: 11g

Blueberry Detox Salad

Shredded Kale / Blueberries / Spiraled Beets / Cucumbers / Avocado / Quinoa / Hemp Seeds / Pistachios / Orange Champagne Vinegar Dressing
Cal: 183 Carbs: 19g Protein: 7g Fat: 7g

Falafel Sandwich

House-Made Falafel / Tomatoes / Cucumbers / Red Cabbage / Green Leaf Lettuce / Pocket Pita / House Falafel Dressing
Cal: 381 Carbs: 56g Protein: 17g Fat: 15g

Pad Thai

Wheat Noodles / Broccoli / Red Peppers / Baby Corn / Red Cabbage / Red Onions / Red Chili Paste / Sesame Oil / Peanuts / Coconut Aminos
Cal: 317 Carbs: 40g Protein: 10g Fat: 13g



Weekly Menu 8/2 – 8/7



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

Korean Lettuce Wraps

Mixed Spiced Nut "Meat" / Shaved Carrots / Sweet Peppers / Water Chestnuts / Cabbage / Korean Bibimbap Sauce / Green Leaf Lettuce
Cal: 398 Carbs: 21g Protein: 12g Fat 9g

Grilled Peach Salad

Grilled Peaches / Dried Figs / Blueberries / Pecans / Arugula / Kale / Feta "Cheese" / Berry Compote Dressing
Cal: 289 Carbs: 21g Protein: 9g Fat: 9g

Sausage & Peppers Sub

House-Made Sausage- GF Oats, Pecans & Pumpkin Seeds / Sauteed Green Peppers & Spanish Onions / Marinara Sauce / Detroit Avalon Bakery Hoagie Bun
Cal: 345 Carbs: 39g Protein: 10g Fat: 11g

Jackfruit Gyo

Pulled Jackfruit with Spices / Cucumbers / Cherry Tomatoes / Cashew Tzatziki / Green Leaf Lettuce / Red Onions / Toasted Chickpeas / Pita
Cal:319 Carbs: 41g Protein: 14g Fat: 11g

Lebanese Mujadara

Lentils / Brown Rice / Hummus / Fried Onions / Cumin Seeds / Coriander Seeds / Cinnamon / Turmeric / Chili Powder / Allspice / Grain Free Tabbouleh Salad
Cal: 321 Carbs: 47g Protein: 13g Fat: 9g

Lentil Cakes

Lentil Cakes - Red Lentils / Red Peppers / Chickpea Flour / Smoked Paprika / Chipotle / Nutritional Yeast / Onion / Parsley / Topped with Cucumber Salsa- Cucumber / Parsley / Red Onion / On a Bed of Arugula
Cal:345 Carbs: 39g Protein: 18g Fat 13g

Pistachio Pesto Pasta

Roasted Broccoli & Cauliflower / Cherry Tomatoes / Pistachio-Basil Pesto / Spaghetti Noodles / "Feta Cheese" / Crushed Pistachios
Cal: 405 Carbs: 46g Protein: 12g 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

Sweet of the Week

Pecan Bars

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



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