

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

Monthly Favorites

Vegan Clam Chowder

Oyster & Trumpet Mushrooms / Yukon Gold Potatoes / Spanish Onions / Garlic / Celery / Thyme / White Wine / Kombu / Nutritional Yeast / Cashew Cream / Scallions / Dulse Flakes
Cal: 380 Carbs: 44g Protein: 17g Fat 8g

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

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

Lobster Sandwich

Hearts of Palm / Chickpea Mash / Celery / "Mayo" / Garlic / Cilantro / Lime / Old Bay / Nori / Power Greens / Sandwich Bun
Cal: 331 Carbs: 43g Protein: 5g Fat: 9g



Weekly Menu 8.8 - 8.13



Tuscan Sweet Potato Soup

Coconut Cream / Kale / Roasted Red Peppers / Roasted Sweet Potatoes / Crushed Peppers / Green Peas / Nutritional Yeast / Fennel Seeds
Cal: 239 Carbs: 23g Protein: 8g Fat: 11g

Blueberry Detox Salad

Shredded Kale / Blueberries / Beets / Cucumbers / Quinoa / Hemp Seeds / Sunflower Seeds / Orange Champagne Vinegar Dressing
Cal: 271 Carbs: 36g Protein: 9g Fat: 11g

Chickpea Curry Wrap

Smashed Curried Chickpeas / Coconut Yogurt / Tahini / Fennel / Sweet Peppers / Lemon / Parsley / Green Leaf Lettuce
Cal: 343 Carbs: 29g Protein: 14g Fat: 19g

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

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

BLT Wrap

Umami Shiitake Mushrooms / Tofu Chorizo / Tomatoes / Crisp Green Leaf Lettuce / Garlic Aioli / Flour Tortilla
Cal: 224 Carbs: 22g Protein: 16g Fat: 8g

Spaniard Paella

Short Grain Rice / Grilled Artichoke Hearts / Castelvetrano Olives / Roasted Red Peppers / Green Peas / Cauliflower / Scallions / Spanish Onions / Garlic / Saffron / Parsley / Smoked Paprika / Arugula
Cal: 499 Carbs: 53g Protein: 13g Fat: 15g

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



Sweet of the Week

Peanut Butter Chocolate Cake

AP Flour / Almond Milk / Vanilla / Apple Cider Vinegar / Cane Sugar / Coconut Oil / Cacao Powder / Peanut Butter

Phone: 586.871.0917 Email: info@aratham.com – Website: www.aratham.com



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

BBQ Sausage

Made with GF Rolled Oats, Pecans, Pumpkin Seeds and Homemade BBQ Sauce