

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 8/9 – 8/14



Southwest Chili

Kidney Bean / White Beans / Black Beans / Poblano Peppers / Tomatoes / Roasted Corn / Spanish Onions / Garlic / Spices / Cashew Sour Cream / Shredded "Cheese" / Cilantro
Cal: 353 Carbs: 45g Protein: 23g Fat 9g

Chickpea Fattoush Salad

Cherry Tomatoes / Chickpeas / Cucumbers / Mint / Garlic / Red Onions / Radishes / Romaine Lettuce / Date Syrup / Sumac / Black Pepper / Lemon
Cal: 260 Carbs: 26g Protein: 12g Fat 12g

Black Bean Burger

House-Made Bean Patty / Spanish Onion Marmalade / Garlic Aioli / Sliced Tomato / Arugula / Detroit Avalon Bun
Cal: 402 Carbs: 29g Protein: 16g Fat: 15g

Lobster Po' Boy

Hearts of Palm / Chickpea Mash / Celery / "Mayo" / Garlic / Cilantro / Lime / Old Bay / Nori / Arugula / Detroit Avalon Hoagie
Cal: 273 Carbs: 31 Protein: 5g Fat 9g

Vietnamese Pho

Shiitake & Trumpet Mushrooms / Shredded Carrots / Seared Tofu / Bok Chow / Fresh Cilantro & Basil / Crushed Red Peppers / Scallions / Cinnamon / Cardamom / Coriander / Clove / Anise / Tamari / Lime Wedge
Cal: 241 Carbs: 28g Protein: 13g Fat 9g

Mushroom Risotto

Trumpet, Bella & Shiitake Mushrooms / Green Peas / Fresh Thyme / Swiss Chard / Spanish Onions / Garlic Cashew Bechamel
Cal: 307 Carbs: 39g Protein: 13g Fat: 11g

Quinoa Casserole

Quinoa / Broccoli / Chickpeas / Onion / Red Peppers / Vegetable Broth / Oregano / Paprika / House-made Coconut Cheese Sauce
Cal: 443 Carbs: 47g Protein: 19g Fat 16g

Spaghetti Bolognese

GF Oats & Nut Meat / Tomato Basil Sauce / Oregano / Kale / Parsley / Shaved Parmesan / Spaghetti Noodles / Olive Oil
Cal: 317 Carbs: 40g Protein: 10g Fat: 13g

Sweet of the Week

Blueberry Peach Cobbler

Fresh Peaches & Blueberries / Coconut Sugar / Cane Sugar / Cinnamon / Nutmeg / Ginger / Cardamom / Vegan Butter / Almond Milk / AP Flour / GF Rolled Oats / Vanilla



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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