

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

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

Garden Cucumber Salad

Cucumbers / Cherry Tomatoes / Cauliflower / Fresh Dill / Kale Vegan Feta / Sunflower Seeds / Parsley / Lemon / Olive Oil / Garlic
Cal: 259 Carbs: 35g Protein: 9g Fat: 8g

Vegetable Teriyaki

Broccoli / Cauliflower / Red Onions / Bell Peppers / Bok Choy / Snap Peas / Water Chestnuts / Baby Corn / House-Made Teriyaki Sauce / White Sesame Seeds
Cal: 367 Carbs: 28g Protein: 11g Fat: 9g

Tofu Scallopini

Seared Tofu / Kale / Sun-Dried Tomatoes / Garlic / Spanish Onions / Fresh Rosemary / Cashew Cream / Lemon / Vegan Butter / Spaghetti Noodles / Crushed Red Peppers
Cal: 373 Carbs: 47g Protein: 17g Fat: 13g



Weekly Menu 9.19 – 9.24

Creamy Kale Soup

Kale / Cauliflower / Onions / Garlic / Celery / White Beans / Coconut Oil / Miso / Nutritional Yeast / Lemon

Cal: 347 Carbs: 39g Protein: 7g Fat: 9g

Fall Harvest Salad

Roasted Brussel Sprouts / Butternut Squash / Beets / Pumpkin Seeds / Goji Berries / Shredded Kale / Maple Balsamic Dressing

Cal: 243 Carbs: 26g Protein: 10g Fat: 11g

Curried Chickpea Bowl

Smashed Curried Chickpeas / Coconut Yogurt / Tahini / Fennel / Sweet Peppers / Lemon / Parsley / Green Leaf Lettuce

Cal: 343 Carbs: 29g Protein: 14g Fat: 19g

“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

Butternut Squash Risotto

Roasted Butternut Squash / Asparagus / Tomatoes / Hemp Seeds / Risotto / Kale / Thyme / White Wine Garlic Cashew Cream Sauce

Cal:404 Carbs: 67g Protein: 18g Fat 8g

Tikka Masala Stew

Red Skin Potatoes / Chickpeas / Basmati Rice / Roasted Tomato Stew – Turmeric, Curry, Fenugreek, Garam Masala, Coconut Cream / Kale / Cucumber Cashew Tzatziki

Cal:342 Carbs: 46g Protein: 17g Fat 10g

“Chicken” Mole Poblano

Chicken of the Woods Mushrooms / Classic Poblano Mole Sauce – Unsweetened Dark Chocolate, Raisins, Pecans, Chiles, Spices, Cilantro / Basmati Rice / Kale

Cal: 427 Carbs: 49g Protein: 11g Fat: 11g

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

Pecan Bars

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

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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

BBQ Sausage

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