

## Breakfast Bowls

### Breakfast Hash

Gf Sausage-GF Rolled Oats, Pumpkin Seeds, Pecans & Spices / Russet Potatoes / Red Peppers / Spinach / Red Onions / Garlic

### Carrot Cake Overnight Oats

GF Rolled Oats / Almond Milk / Shredded Coconut & Carrots / Chia Seeds / Raisins / Maple Syrup / Vanilla / Pecans / Ginger / Cinnamon

### 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

### Superfood Tortilla Soup

Black Beans / Corn / Vegetable Broth / Chia Seeds / Red Peppers / Cilantro / Fire Roasted Tomatoes / Scallions / Green Cabbage  
Cal: 315 Carbs: 43g Protein: 19g 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

### Creole Jambalaya

Homemade Gluten Free Sausage / Red Kidney Beans / Brown Rice / Green Peppers / Celery / Onions / Parsley / Creole Seasoning  
Cal: 339 Carbs: 47g Protein: 13g Fat: 11g

### Buffalo Chickpea Sub

Buffalo Chickpea "Meat" / Cucumber / Lettuce / Tomato / Mozzarella "Cheese" / Buffalo Sauce / Detroit Avalon Hoagie  
Cal: 297 Carbs: 41g Protein: 13g Fat: 16g



## Weekly Menu 9/20 – 9/25

### Superfood Potato Leek Soup

Russet Potatoes / Leeks / Spanish Onions / Tahini / Kombu / Garlic / Thyme / Nutritional Yeast / Hemp Seeds  
Cal: 280 Carbs: 39g Protein: 13g Fat: 8g

### Cobb Salad

Crispy Coconut Bacon / Chickpeas / Cherry Tomatoes / Corn / Radishes / Red Onions / Romaine Lettuce / House-Made Vegan Ranch  
Cal: 282 Carbs: 39g Protein: 9g Fat: 10g

### Green Crunch Bowl

Broccoli / Red Peppers / Hemp Seeds / Chickpeas / Avocado / Power Greens / Parsley / Farro / Guajillo-Tahini Dressing  
Cal: 343 Carbs: 29g Protein: 14g Fat: 19g

### Argentinian Burger

House-Made Patty- GF Rolled Oats, Pecans, Pumpkin Seeds & Spices / Caramelized Onions / Lettuce / Tomato / Side of Chimichurri / Detroit Avalon Hamburger Bun  
Cal: 345 Carbs: 39g Protein: 10g Fat: 9g

### 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: 31g Protein: 11g Fat: 9g

### Enchiladas Verdes

Pulled Jackfruit / Black Beans / Red Onions / Tomatoes / Cilantro / Spices / Shredded "Cheese" / Flour Tortillas / Tomatillo Enchilada Sauce  
Cal: 377 Carbs: 45g Protein: 25g Fat: 9g

### 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

### Buffalo Mac n' "Cheese"

Steamed Broccoli / Roasted Red Peppers / Hemp Seeds / Macaroni / Cheesy Spicy Sauce  
Cal: 293 Carbs: 32g Protein: 21g Fat: 9g

## Sweet of the Week

### Earl Grey Cake

Almond Milk / Apple Cider Vinegar / Earl Grey Tea / Cane Sugar / Vanilla / AP Flour / Himalayan Salt / Blueberry Lemon Frosting- Vegan Butter / Coconut Cream / Blueberries / Powdered Sugar

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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 Potion

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