

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 9.26 – 10.1

Mediterranean Lentil Soup

Red Lentils / Carrots / Spanish Onions / Sweet Corn / Cilantro / Saffron / Turmeric / Vegetable Broth
Cal: 389 Carbs: 17g Protein: 39g Fat: 9g

Nicoise Salad

Snap Peas / Cucumbers / Cherry Tomatoes / Green & Black Olives / Roasted Potatoes / Garlic / Dill / Red Onion / Capers / Arugula / Romaine / Dijon Vinaigrette
Cal: 315 Carbs: 36g Protein: 9g Fat: 11g

Southwest Bowl

Black Beans & Kidney Beans / Roasted Corn & Sweet Peppers / Cherry Tomatoes / Spinach / Quinoa / Sunflower Seeds / Chimichurri / Lime
Cal: 243 Carbs: 30g Protein: 15g Fat: 9g

Chicken of the Woods Caesar Sandwich

Local Chicken of the Woods & Lions Mane Mushrooms lightly breaded with Oat Flour & Seared / Sliced Tomato / Fresh Greens / Caesar Dressing / Dave's Killed Bread Bun
Cal: 331 Carbs: 43g Protein: 5g Fat: 9g

Lebanese Mujadara

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

Chinese Fried Rice

Brown Rice / Tofu / Vegan Butter / Coconut Aminos / Rice Wine Vinegar / Green Peas / Carrots / Edamame / Seared Bok Choy / Green Onions / Red Peppers / Black Sesame Seeds
Cal: 323 Carbs: 58g Protein: 16g Fat: 5g

Exotic Mushroom Stew

Specialty Local Mushroom Blend / Kale / Quinoa / Carrots / Green Peas / Crushed Tomatoes / Coconut Aminos / Red Wine / Nutritional Yeast / Vegetable Broth / Garlic
Cal: 427 Carbs: 42g Protein: 16g Fat: 11g

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



Sweet of the Week

Maple Brown Sugar Coffee Cake

AP Flour / Vegan Yogurt / Cane Sugar / Almond Milk / Brown Sugar / Maple Syrup / Cinnamon / Vegan Butter / Maple Glaze – Powdered Sugar / Maple Syrup / Almond Milk

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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