



Please Choose items from the Choices below

### Monthly Favorites

#### Superfood White Bean Soup

White Beans / Celery / Carrots / Onions / Garlic / Green Cabbage / Rosemary / Kombu / Tahini / Lemon / Crushed Red Peppers

#### Roasted Beet Salad

Roasted Red & Yellow Beets / Pecans / Orange Segments / Vegan Feta Cheese / Kale & Arugula / Balsamic Dressing

#### Chickpea Caesar Sandwich

Crispy Chickpea Cutlet / "Caesar" Dressing / Sliced "Parmesan Cheese" / Arugula / Tomato / Avalon Bakery Whole Wheat Bun

#### Turmeric Tahini Bowl

Roasted Sweet Potatoes / Lentils / Quinoa / Seared Kale / Avocado / Arame / Turmeric Tahini Dressing

#### Pistachio Pesto Pasta

Cherry Tomatoes / Roasted Eggplant / Pistachio & Basil Pesto / Lemon / Feta "Cheese" / Spaghetti Noodles

### Weekly 12/07 – 12/11

#### Superfood Butternut Squash Bisque

Fuji Apples / Butternut Squash / Ginger / Turmeric / Goji Berries / Miso / Thai Red Curry Paste / Dulse Flakes / Coconut Milk / Lime

#### Blueberry Detox Salad

Shredded Kale / Blueberries / Spiraled Beets / Cucumbers / Avocados / Quinoa / Hemp Seeds / Crushed Pistachios / Blood Orange- Champagne Vinegar Dressing

#### Southwest Bowl

Black Beans / Cherry Tomatoes / Roasted Corn & Sweet Peppers / Spinach / Sunflower Seeds / Brown Rice / Avocado / Chimichurri / Cilantro / Lime

#### Tzatziki Veggie Salad (Raw)

Cucumbers / Carrots / Sweet Peppers / Avocado / Red Onion / Cherry Tomatoes / Shredded Lacinato Kale / Zesty Hummus / Cashew Tzatziki

#### Orange Cauliflower Stir-fry

Baby Bok Choy / Roasted Cauliflower / Broccoli / Red Peppers / Carrots / Crispy Fried Tofu / Green Onions / Sesame Seeds / Ginger Sesame Orange Sauce / Brown Rice

#### Palak Tofu

Cilantro-Lime Cauliflower Rice / Coconut-Spinach Stew / Pan Seared Tofu / Tomatoes / Ginger / Indian Spices / Naan

#### Kitchari

Mung Beans / Brown Rice / Butternut Squash / Kale / Cumin Seeds / Mustard Seeds / Fennel / Coriander / Ginger / Turmeric / Cilantro / Lime

#### Vietnamese Pho

Shitake & Trumpet Mushrooms / Seared Tofu / Shredded Carrots / Bean Sprouts / Fresh Cilantro & Basil / Crushed Red Peppers / Scallions / Cinnamon / Cardamom / Coriander / Cloves / Anise / Tamari / Lime Wedges

#### Gobi Manchurian (Saucy)

Spiced Roasted Cauliflower / Red & Green Peppers / Spanish Onions / Ginger / Garlic / Rice Wine Vinegar / Chili Paste / Tomato Paste / Scallions / Basmati Rice

#### Sicilian Rigatoni

Cauliflower-Mushroom-Pecan "Meat" / Collard Greens / Rigatoni Noodles / Parsley / Italian Marinara / Shredded Parmesan "Cheese" / Fresh Basil

### Cold Press Raw Juices

#### Aratham Red

Red Beets / Red Apple / Pineapple / Spirulina / Kale / Lemon

#### Aratham Orange

Carrots / Oranges / Camu-Camu / Ginger / Turmeric / Mangos

#### Aratham Green #1

Green Apple / Spinach / Kale / Cucumber / Wheatgrass / Mint / Lime

#### Aratham Golden Milk

Cashew Milk / Coconut Milk / Turmeric / Black Pepper / Cinnamon / Maple Syrup / Ginger

### Homemade Desserts

#### Salted Caramel Cheesecake

Cashews / Coconut Milk / Coconut Oil / Cacao Powder / Maca Powder / Nutritional Yeast / Almond Flour / Raw-Cane Sugar / Home-made Caramel Sauce

#### Superfood Berry Cheesecake

Cashews / Coconut Milk / Coconut Oil / Cinnamon Powder / Blue Spirulina Powder / Acai Powder / Nutritional Yeast / Almond Flour / Raw-Cane Sugar / Mixed Berry Glaze

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