



Weekly Menu 6/1 – 6/5

Please Place Your Order by TUESDAY at Noon

Choose any meals of the following Menu

Solar Plexus Chakra Bisque / Cauliflower / Turmeric / Cumin / Coconut Milk / Garlic / Crushed Red Pepper / Yellow Onion / Garlic

Solar Plexus Chakra Salad / Mango / Jicama / Cucumber / Black Beans / Yellow Peppers / Arugula / Lime / Olive Oil

Italian Scampi/ Hearts of Palm / Lemon-Garlic Linguine / Parsley / Tomatoes / Swiss Chard / Hemp Seeds / White Wine Sauce / Steamed Broccoli / Nutritional Yeast

Goddess Bowl / Roasted Red Beets / Cucumbers / Cherry Tomatoes / Spinach / Quinoa / Edamame Hummus / Herbal Cashew Tzatziki / Chia Seeds

Stuffed Veggie Dolma / Mint / Parsley / Lemon / Roasted Tomato Sauce / Spanish Onions / Quinoa / Nut "Meat" Assorted Vegetables / Allspice / Cumin

Buffalo Chickpea Tacos / Crispy Chickpea Meat / Spicy Sauce / Hummus / Sweet Peppers / Cilantro / Shredded Cabbage Slaw / Avocado

Cauliflower Steak Sandwich / Pan Seared Cauliflower / Green Leaf Lettuce / Buffalo Sweet & Sour Sauce / Peruvian Coleslaw / Brioche Bun

Asian Bowl / Kimchee / Seared Shitake Mushrooms / Grilled Cucumbers / Red Cabbage / Nori / Edamame / Brown Rice / Sriracha Chili Sauce

"Paneer Butter" Masala / Broccoli / Creamy Cashew Tomato Sauce / Ginger / Coriander / Paprika / Turmeric / Garam Masala / Fenugreek / Cubed Tofu "Paneer" / Cauliflower Lime Rice / Cilantro

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

Aratham Packages

5 Meals per Week - \$55.00 (includes delivery)

10 Meals per Week - \$99.00 (includes delivery)

Email: info@aratham.com - Website: www.aratham.com

****True Desserts** – Mixed Berry Vanilla Cake – Cashew, oat flour, coconut milk (coconut water), coconut oil, mixed berries, medjool dates, maple syrup, lemon juice, vanilla bean powder) cinnamon, sea salt.

\$11.00 by the Slice - ** delivered with the purchase of a 5 or 10 meal package.