



Weekly Menu 6/8 - 6/12

Please Place Your Order by TUESDAY at Noon

Choose any meals of the following Menu

Heart Chakra Soup / Spinach / Avocado / Cucumber / Zucchini / Mint / Lime / Almonds / Garlic

Heart Chakra Salad / Broccoli / Red Peppers / Hemp Seeds / Chickpeas / Avocado / Power Greens / Parsley / Quinoa / Zesty Green Tahini Sauce

Eggplant Parmesan / Tomato Basil Sauce / Spaghetti / Mozzarella "Cheese" / Crusted Eggplant / Parsley Salsa

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

Enchilada Zucchini Boats / Sweet Potato / Spanish Onion / Red Peppers / Black Beans / Enchilada Sauce / Shredded Nut "Cheese" / Cilantro

Moroccan Cous-Cous / Pearl Couscous / Arugula / Oven-Dried Tomatoes / Kalamata Olives / Greek Olives / "Feta"

Watermelon Salad / Watermelon / Roasted Beets / Mint & Pistachio Pesto / Arugula / Chia Seeds

Kung Pao Tofu / Roasted Red Pepper / Broccoli / Wild Mushrooms / Ginger / Bok Choy / Snow Peas / Purple Cabbage / Crushed Red Pepper / Hot Sesame Oil / Lime / Seared Tofu / Basmati Rice

Pierogi Quesadilla / Russet Potatoes / Nutritional Yeast / Scallions / Spanish Onions / Spinach / Sauerkraut / Cashew Sour Cream

"Tuna" Salad Lettuce Wraps / Chickpeas / Nori / Capers / Nutritional Yeast / Fresh Dill / Vegan Mayo / Red Onion / Lemon Juice / Garlic / Tamari / Dijon Mustard / Vinegar / Crisp Lettuce Leaves

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** - Matcha Lime Cheezecake / maple syrup / cold-pressed lime juice / coconut water / dates / almonds / coconut flour / matcha powder / vanilla bean / passionfruit glitter / Himalayan Salt

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