



Weekly Menu 8/10 – 8/14

We look forward to cooking for you!

Choose any meals of the following Menu

White Bean Chili / Cannellini Beans / Chickpea / Poblano Peppers / Sun-Dried Tomatoes / Roasted Corn / Shredded Nut "Cheese" / Cashew Sour Cream / Celery / Carrots

Orange Salad / Julienned Fennel / Slivered Almonds / Grilled Oranges / Roasted Beets / Arugula / Quinoa / Cashew Cream

Mango Burrito Bowl / Red Peppers / Mango / Jalapeno / Cilantro / Cabbage / Green Onions / Cabbage / Marinated Crispy Tofu / Basmati Rice / Peanut Sesame Sauce

Spanish Maduro / Pan Fried Ripe Plantains / Black Beans / Avocado / Salsa / Brown Rice / Cilantro

Mushroom Stroganoff / Forest Mushrooms / Fresh Thyme / Peas / Roasted Kale / Creamy Cashew Bechamel / Nutritional Yeast

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

Peruvian Potato / Chickpea Cutlets / Potato Trio (Yukon, Russet, Sweet) / Peruvian Chiles / Amarillo Pepper Salsa / Basmati Rice / Boston Lettuce

Poke Bowl / Smoked Tofu Chichipa / Tamari / Coconut Aminos / Cucumbers / Avocado / Sriracha Sauce / Cilantro / Pastrami Beets / Sushi Rice / Seaweed Salad / Pickled Ginger

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

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

Aratham Packages

5 Meals per Week Minimum Order 🍷 – Delivery Fee Included

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