


Le Botaniste
100% ORGANIC
PLANT-BASED FOOD


Bowls

PASTA BOLO \$ 15.50
quinoa fusilli - bolognese - green herbal oil - superseed mix

VEGETABLE TAJINE \$ 15.50
quinoa - potato - Moroccan vegetable stew - root veggies
pea shoots - lemon harissa

SPICY CHILI SIN CARNE \$ 15.50
brown rice - 3 beans - quinoa - chili sin carne - ersatz sour
cream - turmeric onion

 **TIBETAN MAMA** \$ 15.50
brown rice - coconut peanut butter curry - steamed greens
ghentse kimchi

 **BOTANICAL SALAD** \$ 15.50
salad mix - quinoa - superseed avocado - root veggies
turmeric onion - red sauerkraut - pea shoots -  saffran aioli

SEASONAL SPECIAL discover our new prescriptions

BOTANICAL MENU \$ 15.95
half portion bowl - soup of the day

DO IT YOURSELF BOWL \$ 15.95
hot or cold - please ask us for DIY card

FULL THERAPY \$ 35.00
three half portion bowls of your choice

DINNER THERHAPPY \$ 24.00
a glass of house wine and your choice of a bowl

ADD TO YOUR BOWL

VEGGIE BALLS \$ 3.50
AYURVEDIC CRACKERS... \$ 0.95
SUB CAULIFLOWER RICE \$ 1.50
ANY ADD ON \$ 2.50

Starters


SOUP OF THE DAY \$ 7.95
veggie of the day - onion - garlic - olive oil


 **VEGGIE SUSHI ROLL** \$ 8.95
root veggies - tofu -  saffron aioli -  ginger velvet

SUPERSEED AVOCADO \$ 8.95
avocado in superseed mix - served with jalapeno oil
and crackers

 **SIDE SALAD** \$ 7.95
salad mix – root veggies – dressing and spread of your choice

VEGGIE BALLS \$ 8.50
served with a botanical spread

 **BOTANICAL SPREADS** \$ 7.95
ask us about our seasonal selection - served with crackers

 **MEZZE** \$ 15.00
assortment of our spreads - served with crackers

Desserts

OMEGA 3 BROWNIE \$ 6.50
flax - brown sugar - buckwheat -  cashew cream

 **QUINOA PB COOKIE** \$ 4.95
peanut butter - brown sugar - buckwheat

 **CHOCOLATE PECAN COOKIE** \$ 5.75
pecan - brown sugar - buckwheat - rice flour

 **ENERGY COOKIE** \$ 4.95
nuts - seeds - maple syrup

RED FRUIT CHIA PUDDING \$ 6.50
mixed berries - flax seeds - agave - coconut

 **CHOCOLATE RAW CAKE** \$ 6.00
coconut - dates - hazelnut - buckwheat

 **RASPBERRY RAW CAKE** \$ 6.00
coconut - dates - almond - cashew - passion fruit

Drinks

Refreshing

LEMONADE \$ 3.95

ICED TEA LEMONADE \$ 3.95

ICED TEA green / black \$ 3.95

SPRING WATER
STILL \$ 2.95
SPARKLING \$ 3.95

Energizing

JUICES \$ 9.50
CARROT DETOX carrot - grapefruit - turmeric
RED BEET DETOX red beet - apple - ginger
TUTTI FRUTTI carrot - grapefruit - turmeric
red beet - apple

COCONUT WATER \$ 7.50

KOMBUCHA \$ 5.00

Comforting

ADAPTOGENIC LATTE \$ 6.50
served hot or iced
SHROOM COFFEE lion's mane - chicory
turmeric - cocoa
MASALA CHAÏ chaga - spices - cocoa
GOLDEN FIRE ginger - turmeric

TEAS black / green / herbal \$ 3.95

COFFEE
ESPRESSO \$ 3.50
AMERICANO \$ 3.95
LATTE \$ 4.95

Beers

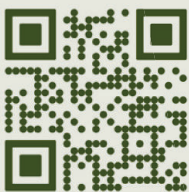
IPA \$ 8.50

PILSNER \$ 8.50

Natural wines


ask us about our selection

Download
our menu



Please inform us about your allergies

 CONTAINS NUTS

 CONTAINS PEANUTS

Be advised that our food may contain soy, seeds, sesame,
and nuts and there may be risk of cross-contamination.

