

Le Botaniste

Signature Dishes

If you have any questions, contact us at info@lebotaniste.us

SIGNATURE BOWLS	Serving (gr)	Calories (kcal)	Protein (gr)	Carbs (gr)	Total Fats (gr)	Sodium (mg)	Fiber (gr)	Saturated Fats (gr)	Sugars (gr)	CO2 emissions kgCO2
Coconut Curry "Tibetan Mama"	552	535,91	14,75	72,86	20,85	2,92	9,76	7,91	8,08	0.4383
Chili Sin Carne	592	591,76	22,82	76,36	19,08	50,11	12,52	1,09	8,16	0.3477
Pasta Bolo	477	685,09	16,66	74,95	35,29	3,39	11,21	5,71	6,61	0.2527
Botanical Salad	249	311,21	6,10	23,22	22,16	132,89	11,08	5,41	3,25	0.3365
DO IT YOURSELF	Serving (gr)	Calories (kcal)	Protein (gr)	Carbs (gr)	Total Fats (gr)	Sodium (mg)	Fiber (gr)	Saturated Fats (gr)	Sugars (gr)	CO2 emissions kgCO2
Base										
Brown rice	200	244	5,4	49	1,8	0	3,2	0	0	0.18
Quinoa	200	240	8,8	42,18	3,99	0	5,6	0	0	0.015
Quinoa fusilli	150	244	6	53	1	0	4	0	0	0.0825
Rice quinoa noodles	150	244	6	53	1	0	4	0	0	0.1088
3 Beans	150	274	17,25	49,22	0,92	106	5	0	0	0.1067
Cauliflower rice	150	38	2,9	7,5	0,42	0	3	0	2,9	N/A
Salad mix	50	17	1,65	2,41	0,4	0	1,75	0	0	0.0559
Potato	200	178	4,8	40,48	0,256	0	2,8	0	0	0.17
Sauce										
Coconut curry	250	245,54	7,07	17,08	16,45	286	3,35	6,99	7,39	0.2016
Bolognese	300	191,77	9,34	19,17	6,74	294	6,37	0,88	6,42	0.1626
chili sin carne	300	191,77	9,34	19,17	6,74	294	6,37	0,88	6,42	0.1626
Toppings										
Steamed greens	50	14,3	1,1	2,6	0,3	0	1,28	0,06	0,69	0.0227
Greenpea hummus	50	99	3,6	10,55	4,7	214	1,8	0,8	1,45	0.0357
Red beet caviar	50	85	1,75	8,9	5,1	180	1,15	0,75	1,6	0.0357
Young coconut ceviche	50	84	1,6	10,7	4,15	212	2,1	1,7	0,3	0.1347
Superseed avocado	69	139	2,6	8,5	11,5	113	7,8	3,2	0,9	0.1679
Kimchi	30	9,00	0,03	0,40	2,02	5,00	1,10	0,79	0,00	0.0454
Sauerkraut	40	12,4	0,57	2,95	0,06	16,9	0,84	0	1,3	0.0184
Turmeric onions	20	6,00	0,17	1,40	0,02	0,23	0,26	0,00	0,06	0.0354
Green peas	30	24,3	1,626	4,335	0,12	0	1,71	0	1,701	0.0062
Root veggies	20	8	0,04	0	0	1,28	0,44	0,65	0,16	0.0077
Micro greens	10	4	0,2	0,8	0	0	0,24	0	0,36	0.0021
Tofu	70	77	4,4	0,39	280	8	0,09	0,09	8,8	0.0662
Sour cream	30	90	0	2	9	6	0	0	0	N/A
Beet balls (2pcs)	80									N/A
Dressing										
Saffron aioli	30	95,80	1,02	1,82	9,97	62	0,19	1,23	0,33	0.031
Ginger velvet	20	26,82	1,43	2,48	1,36	95	0,41	0,24	0,59	0.0291
Lemon harissa	20	78,69	0,30	1,35	7,48	46	0,36	1,46	0,07	0.0045
Green herbal oil	20	224,68	0,42	0,89	25,90	39	0,26	4,62	0,06	0.0073
Garnishes										
Herb mix	2,00	0,61	0,01	0,05	0,12	0,00	0,03	0,07	0,00	0.0012
Gomasio	5,00	24,04	0,89	1,85	1,54	60	0,56	0,15	0,13	0.0027
STARTERS	Serving (gr)	Calories (kcal)	Protein (gr)	Carbs (gr)	Total Fats (gr)	Sodium (mg)	Fiber (gr)	Saturated Fats (gr)	Sugars (gr)	CO2 emissions kgCO2
Soup of the day (Vegetable)	350	130	2,2	13	8,6	800	3,5	1,5	0	N/A
Black bean soup	350	302	15	43	9	800	15	1,5	3	N/A
Veggie sushi roll (with dressing)	180	236,8	7,02	23,82	12,56	316	2,99	1,23	0,14	0.0852
Summer roll (with dressing)	150	195	6,3	28,7	6,7	671	5,1	0,8	0,6	0.2029
Superseed avocado (with crackers)	135	234	5	18	15	183	6,3	3,3	0	0.2191
Young coconut ceviche (with crackers)	80	169	3,2	21,4	8,3	424	4,2	3,4	0,6	0.2695
Red beet caviar (with crackers)	80	171	3,5	17,8	10,2	361	2,3	1,5	3,2	0.0631
Green pea hummus (with crackers)	80	198	7,2	21,1	9,4	429	3,6	1,6	2,9	0.0714
Side salad (With crackers, without spreac	70	129	2,6	15	6,7	195	1,3	0,8	0,2	N/A
Mezze (with crackers)	208	414	11	50	19,4	899	6,2	4,1	3,3	N/A
DESSERTS	Serving (gr)	Calories (kcal)	Protein (gr)	Carbs (gr)	Total Fats (gr)	Sodium (mg)	Fiber (gr)	Saturated Fats (gr)	Sugars (gr)	CO2 emissions kgCO2
Quinoa Peanut butter cookie	80	350	8,5	36	20	300	3,44	2,3	18,7	0.0966
Pecan cookie	80	303	4	47	13	1	5	3	28	N/A

Energie cookie	40	290	6	13	15	0	25	2	9	N/A
Omega-3 brownie	80	420	4,7	69	23	396	7,5	1,5	35,2	0.1581
Red fruit chia pudding	165	278	4,5	26,9	18,3	0	8,51	9,2	17,3	0.4186
Raspberry raw cake	65	267	5,1	18	19	2	1,8	10	15	N/A
Chocolate raw cake	65	301	3,45	20,7	22	2	2,28	16,5	16,8	N/A

DRINKS	Serving (gr)	Calories (kcal)	Protein (gr)	Carbs (gr)	Total Fats (gr)	Sodium (mg)	Fiber (gr)	Saturated Fats (gr)	Sugars (gr)	CO2 emissions kgCO2
Botanical lemonade	340	80	0	21	0	0	0	0	21	0.1565
Iced tea	340	0	0	0	0	0	0	0	0	0.0205
Carrot Detox	340	167	2,6	37	1,3	50	3	0	25	0.7469
Red beet detox	340	162	0,5	39	0,11	32	0,7	0	27	0.7469
Tutti Frutti	340	165	0	42	0	0	38	0	25	0.7469

* Calculated for us by Co2Logic using ADEME data base, for more information visit our page [Sustainability](#)

* Most of our dishes don't contain added sugars. This total includes natural sugars from vegetables and fruits

* For more informations about our ingredients visit our page [Menu](#) or email us at info@lebotaniste.us

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SPECIALS 2026

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BOWLS	Serving	Calories (kcal)	Protein	Carbs	Total Fats	Sodium	Fiber	Saturated Fats	Sugars
Mediterranean Salad	510gr	580	12gr	40gr	42gr	880mg	10gr	5,0gr	3gr
Mediterranean Pasta	525gr	640	14gr	86gr	27gr	860mg	11gr	3,0gr	3gr
Burrito Bowl	550gr	567	15gr	91gr	17gr	40mg	9gr	1,74gr	19gr
Burrito Salad	510gr	451	14gr	67gr	16gr	40mg	9gr	1,74gr	20gr
CCL Longevity Bowl	460gr	815	21gr	87gr	45gr	369mg	13gr	9,3gr	11gr
Asian Noodle Salad	430gr	465	15gr	16gr	276gr	44mg	9gr	3,77gr	20gr
DO IT YOURSELF	Serving	Calories (kcal)	Protein	Carbs	Total Fats	Sodium	Fiber	Saturated Fats	Sugars
Sauce									
Spiced black beans	190gr	162	7,56gr	25gr	3,36gr	20mg	0,7gr	0,03gr	0,62gr
Ratatouille	250gr	80	1,8gr	10gr	4,3gr	600mg	22gr	0,04gr	22gr
Topping									
Turmeric Lemon	50gr	120	2,8gr	6,2gr	9,96gr	26mg	1,6gr	0,7gr	0gr
Blue Corn Cracker	25gr	59	0,93gr	8gr	3gr	47mg	0,89gr	0,56gr	0gr
Tzatziki	45gr	95	2gr	22gr	9,5gr	4mg	0,2gr	0,02gr	0gr
Tomato Corn Salsa	70gr	24	0,85gr	5,9gr	0,4gr	86mg	1,5gr	0,05gr	0,9gr
Snow pea mix	100gr	29	2,04gr	1,8gr	0,24gr	68mg	0,08gr	0,08gr	3,18gr
Spicy peanuts	20gr	112	4,10gr	5,08gr	8,80gr	30mg	1,76gr	1,47gr	1,55gr
Avocado Mash	55gr	83	1,02gr	4,48	7,5gr	45mg	3,29gr	1,04fr	0,07gr
BBQ Jackfruit	90gr	81	1,00gr	19,12	0,35gr	29mg	0,87gr	0gr	15,88gr
Orzo Salad	100gr	340	11,56gr	60,47gr	7,64gr	35mg	5,08gr	1,11gr	8,10gr
Falafel	80gr	125	3,08gr	9,98gr	8,35gr	79mg	2,45gr	0,08gr	0,49gr
Savory Granola	10gr	48	1,64gr	4,04gr	2,98gr	8mg	0,83gr	0,31gr	0,11gr
Pickled onions	25gr	5	0,06gr	1,33gr	0,008gr	83mg	0,10gr	0	1,04gr
Roasted Asparagus & Zucchini	100gr	40	1,68gr	2,30gr	2,98gr	80mg	1,64gr	0,02gr	0
Feta	25gr	71	0	3,57gr	5,36gr	24mg	0	5,35gr	0
Dressings									
Zaatar dressing	40gr	166	1,17gr	1,9gr	17,88gr	0,58gr	0,64gr	2,48gr	0,58gr
DRINKS	Serving	Calories (kcal)	Protein	Carbs	Total Fats	Sodium	Fiber	Saturated Fats	Sugars
Berry Smoothie	250gr	199	4,14gr	37,88gr	3,92gr	46mg	4,97gr	1,94gr	24,21gr
DESSERTS	Serving	Calories (kcal)	Protein	Carbs	Total Fats	Sodium	Fiber	Saturated Fats	Sugars
Blueberry poppy seed muffin	80gr	205	2,50gr	29,52gr	9,08gr	57mg	3,92gr	0,59gr	13,02gr

* Most of our dishes don't contain added sugars. This total includes natural sugars from vegetables and fruits

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