Le Botaniste

A la carte trays

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

GRAINS / STARCHES	Serves X	Total weight	Calories (kcal)	Protein (gr)	Carbs (gr)	Total Fats (gr)	Sodium (gr)	Fiber (gr)	Saturated Fats (gr)	Sugars (gr)
Quinoa	8	1400	1680	62	297	28	0,000	39	0	0
Cauliflower	8	1200	300	23	60	3	0,000	24	0	23
Quinoa fusilli	8	1400	2277	56	495	9	0,000	37	0	0
Potatoes	8	1400	1302	35	295	2	0,000	25	0	0
VEGGIES	**Serves X**	**Total weight**	**Calories (kcal)**	**Protein (gr)**	**Carbs (gr)**	**Total Fats (gr)**	**Sodium (gr)**	**Fiber (gr)**	**Saturated Fats (gr)**	**Sugars (gr)**
Salad mix	8	500	122	12	17	3	0,000	13	0	3
Steamed greens	8	1200	343	26	62	7	0,000	31	1	17
3 Beans	8	1200	2197	138	395	7	0,857	41	0	11
falafel	8	900	1413	35	112	94	0,885	28	1	6
Tofu	8	1000	1100	63	6	40	1,143	1	1	11
Roasted Sweet potato	8	1400	1505	15	272	49	0,018	42	6	112
Roasted Bok Choy	8	1400	420	25	25	27	0,893	12	4	0
Chili pepper kale broccoli	8	1200	2222	71	145	195	0,314	39	21	33
Turmeric Roasted cauliflower	8	1200	604	22	58	40	0,011	24	5	22
Roasted Chimichurri	8	1200	1343	24	128	94	0,086	30	13	44
Superseed avocado	8	1380	2780	52	170	230	0,226	156	64	18
SAUCES	**Serves X**	**Total weight**	**Calories (kcal)**	**Protein (gr)**	**Carbs (gr)**	**Total Fats (gr)**	**Sodium (gr)**	**Fiber (gr)**	**Saturated Fats (gr)**	**Sugars (gr)**
Coconut Curry	8	1600	1571	45	109	105	2,339	21	45	47
Bolognese	8	1600	857	41	105	29	1,249	28	4	38
Chili sin carne	8	1600	840	40	103	29	1,055	27	4	38
Moroccan stew	8	1600	428	8	65	17	0,015	14	1	37
Spiced black beans	8	1600	1363	64	207	28	0,02	6	0	5
TOPPINGS	**Serves X**	**Total weight**	**Calories (kcal)**	**Protein (gr)**	**Carbs (gr)**	**Total Fats (gr)**	**Sodium (gr)**	**Fiber (gr)**	**Saturated Fats (gr)**	**Sugars (gr)**
Kimchi	8	350	105	0	5	24	0,056	13	9	0
Red Sauerkraut	8	350	109	5	26	1	0,148	7	0	11
Turmeric onions	8	350	105	3	24	0	0,004	4	0	1
Root Veggies	8	350	140	1	0	0	0,000	8	11	3
Green peas	8	350	284	19	51	1	0,000	20	0	20
Sour cream	8	300	900	0	20	90	0,001	0	0	0
Micro greens	8	40	16	1	3	0	0,000	1	0	1
Young Coconut ceviche	8	350	520	10	45	36	0,424	18	15	3
Lemon turmeric hummus	8	350	840	21	42	70	0,013	14	0	0
Miso glazed tofu	8	400	507	19	40	108	3,672	2	1	68
Cucumber salad	8	300	216	3	17	16	0,060	3	2	10
Cashew Tamari Crunch	8	40	180	5	10	14	0,018	1	2	3
Pickled lotus root	8	60	49	1	11	0	0,022	1	0	5
Sweet onions	8	350	423	5	102	0	1,085	6	0	35
Turmeric Apples	8	300	156	1	4	4	0,180	0	0	3
Spicy Pecan pumpkin mix	8	100	606	12	21	57	0,722	8	5	11
DRESSINGS	**Serves X**	**Total weight**	**Calories (kcal)**	**Protein (gr)**	**Carbs (gr)**	**Total Fats (gr)**	**Sodium (gr)**	**Fiber (gr)**	**Saturated Fats (gr)**	**Sugars (gr)**
Saffron Aioli	8	220	703	7	13	73	4,570	1	9	2
Green herbal oil	8	220	2471	5	10	285	4,258	3	51	1
Lemon harissa	8	220	866	3	15	82	5,024	4	16	1
Ginger Velvet	8	220	295	16	27	15	1,050	5	3	7
Apple Cider dressing	8	250	963	3	22	101	0,921	2	14	13
Tahini Dressing	8	220	659	20	24	54	3,557	3	9	13

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

* For more information about our ingredients visit our page Menu or email us at info@lebotaniste.us