Le Botaniste

Catering

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

BREAKFAST	Serves X	Total weight	Calories (kcal)	Protein (gr)	Carbs (gr)	Total Fats (gr)	Sodium (gr)	Fiber (gr)	Saturated Fats (gr)	Sugars (gr)
Banana Bread	10	1008	2990	32	432	134,09	0,255	50	29	194
Overnight oats family style	6	1350	2574	64	366	103,72	0,788	52	8	139
Granola Parfait family style	6	1150	1941	55	212	104,92	0,309	31	20	85
Red fruit chia pudding family style	6	1000	1346	22	135	88,18	0,154	42	44	85
Avocado toast family style	10	1190	2736	69	145	232,67	0,764	76	27	3
Breakfast bundle	12	3050	4709	110	604	225,62	0,328	103	58	272
BOWLS & SOUPS	**Serves X**	**Total weight**	**Calories (kcal)**	**Protein (gr)**	**Carbs (gr)**	**Total Fats (gr)**	**Sodium (gr)**	**Fiber (gr)**	**Saturated Fats (gr)**	**Sugars (gr)**
Soup of the day Family Style	6	1500	557	9	56	36,86	3,429	15	6	0
Side Salad Family Style	6	650	772	14	22	68,17	1,002	12	13	5
Coconut curry family style	6	3230	3058	81	381	140,99	1,951	55	55	54
Pasta bolognese family style	6	2400	4218	85	422	256,53	7,802	58	42	30
Chili bowl family style	6	2580	2667	91	358	94,62	7,506	48	4	33
Botanical salad family style	6	2228	3035	65	209	228,70	0,749	122	54	24
Morrocan stew family style	6	2850	2110	43	286	80,85	2,711	43	17	39
Burrito Bowl Family Style	6	2800	2879	76	462	85,24	1,037	44	9	99
Harvest Salad Family Style	6	2400	3646	47	361	218,54	2,688	47	53	89
Coconut Ceviche Salad Family Style	6	1475	1903	39	128	149,75	12,429	47	22	28
Japanese Bowl Family Style	6	2300	4052	93	655	194,30	4,258	37	15	125
PLATTERS	**Serves X**	**Total weight**	**Calories (kcal)**	**Protein (gr)**	**Carbs (gr)**	**Total Fats (gr)**	**Sodium (gr)**	**Fiber (gr)**	**Saturated Fats (gr)**	**Sugars (gr)**
Veggie sushi tray	10	550	1037	33	96	58,50	3,106	13	7	6
Falafel tray	10	1050	1732	35	120	125,84	2,253	28	1	6
Superseed avocado tray	10	1530	3537	53	174	316,58	8,321	158	67	20
Garden tray	10	1850	1178	27	96	87,08	5,193	31	10	35
Mezze platter	10	3246	4583	106	375	317,72	5,332	81	43	53
Apero board	10	4796	8958	190	607	65,83	6,133	144	70	101
Cocktail party	15	4297	6816	139	527	47,33	5,781	122	51	81
TREATS	**Serves X**	**Total weight**	**Calories (kcal)**	**Protein (gr)**	**Carbs (gr)**	**Total Fats (gr)**	**Sodium (gr)**	**Fiber (gr)**	**Saturated Fats (gr)**	**Sugars (gr)**
Quinoa Peanut butter cookie	1	80	350	9	36	20,00	0,300	3	2	19
Pecan cookie	1	80	303	4	47	13,00	0,010	5	3	28
Omega-3 brownie	1	80	420	5	69	23,00	0,396	8	2	35
Mini Assortment	25	1750	7908	95	1269	393,75	0,153	137	49	691
Baked goods assortment	12	1110	4621	77	640	244,74	0,068	65	31	348

* 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