Le Botaniste

Catering Individual

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

INDIVIDUAL BOWLS	Serving (gr)	Calories (kcal)	Protein (gr)	Carbs (gr)	Total Fats (gr)	Sodium (gr)	Fiber (gr)	Saturated Fats (gr)	Sugars (gr)
Coconut Curry Bowl	552	536	15	73	21	0,292	10	8	8
Chili Bowl	572	570	20	77	19	0,132	13	1	7
Pasta Bolognese	512	735	17	86	37	0,156	12	6	7
Botanical Salad	249	311	6	23	22	0,133	11	5	3
Burrito Bowl	550	567	15	91	17	0,040	9	2	19
Japanese bowl	460	810	19	131	39	0,850	7	3	25
Harvest Salad	480	729	9	72	44	0,538	9	10,68	18
Coconut Ceviche Salad	295	381	8	26	30	0,249	9	4,48	6
Moroccan Stew	532	363	8	54	12	0,423	8	2	7

INDIVIDUAL DESSERTS	Serving (gr)	Calories (kcal)	Protein (gr)	Carbs (gr)	Total Fats (gr)	Sodium (gr)	Fiber (gr)	Saturated Fats (gr)	Sugars (gr)
Quinoa Peanut butter cookie	80	350	9	36	20	0,300	3	2	19
Chocolate Pecan cookie	80	303	4	47	13	0,010	5	3	28
Omega-3 brownie	80	420	5	69	23	0,396	8	2	35
Matcha Cookie	75	330	2,91	45,46	15,48	0,370	4,18	3,94	23,97

* 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