Le Botaniste

SPECIALS 2026

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

| BOWLS | Serving (gr) | Calories (kcal) | Protein (gr) | Carbs (gr) | Total Fats (gr) | Sodium (gr) | Fiber (gr) | Saturated Fats (gr) | Sugars (gr) |
|---|---|---|---|---|---|---|---|---|---|
| Burrito Bowl | 550 | 567 | 15 | 91 | 17 | 0,040 | 9 | 1,74 | 19 |
| Japanese Bowl | 460 | 810 | 19 | 131 | 39 | 0,085 | 7 | 3,00 | 25 |
| Harvest Salad | 480 | 729 | 9 | 72 | 44 | 0,348 | 9 | 10,68 | 18 |
| Ceviche Salad | 295 | 381 | 8 | 26 | 30 | 0,249 | 9 | 4,48 | 6 |
| Moroccan Stew | 572 | 392 | 7 | 60 | 12 | 0,033 | 10 | 3,04 | 20 |
| Chili in a cup | 340 | 350 | 12 | 37 | 16 | 0,090 | 8 | 0,61 | 5,64 |
| **DO IT YOURSELF** | **Serving (gr)** | **Calories (kcal)** | **Protein (gr)** | **Carbs (gr)** | **Total Fats (gr)** | **Sodium (gr)** | **Fiber (gr)** | **Saturated Fats (gr)** | **Sugars (gr)** |
| **Sauce** | | | | | | | | | |
| Spiced black beans | 190 | 162 | 7,56 | 25 | 3,36 | 0,020 | 0,7 | 0,03 | 0,62 |
| Moroccan Stew | 200 | 54 | 0,95 | 8,07 | 2,13 | 0,002 | 1,80 | 0,14 | 4,69 |
| **Topping** | | | | | | | | | |
| Turmeric Lemon hummus | 50 | 120 | 2,80 | 6.2 | 9.96 | 0,260 | 1.6 | 0.7 | 0 |
| Blue Corn Cracker | 25 | 59 | 0,93 | 8 | 3 | 0,470 | 0,89 | 0,56 | 0 |
| Tomato Corn Salsa | 70 | 24 | 0,85 | 5.9 | 0.4 | 0,086 | 1.5 | 0.05 | 0.9 |
| Avocado Mash | 55 | 83 | 1,02 | 4,48 | 7,5 | 0,045 | 3,29 | 1,04 | 0,07 |
| Chipotle Jackfruit | 90 | 68 | 1,44 | 16,16 | 0,37 | 0,012 | 1,31 | 0 | 11,87 |
| Falafel | 80 | 125 | 3,08 | 9,98 | 8,35 | 0,790 | 2,45 | 0,08 | 0,49 |
| Miso glazed tofu | 80 | 101 | 3,73 | 8,06 | 21,55 | 0,734 | 0,50 | 0,27 | 13,52 |
| Sweet onions | 40 | 48 | 0,56 | 11,64 | 0,02 | 0,001 | 0,70 | 0,00 | 3,99 |
| Turmeric apples | 60 | 31 | 0,10 | 0,75 | 0,83 | 0,036 | 0,06 | 0,03 | 0,59 |
| Cashew Tamari Crunch | 8 | 36 | 1,09 | 2,09 | 2,81 | 0,004 | 0,20 | 0,48 | 0,68 |
| Spicy pecan pumpkin mix | 20 | 121 | 2,47 | 4,23 | 11,46 | 0,014 | 1,52 | 0,99 | 2,11 |
| Cucumber salad | 60 | 43 | 0,61 | 3,35 | 3,11 | 0,010 | 0,55 | 0,42 | 2,03 |
| Roasted sweet potato | 75 | 81 | 0,80 | 14,55 | 2,60 | 0,001 | 2,23 | 0,35 | 5,98 |
| Roasted Bok Choy | 75 | 22 | 1,36 | 1,36 | 1,45 | 0,050 | 0,65 | 0,21 | 0,00 |
| **Dressings** | | | | | | | | | |
| Tahini Dressing | 30 | 90 | 2,70 | 3,31 | 7,31 | 0,049 | 0,47 | 1,29 | 1,83 |
| Apple cider dressing | 50 | 193 | 0,62 | 4,42 | 20,13 | 0,184 | 0,43 | 2,76 | 2,64 |
| **DRINKS** | **Serving (gr)** | **Calories (kcal)** | **Protein (gr)** | **Carbs (gr)** | **Total Fats (gr)** | **Sodium (gr)** | **Fiber (gr)** | **Saturated Fats (gr)** | **Sugars (gr)** |
| Collagen Add on | 25 | 0 | 0 | 0 | 0 | 0,000 | 0 | 0 | 0 |
| **DESSERTS** | **Serving (gr)** | **Calories (kcal)** | **Protein (gr)** | **Carbs (gr)** | **Total Fats (gr)** | **Sodium (gr)** | **Fiber (gr)** | **Saturated Fats (gr)** | **Sugars (gr)** |
| 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