Le Botaniste

SPECIALS 2026

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

BOWLS	Serving	Calories (kcal)	Protein	Carbs	Total Fats	Sodium	Fiber	Saturated Fats	Sugars
Burrito Bowl	550	567	15	91	17	0,04	9	1,74	19
Japanese Bowl	460	810	19	131	39	0,085	7	3,00	25
Harvest Salad	480	729	9	72	44	0,54	9	10,68	18
Ceviche Salad	295	381	8	26	30	2,49	9	4,48	6
Moroccan Stew	532	363	8	54	12	423	8	2,23	7
Chili in a cup	340	350	12	37	16	1	8	0,61	5,64
DO IT YOURSELF	**Serving**	**Calories (kcal)**	**Protein**	**Carbs**	**Total Fats**	**Sodium**	**Fiber**	**Saturated Fats**	**Sugars**
Sauce									
Spiced black beans	190	162	7,56	25	3,36	0,02	0,7	0,03	0,62
Moroccan Stew	200	54	0,95	8,07	2,13	1,88	1,80	0,14	4,69
Topping									
Turmeric Lemon hummus	50	120	2.8	6.2	9.96	0,26	1.6	0.7	0
Ayurvedic cracker	25	60	1	8	2	0,41	2	0.02	0
Blue Corn Cracker	25	59	0,93	8	3	0,47	0,89	0,56	0
Tomato Corn Salsa	70	24	0.85	5.9	0.4	0,086	1.5	0.05	0.9
Snow pea mix	100	29	2,04	1,8	0,24	0,068	0,08	0,08	3,18
Spicy peanuts	20	112	4,1	5,08	8,8	0,03	1,76	1,47	1,55
Avocado Mash	55	83	1,02	4,48	7,5	0,045	3,29	1,04	0,07
BBQ Jackfruit	90	81	1	19,12	0,35	0,029	0,87	0	15,88
Chipotle Jackfruit	90	68	1,44	16,16	0,37	0	1,31	0	11,87
Falafel	80	125	3,08	9,98	8,35	0,79	2,45	0,08	0,49
Miso glazed tofu	80	101	3,73	8,06	21,55	0,73	0,50	0,27	13,52
Sweet onions									
Turmeric apples	60	31	0,10	0,75	0,83	0,04	0,06	0,03	0,59
Cashew Tamari Crunch	8	36	1,09	2,09	2,81	0	0,20	0,48	0,68
Spicy pecan pumpkin mix	20	121	2,47	4,23	11,46	0,01	1,52	0,99	2,11
Cucumber salad	60	43	0,61	3,35	3,11	0	0,55	0,42	2,03
Roasted sweet potato	75	81	0,80	14,55	2,60	0	2,23	0,35	5,98
Roasted Bok Choy	75	22	1,36	1,36	1,45	0	0,65	0,21	0,00
Dressings									
Tahini Dressing	30	90	2,70	3,31	7,31	0,05	0,47	1,29	1,83
Apple cider dressing	50	193	0,62	4,42	20,13	0,18	0,43	2,76	2,64
DRINKS	**Serving**	**Calories (kcal)**	**Protein**	**Carbs**	**Total Fats**	**Sodium**	**Fiber**	**Saturated Fats**	**Sugars**
Collagen Add on	25	0	0	0	0	0	0	0	0
DESSERTS	**Serving**	**Calories (kcal)**	**Protein**	**Carbs**	**Total Fats**	**Sodium**	**Fiber**	**Saturated Fats**	**Sugars**
Matcha Cookie	75	330	2,91	45,46	15,48	0,37	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