

## EASY TO SHARE TO START

- SOUP OF THE DAY** .....\$ 7  
served with superseed bread and cracker
- SPREAD AND DIPS** .....\$ 80  
assortment of 3 spreads served with superseed bread, cracker and veggie sticks (serves 8 to 10)
- BOTANICAL TRAY** .....\$ 35  
crudité served with 🌱 saffron aioli (serves 8 to 10)
- VEGGIE SUSHI ROLL** .....\$ 40  
served with 🌱 saffron aioli and 🌱 ginger velvet (30pcs)
- BEET BALLS** .....\$ 45  
served with seasonal spread (30pcs)
- SUPERSEED AVOCADO BITES** .....\$ 50  
served with superseed bread, cracker and 🌱 saffron aioli (12pcs)
- SEASONAL SALAD** .....\$ 55  
side salad served with dressing (serve 8 to 10 persons)



Please inform us about your allergies

🌱 CONTAINS NUTS

🌱 CONTAINS PEANUTS

Be advised that our food may contain soy, seeds, sesame, and nuts and there may be risk of cross-contamination.

## PRESCRIPTION BOWLS

**\$ 75**  
any bowl, family style (serves 4 to 6)

**\$ 15/person**  
any bowl, served individually

**\$ 16/person**  
botanical menu: half portion of any bowl and a side salad

**TIBETAN MAMA** .....  
brown rice - coconut pb curry sauce - steamed greens - kimchi

**SPICY CHILI SIN CARNE** .....  
brown rice - 3 beans - quinoa - ersatz sour cream - turmeric onions

**PASTA BOLO** .....  
quinoa fusilli - bolognese sauce - herbal oil - superseed mix

**VEGETABLE TAJINE** .....  
quinoa - potatoes - moroccan stew - lemon harissa

**BOTANICAL SALAD** .....  
salad mix - quinoa ) superseed avocado - root veggies - saffron aioli

**SEASONAL SPECIAL** .....  
ask us about our new prescriptions

## GUILT FREE DESSERTS

**OMEGA 3 BROWNIE** .....\$ 6  
flax seeds - brown sugar - buckwheat flour served with 🌱 cashew cream

**APPLE VOLCANO** .....\$ 6  
chia - flax seeds - served with 🌱 cashew cream

**RED FRUIT CHIA PUDDING** .....\$ 6  
coconut milk - agave - flax seeds

**CHOCOLATE CHIA MUD** .....\$ 6  
almond milk - agave - mini brownie

**QUINOA PB COOKIE** .....\$ 6  
buckwheat flour - brown sugar - sunflower oil

**BAKED GOODS ASSORTMENT** .....\$ 55  
brownies and pb cookies served with cashew cream (serves 10)

LARGE CAKES AVAILABLE ON REQUEST

## DRINKS

### BOTANICAL LEMONADE

**ICE TEA** 12 oz .....\$ 3.25  
32 oz .....\$ 8

**DETOX** 12 oz .....\$ 6.95  
32 oz .....\$ 18

carrot - grapefruit - turmeric  
red beet - apple - ginger

## FULL PRESCRIPTIONS

delivery and set-up in Manhattan included  
serves 8 to 10

**GUILT-FREE SNACK** .....\$ 190

assortment of baked goods, red fruit chia puddings, paired with detox drinks

+ add superseed avocado tray .....\$ 50

**BOTANICAL LUNCH** .....\$ 285

your choice of 2 prescriptions bowls served family style, a seasonal salad to share, paired with Iced Tea and Botanical Lemonade

+ add assortment of spreads and dips .....\$ 80

+ add dessert assortment .....\$ 60

**COCKTAIL PARTY** .....\$ 190

assortment of spreads and dips, superseed bread, crackers and veggies sticks, veggie sushi rolls, beets balls

+ add superseed avocado tray .....\$ 50

Sustainable catering  
served in  
eco-friendly packaging

## ASK US ABOUT OUR SERVICE OPTIONS:

Full service and delivery available