



# Le Botaniste

— FOOD & WINE BAR —  
PLANT-BASED ORGANIC

## SUSTAINABLE CATERING

*served in eco-friendly packaging*

ASK US ABOUT OUR SERVICE OPTIONS

### FULL PRESCRIPTIONS

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

<b>GUILT-FREE SNACK</b> .....	\$ 190
<i>assortment of baked goods, red fruit chia puddings, paired with detox drink</i>	
+ add superseed avocado tray.....	\$ 50
<b>BOTANICAL LUNCH</b> .....	\$285
<i>your choice of 2 prescriptions bowls served family style, a seasonal salad to share, paired with iced tea and botanical lemonade</i>	
+ add assortment of spreads and dips.....	\$ 80
+ add dessert assortment.....	\$ 60
<b>COCKTAIL PARTY</b> .....	\$ 190
<i>assortment of spreads and dips, superseed bread, crackers and veggies sticks, veggie sushi rolls, beets balls</i>	
+ add superseed avocado tray.....	\$ 50

### GUILT FREE DESSERTS

<b>OMEGA 3 BROWNIE</b> .....	\$ 6
<i>flax seeds - brown sugar - buckwheat flour served with cashew cream</i>	
<b>APPLE VOLCANO</b> .....	\$ 6
<i>chia - flax seeds - served with cashew cream</i>	
<b>RED FRUIT CHIA PUDDING</b> .....	\$ 6
<i>coconut milk - agave - flax seeds</i>	
<b>CHOCOLATE CHIA MUD</b> .....	\$ 6
<i>almond milk - agave - mini brownie</i>	
<b>QUINOA PB COOKIE</b> .....	\$ 6
<i>buckwheat flour - brown sugar - sunflower oil</i>	
<b>BAKED GOODS ASSORTMENT</b> .....	\$ 55
<i>brownies and pb cookies served with cashew cream (serves 10)</i>	

### DRINKS

<b>BOTANICAL LEMONADE</b>	
<b>ICE TEA</b> 12oz.....	\$ 3.25
32 oz.....	\$ 8
<b>DETOX</b> 12oz.....	\$ 6.95
32 oz.....	\$ 18
<i>carrot - grapefruit - tumeric</i>	
<i>red beet - apple - ginger</i>	

Send your request to:  
CATERING@LEBOTANISTE.US

Order online:  
LEBOTANISTE.US



## EASY TO SHARE TO START

- |  |  |
|--|--|
| <b>SOUP OF THE DAY</b> ..... \$ 7<br><i>served with superseed bread and cracker</i>  | <b>BEET BALLS</b> ..... \$ 45<br><i>served with seasonal spread (serves 8 to 10)</i>   |
| <b>SPREAD AND DIPS</b> ..... \$ 80<br><i>assortment of 3 spreads served with superseed bread, cracker and veggie sticks (serves 8 to 10)</i> | <b>SUPERSEED AVOCADO BITES</b> ..... \$ 50<br><i>served with superseed bread, cracker and saffron aioli (serves 8 to 10)</i> |
| <b>BOTANICAL TRAY</b> ..... \$ 35<br><i>crudités served with saffron aioli (serves 8 to 10)</i>  | <b>SEASONAL SALAD</b> ..... \$ 55<br><i>side salad served with dressing (serve 8 to 10)</i>                                  |
| <b>VEGGIE SUSHI ROLL</b> ..... \$ 40<br><i>served with saffron aioli and ginger velvet (serves 8 to 10)</i>                                  |  |

## PRESCRIPTION BOWLS

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

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

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

**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*

**\$ 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*

*Please inform us about your allergies*

 CONTAINS NUTS    CONTAINS PEANUTS

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