

## Nutrition & CO2 emissions facts

If you have any questions, contact us at [info@lebotaniste.us](mailto:info@lebotaniste.us)

| <b>PRESCRIPTION BOWLS</b> | <b>Serving</b> | <b>Calories (kcal)</b> | <b>kg CO2*</b> | <b>Total Fats</b> | <b>Saturated Fats</b> | <b>Chol</b> | <b>Sodium</b> | <b>Carbs</b> | <b>Fiber</b> | <b>Total Sugars*</b> | <b>Protein</b> |
|---------------------------|----------------|------------------------|----------------|-------------------|-----------------------|-------------|---------------|--------------|--------------|----------------------|----------------|
| Tibetan Mama              | 552gr          | <b>531</b>             | 0.4383         | 18.8gr            | 7.7gr                 | 0gr         | 1192mg        | 73.8gr       | 9.6gr        | 9.6gr                | 14.8gr         |
| Spicy Chili Sin Carne     | 592gr          | <b>596</b>             | 0.3477         | 19.9gr            | 5.8gr                 | 0gr         | 1,521mg       | 77gr         | 12.6gr       | 8.8gr                | 23gr           |
| Pasta Bolo                | 477gr          | <b>554</b>             | 0.2527         | 19.4gr            | 6gr                   | 0gr         | 1,378mg       | 74.9gr       | 11.3gr       | 6.5gr                | 16.5gr         |
| Vegetable Tajine          | 525gr          | <b>359</b>             | 0.2597         | 10.5gr            | 3.3gr                 | 0gr         | 1,500mg       | 56gr         | 7.3gr        | 10.2gr               | 8.1gr          |
| Magic Miso Soup           | 587gr          | <b>468</b>             | 0.2938         | 9.9gr             | 1.1gr                 | 0gr         | 2,164mg       | 72.3gr       | 9.4gr        | 7.2gr                | 21.4gr         |
| Botanical Salad           | 320gr          | <b>328</b>             | 0.3365         | 22.62gr           | 4.5gr                 | 0gr         | 558mg         | 27.6gr       | 13gr         | 4.7gr                | 8gr            |

| <b>DO IT YOURSELF</b> | <b>Serving</b> | <b>Calories (kcal)</b> | <b>kg CO2*</b> | <b>Total Fats</b> | <b>Saturated Fats</b> | <b>Chol</b> | <b>Sodium</b> | <b>Carbs</b> | <b>Fiber</b> | <b>Sugars</b> | <b>Protein</b> |
|-----------------------|----------------|------------------------|----------------|-------------------|-----------------------|-------------|---------------|--------------|--------------|---------------|----------------|
| <b>Base</b>           |                |                        |                |                   |                       |             |               |              |              |               |                |
| Brown rice            | 200gr          | <b>244</b>             | 0.18           | 1.8gr             | 0gr                   | 0gr         | 0mg           | 49gr         | 3.2gr        | 0gr           | 5.4gr          |
| Quinoa                | 200gr          | <b>240</b>             | 0.015          | 3.99gr            | 0gr                   | 0gr         | 0mg           | 42.18gr      | 5.6gr        | 0gr           | 8.8gr          |
| Fusilli               | 150gr          | <b>244</b>             | 0.0825         | 1gr               | 0gr                   | 0gr         | 0mg           | 53gr         | 4gr          | 0gr           | 6gr            |
| 3 beans               | 150gr          | <b>274</b>             | 0.1067         | 0.92gr            | 0gr                   | 0gr         | 106mg         | 49.22gr      | 5gr          | 0gr           | 17.25gr        |
| Cauliflower rice      | 150gr          | <b>38</b>              | N/A            | 0.42gr            | 0gr                   | 0gr         | 0mg           | 7.5gr        | 3gr          | 2.9gr         | 2.9gr          |
| Salad Mix             | 50gr           | <b>17</b>              | 0.0559         | 0.4gr             | 0gr                   | 0gr         | 0mg           | 2.41gr       | 17.5gr       | 0gr           | 16.5gr         |
| Potato                | 200gr          | <b>178</b>             | 0.17           | 0.256gr           | 0gr                   | 0gr         | 0mg           | 40.48gr      | 2.8gr        | 0gr           | 4.8gr          |
| GF Noodles            | 150gr          | <b>244</b>             | 0.1088         | 1gr               | 0gr                   | 0gr         | 0mg           | 53gr         | 4gr          | 0gr           | 6gr            |

|                     |       |            |        |        |        |     |        |        |        |       |        |
|---------------------|-------|------------|--------|--------|--------|-----|--------|--------|--------|-------|--------|
| <b>Sauce</b>        |       |            |        |        |        |     |        |        |        |       |        |
| Coconut curry sauce | 250gr | <b>246</b> | 0.2016 | 16.5gr | 7gr    | 0gr | 1160mg | 17.1gr | 3.4gr  | 7.4gr | 7.1gr  |
| Bolognese           | 300gr | <b>195</b> | 0.1626 | 6.9gr  | 0.9gr  | 0gr | 1360mg | 19.5gr | 6.3gr  | 6.4gr | 9.5gr  |
| Chili sin Carne     | 300gr | <b>195</b> | 0.1626 | 6.9gr  | 0.9gr  | 0gr | 1360mg | 19.5gr | 6.3gr  | 6.4gr | 9.5gr  |
| Moroccan Stew       | 300gr | <b>80</b>  | 0.1406 | 3.2gr  | 0.2gr  | 0gr | 1120mg | 12gr   | 2gr    | 7gr   | 14gr   |
| Magic Miso Soup     | 300gr | <b>83</b>  | 0.0881 | 3gr    | 0.48gr | 0gr | 1500mg | 9.5gr  | 2.43gr | 3.8gr | 31.8gr |

|                       |      |            |        |        |        |     |        |         |        |        |        |
|-----------------------|------|------------|--------|--------|--------|-----|--------|---------|--------|--------|--------|
| <b>Toppings</b>       |      |            |        |        |        |     |        |         |        |        |        |
| Steamed greens        | 75gr | <b>14</b>  | 0.0227 | 0.3gr  | 0gr    | 0gr | 0mg    | 2.6gr   | 1.28gr | 0.69gr | 1.1gr  |
| Greenpea hummus       | 50gr | <b>99</b>  | 0.0357 | 4.7gr  | 0.8gr  | 0gr | 214mg  | 10.55gr | 1.8gr  | 1.45gr | 3.6gr  |
| Red Beet Caviar       | 50gr | <b>85</b>  | 0.0357 | 5.1gr  | 0.75gr | 0gr | 180mg  | 8.9gr   | 1.15gr | 1.6gr  | 17.5gr |
| Young Coconut Ceviche | 50gr | <b>84</b>  | 0.1347 | 4.15gr | 1.7gr  | 0gr | 212mg  | 10.7gr  | 2.1gr  | 0.3gr  | 1.6gr  |
| Superseded avocado    | 45gr | <b>140</b> | 0.1679 | 11.5gr | 1.54gr | 0gr | 45.2mg | 5.98gr  | 5.02gr | 0.9gr  | 2.64gr |
| Kimchi                | 40gr | <b>12</b>  | 0.0454 | 0.03gr | 0gr    | 0gr | 21mg   | 2.66gr  | 1.1gr  | 1.5gr  | 0.53gr |
| Sauerkraut            | 40gr | <b>12</b>  | 0.0184 | 0.06gr | 0gr    | 0gr | 16.9gr | 2.95gr  | 0.84gr | 1.3gr  | 0.57gr |
| Turmeric Onion        | 40gr | <b>12</b>  | 0.0354 | 0.04gr | 0gr    | 0gr | 180mg  | 2.8gr   | 0.68gr | 0.12gr | 0.4gr  |
| Green peas            | 30gr | <b>24</b>  | 0.0062 | 0.1gr  | 0.02gr | 0gr | 1.5gr  | 4.3gr   | 1.7gr  | 1.7gr  | 1.6gr  |
| Root veggies          | 30gr | <b>12</b>  | 0.0077 | 0.06gr | 0gr    | 0gr | 0mg    | 1.92gr  | 0.65gr | 0.98gr | 0.24gr |
| Pea shoots            | 10gr | <b>4</b>   | 0.0021 | 0gr    | 0gr    | 0gr | 0mg    | 0.8gr   | 0.24gr | 0.36gr | 0.2gr  |
| Free-range tofu       | 50gr | <b>77</b>  | 0.0662 | 4.4gr  | 0.39gr | 0gr | 280mg  | 0.8gr   | 0.09gr | 0.09gr | 8.8gr  |
| Ersatz sour cream     | 40gr | <b>90</b>  | N/A    | 9gr    | 4.5gr  | 0gr | 25mg   | 2gr     | 0gr    | 0gr    | 0gr    |
| Beet balls (2pcs)     | 80gr | <b>170</b> | N/A    | 11gr   | 0.77gr | 0gr | 278mg  | 13gr    | 3.6gr  | 2.5gr  | 2.9gr  |

|                  |      |            |        |        |        |     |       |        |        |       |        |
|------------------|------|------------|--------|--------|--------|-----|-------|--------|--------|-------|--------|
| <b>Dressing</b>  |      |            |        |        |        |     |       |        |        |       |        |
| Saffron aioli    | 30gr | <b>96</b>  | 0.031  | 9.96gr | 1.23gr | 0gr | 248mg | 1.82gr | 0.19gr | 0.3gr | 1.02gr |
| Ginger velvet    | 30gr | <b>41</b>  | 0.0291 | 2.04gr | 0.3gr  | 0gr | 573mg | 3.72gr | 0.6gr  | 0.9gr | 2.13gr |
| Lemon Harissa    | 30gr | <b>118</b> | 0.0045 | 11.2gr | 2.3gr  | 0gr | 270mg | 2gr    | 0.6gr  | 0gr   | 0.45gr |
| Green Herbal oil | 30gr | <b>135</b> | 0.0073 | 15gr   | 6.9gr  | 0gr | 233mg | 0.6gr  | 0.45gr | 0gr   | 0.3gr  |

|                  |     |           |        |        |       |     |      |        |        |        |        |
|------------------|-----|-----------|--------|--------|-------|-----|------|--------|--------|--------|--------|
| <b>Garnishes</b> |     |           |        |        |       |     |      |        |        |        |        |
| Fresh Herbs      | 2gr | <b>1</b>  | 0.0012 | 0.01gr | 0gr   | 0gr | 0gr  | 0.12gr | 0.07gr | 0.03gr | 0.04gr |
| Gomasio          | 5gr | <b>24</b> | 0.0027 | 1.5gr  | 0.6gr | 0gr | 63mg | 1.9gr  | 0.6gr  | 0.1gr  | 0.8gr  |

| <b>STARTERS</b>                            | <b>Serving</b> | <b>Calories (kcal)</b> | <b>kg CO2*</b> | <b>Total Fats</b> | <b>Saturated Fats</b> | <b>Chol</b> | <b>Sodium</b> | <b>Carbs</b> | <b>Fiber</b> | <b>Total Sugars*</b> | <b>Protein</b> |
|--|----------------|------------------------|----------------|-------------------|-----------------------|-------------|---------------|--------------|--------------|----------------------|----------------|
| Soup of the day (vegetable)                | 350gr          | <b>130</b>             | N/A            | 8.6gr             | 1.5gr                 | 0gr         | 800mg         | 13gr         | 3.5gr        | 8gr                  | 2.2gr          |
| Black beans soy                            | 350gr          | <b>302</b>             | N/A            | 9gr               | 1.5gr                 | 0gr         | 800mg         | 4.3gr        | 15gr         | 2.5gr                | 15gr           |
| Veggie Sushi Roll (with dressing)          | 180gr          | <b>236</b>             | 0.0852         | 12.56gr           | 1.23gr                | 0gr         | 316mg         | 23.82gr      | 3gr          | 0.14gr               | 7.02gr         |
| Summer Roll (with dressing)                | 150gr          | <b>195</b>             | 0.2029         | 6.7gr             | 0.8gr                 | 0gr         | 671mg         | 28.7gr       | 5.1gr        | 0.6gr                | 6.3gr          |
| Superseded Avocado (with crackers)         | 135gr          | <b>234</b>             | 0.2191         | 15gr              | 3.3gr                 | 0gr         | 183mg         | 18gr         | 6.3gr        | 2.2gr                | 5gr            |
| Young Coconut Ceviche (with crackers)      | 80gr           | <b>169</b>             | 0.2695         | 8.3gr             | 3.4gr                 | 0gr         | 424mg         | 21.4gr       | 4.2gr        | 1.1gr                | 3.2gr          |
| Red Beet Caviar (with crackers)            | 80gr           | <b>171</b>             | 0.0631         | 10.2gr            | 1.5gr                 | 0gr         | 361mg         | 17.8gr       | 2.3gr        | 3.2gr                | 3.5gr          |
| Green Pea Hummus (with crackers)           | 80gr           | <b>198</b>             | 0.0714         | 9.4gr             | 1.6gr                 | 0gr         | 429mg         | 21.1gr       | 3.6gr        | 2.9gr                | 7.2gr          |
| Side Salad (with crackers, without spread) | 140gr          | <b>129</b>             | N/A            | 6.7gr             | 0.8gr                 | 0gr         | 195mg         | 15gr         | 1.3gr        | 0.2gr                | 2.6gr          |
| Mezze (with crackers)                      | 200gr          | <b>414</b>             | N/A            | 19.4gr            | 4.1gr                 | 0gr         | 899mg         | 50gr         | 6.2gr        | 3.3gr                | 11gr           |

| <b>DESSERTS</b>             | <b>Serving</b> | <b>Calories (kcal)</b> | <b>kg CO2*</b> | <b>Total Fats</b> | <b>Saturated Fats</b> | <b>Chol</b> | <b>Sodium</b> | <b>Carbs</b> | <b>Fiber</b> | <b>Total Sugars*</b> | <b>Protein</b> |
|-----------------------------|----------------|------------------------|----------------|-------------------|-----------------------|-------------|---------------|--------------|--------------|----------------------|----------------|
| Quinoa Peanut Butter Cookie | 80gr           | <b>350</b>             | 0.0966         | 20gr              | 2.3gr                 | 0gr         | 300mg         | 36gr         | 3.44gr       | 18.7gr               | 8.5gr          |
| Omega-3 Brownie             | 80gr           | <b>420</b>             | 0.1581         | 23gr              | 1.5gr                 | 0gr         | 396mg         | 59gr         | 7.5gr        | 35.2gr               | 4.7gr          |
| Red Fruit Chia Pudding      | 165gr          | <b>278</b>             | 0.4186         | 18.3gr            | 9.2gr                 | 0gr         | 0mg           | 26.9gr       | 8.51gr       | 17.3gr               | 4.5gr          |
| Raspberry Raw cake          | 65gr           | <b>267</b>             | N/A            | 19gr              | 10gr                  | 0gr         | 2mg           | 18gr         | 1.8gr        | 15gr                 | 5.1gr          |
| Chocolate Raw cake          | 65gr           | <b>301</b>             | N/A            | 22gr              | 16.5gr                | 0gr         | 2gr           | 20.7gr       | 2.28gr       | 16.8gr               | 3.45gr         |
| Chocolate Pecan cookie      | 80gr           | <b>303</b>             | N/A            | 13gr              | 3gr                   | 0gr         | 1mg           | 47gr         | 5gr          | 28gr                 | 4gr            |
| Cashew Cream                | 35gr           | <b>76.8</b>            | N/A            | 4.8gr             | 0.86gr                | 0gr         | 0mg           | 7.5gr        | 0.36gr       | 4.8gr                | 2gr            |

| <b>COLD DRINKS</b> | <b>Serving</b> | <b>Calories (kcal)</b> | <b>kg CO2*</b> | <b>Total Fats</b> | <b>Saturated Fats</b> | <b>Chol</b> | <b>Sodium</b> | <b>Carbs</b> | <b>Fiber</b> | <b>Total Sugars*</b> | <b>Protein</b> |
|--------------------|----------------|------------------------|----------------|-------------------|-----------------------|-------------|---------------|--------------|--------------|----------------------|----------------|
| Botanical Lemonade | 300gr          | <b>72</b>              | 0.1565         | 0gr               | 0gr                   | 0gr         | 0mg           | 21gr         | 0gr          | 2.1gr                | 0gr            |
| Carrot Detox       | 300gr          | <b>150</b>             | 0.7469         | 1.3gr             | 0gr                   | 0gr         | 0mg           | 37gr         | 3gr          | 25gr                 | 2.6gr          |
| Beet Detox         | 300gr          | <b>150</b>             | 0.7479         | 0.11gr            | 0gr                   | 0gr         | 0mg           | 39gr         | 0.7gr        | 27gr                 | 0.5gr          |
| Iced Tea Green     | 300gr          | <b>0</b>               | 0.0205         | 0gr               | 0gr                   | 0gr         | 0mg           | 0gr          | 0gr          | 0gr                  | 0gr            |
| Iced Tea Black     | 300gr          | <b>0</b>               | 0.0205         | 0gr               | 0gr                   | 0gr         | 0mg           | 0gr          | 0gr          | 0gr                  | 0gr            |

| <b>BOTANICAL TONICS</b>         | <b>Serving</b> | <b>Calories (kcal)</b> | <b>kg CO2*</b> | <b>Total Fats</b> | <b>Saturated Fats</b> | <b>Chol</b> | <b>Sodium</b> | <b>Carbs</b> | <b>Fiber</b> | <b>Total Sugars*</b> | <b>Protein</b> |
|---------------------------------|----------------|------------------------|----------------|-------------------|-----------------------|-------------|---------------|--------------|--------------|----------------------|----------------|
| Charcoal Tonic with Oat milk    | 300gr          | <b>180</b>             | N/A            | 2.1gr             | 0gr                   | 0gr         | 112mg         | 33.6gr       | 2.1gr        | 25.1gr               | 4.3gr          |
| Charcoal Tonic with Almond milk | 300gr          | <b>85</b>              | N/A            | 3.1gr             | 0gr                   | 0gr         | 0mg           | 9.1gr        | 1.1gr        | 7gr                  | 1.1gr          |
| Charcoal Tonic with water       | 300gr          | <b>32</b>              | N/A            | 0gr               | 0gr                   | 0gr         | 0mg           | 5.4gr        | 0gr          | 1gr                  | 0gr            |
| Ginger Tonic with Oat milk      | 300gr          | <b>159</b>             | N/A            | 2.33gr            | 0gr                   | 0gr         | 113mg         | 30.94gr      | 2.88gr       | 18.1gr               | 4.84gr         |
| Ginger Tonic with Almond milk   | 300gr          | <b>64</b>              | N/A            | 3.33gr            | 0gr                   | 0gr         | 0.84mg        | 6.44gr       | 1.88gr       | 2.1gr                | 1.64gr         |
| Ginger Tonic with water         | 300gr          | <b>50</b>              | N/A            | 0gr               | 0gr                   | 0gr         | 0mg           | 0gr          | 0gr          | 7gr                  | 0gr            |
| Hibiscus Tonic with Oat milk    | 300gr          | <b>135</b>             | N/A            | 2.1gr             | 0gr                   | 0gr         | 110mg         | 33gr         | 2.1gr        | 24gr                 | 4.2gr          |
| Hibiscus Tonic with Almond Milk | 300gr          | <b>89</b>              | N/A            | 3.1gr             | 0gr                   | 0gr         | 178mg         | 15gr         | 1.1gr        | 13gr                 | 1.1gr          |
| Hibiscus Tonic with water       | 300gr          | <b>27</b>              | N/A            | 0gr               | 0gr                   | 0gr         | 187mg         | 6.9gr        | 0gr          | 6gr                  | 0gr            |

\* Calculated for us by Co2Logic using ADEME data base, for more information visit our page [Sustainability](#)  
 \* Most of our dishes don't contain added sugars. This total includes natural sugars from vegetables and fruits  
 \* For more informations about our ingredients visit our page [Menu](#) or email us at [info@lebotaniste.us](mailto:info@lebotaniste.us)