

Le Botaniste

SPECIALS 2023

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

BOWLS	Serving	Calories (kcal)	Total Fats	Saturated Fats	Chol	Sodium	Carbs	Fiber	Sugars	Protein	CO2 emissions kgCO2
Joe Smashed Potato	570gr	446	14.3gr	0.82gr	0gr	1,192mg	67.5gr	9.23gr	9.46gr	13.03gr	
Tutti Veggie Salad (Spring)	380gr	414	25.2gr	3.1gr	0gr	477mg	38.1gr	10gr	7.16gr	10.0gr	
Mediterranean Salad	510gr	575	42gr	5gr	0gr	882mg	40gr	9.8gr	3.3gr	12gr	
Mediterranean Pasta	525gr	639	27gr	2.8gr	0gr	857mg	86gr	11gr	3.3gr	14gr	
Summer Salad	340gr	453	15gr	3.9gr	0gr	613mg	68gr	13gr	3.4gr	13gr	
Corn Tomato Salad	425gr	493	20gr	2gr	0gr	800mg	55gr	14gr	5gr	19gr	
Fall Beet Salad	440gr	494	23gr	2gr	0gr	739gr	52gr	14gr	13gr	18gr	

DO IT YOURSELF	Serving	Calories (kcal)	Total Fats	Saturated Fats	Chol	Sodium	Carbs	Fiber	Sugars	Protein	CO2 emissions kgCO2
Sauce											
Mushroom gravy	300gr	181	7.30gr	0gr	0gr	1160mg	21gr	5.2gr	4.7gr	6.3gr	0.2016
Ratatouille	250gr	80	4.3gr	0.04gr	0gr	600mg	10gr	2.2gr	2.2gr	1.8gr	

Topping											
Turmeric Lemon Hummus	30gr	69	5.6gr	0gr	0gr	26mg	3.8gr	0.9gr	0gr	2gr	
Tzatziki	45gr	95	9.5gr	0.02gr	0gr	41mg	2.2gr	0.2gr	0gr	0.2gr	
Roasted Veggies	75gr	37.5	1.35gr	0gr	0gr	87.5mg	6.25gr	1.5gr	2.15gr	0.9gr	
Jackuna	50gr	50.5	3.2gr	0.33gr	0gr	345gr	4.4gr	2.8gr	0.2gr	2.15gr	
Roasted Corn Tomato Salad	75gr	31	0.43gr	0gr	0gr	0.95mg	6gr	1.6gr	1gr	1.35gr	
Roasted Beets	80gr	44	1.35gr	0gr	0gr	0.25mg	7.5gr	2.2gr	5.5gr	1.25gr	
Lentil Salad	90gr	131	1.2gr	0gr	0gr	0.1mg	22.8gr	1.5gr	0gr	7.9gr	

Dressing											
Balsamic Dressing	30gr	104	7.2gr	0.7gr	0gr	47mg	1.4gr	0.14gr	0.98gr	0.39mg	
Caesar Dressing	30gr	81	7.4gr	0.6gr	0gr	46mg	2.8gr	0.47gr	0.89gr	1.47mg	

DRINK	Serving	Calories (kcal)	Total Fats	Saturated Fats	Chol	Sodium	Carbs	Fiber	Sugars	Protein	CO2 emissions kgCO2
Tutti Frutti	300gr	165	0gr	0gr	0gr	0mg	42gr	38gr	25gr	0gr	

* 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