

# Le Botaniste

SPECIALS SPRING 2024

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

<b>BOWLS</b>	<b>Serving</b>	<b>Calories (kcal)</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>CO2 emissions kgCO2</b>
Joe Smashed Potato	570gr	446	14.3gr	0.82gr	0gr	1,192mg	67.5gr	9.23gr	9.46gr	13.03gr	
Tutti Veggie Salad	380gr	410	27gr	2.5gr	0gr	630mg	37gr	10gr	7gr	10.0gr	
Tutti Veggie Pasta	450gr	710	30gr	4.5gr	0gr	290mg	98gr	13gr	8gr	15gr	
Saag Bota	450gr	480	15gr	0.5gr	0gr	210mg	54gr	8gr	8gr	8gr	

<b>DO IT YOURSELF</b>	<b>Serving</b>	<b>Calories (kcal)</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>CO2 emissions kgCO2</b>
<b>Sauce</b>											
Mushroom gravy	300gr	<b>181</b>	7.30gr	0gr	0gr	1160mg	21gr	5.2gr	4.7gr	6.3gr	0.2016
Saag	200gr	<b>60</b>	4gr	0gr	0gr	210mg	4.9gr	1.7gr	1.4gr	1.3gr	

<b>Topping</b>											
Turmeric Lemon Hummus	50gr	120	9.96gr	0.7gr	0gr	26mg	6.2gr	1.6gr	0gr	2.8gr	
Roasted Veggies	15-gr	75	2.5gr	0.02gr	0gr	175mg	13gr	3gr	4gr	2gr	
Curry Chickpea spread	50gr	81	6gr	0.4gr	0gr	50mg	5gr	1gr	0gr	2gr	
White Beans Salad	45gr	95	9.5gr	0.02gr	0gr	50mg	2.2gr	0.2gr	0gr	3gr	
Ayurvedic cracker	20gr	60	2gr	0.02gr	0gr	41mg	8gr	2gr	0gr	1gr	

<b>DRINK</b>	<b>Serving</b>	<b>Calories (kcal)</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>CO2 emissions kgCO2</b>
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 information about our ingredients visit our page Menu or email us at [info@lebotaniste.us](mailto:info@lebotaniste.us)