

## 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	19gr	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	3.18gr

<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	1.75gr
Young Coconut Ceviche	50gr	<b>84</b>	0.1347	4.15gr	1.7gr	0gr	212mg	10.7gr	2.1gr	0.3gr	1.6gr
Supersseed 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
Veggie 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 soup	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
Supersseed 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
Rasperry Raw cake	65gr	<b>267</b>	N/A	19gr	10gr	0gr	2mg	18gr	1.8gr	15gr	5.1gr
Chocolate Raw cake Chocolate	65gr	<b>301</b>	N/A	22gr	16.5gr	0gr	2gr	20.7gr	2.28gr	16.8gr	3.45gr
Pecan cookie	80gr	<b>303</b>	N/A	13gr	3gr	0gr	1mg	47gr	5gr	28gr	4gr
Energy Cookie	40gr	<b>205</b>	N/A	15gr	2gr	0gr	0mg	13gr	2.5gr	6gr	6gr

<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
Electrolyte Coconut Water	300gr	<b>60</b>		0gr	0gr	0gr	75mg	14gr	0gr	10gr	0gr

<b>HOT DRINKS AND 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>
Golden Fire with Oat milk	300gr	<b>159</b>	N/A	4.5gr	0gr	0gr	113mg	30.94gr	0gr	8gr	1gr
Golden Fire with Almond milk	300gr	<b>64</b>	N/A	3.33gr	0gr	0gr	170mg	8gr	0gr	7gr	1gr
Ginger Tonic with water	300gr	<b>50</b>	N/A	0gr	0gr	0gr	0mg	0gr	0gr	7gr	0gr
Hibiscus Tonic with water	300gr	<b>27</b>	N/A	0gr	0gr	0gr	187mg	6.9gr	0gr	6gr	0gr
Adaptogenic Latte with Oat milk	300gr	<b>159</b>	N/A	4.5gr	0gr	0gr	113mg	17gr	0gr	8gr	1gr
Adaptogenic Latte with Almond milk	300gr	<b>64</b>	N/A	3.33gr	0gr	0gr	170mg	8gr	0gr	7gr	1gr

\* 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)