

Nutrition & CO2 emissions facts

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

PRESCRIPTION BOWLS											
	Serving	Calories (kcal)	kg CO2*	Total Fats	Saturated Fats	Chol	Sodium	Carbs	Fiber	Total Sugars*	Protein
Tibetan Mama	552gr	531	0.4383	18.8gr	7.7gr	0gr	1192mg	73.8gr	9.6gr	9.6gr	14.8gr
Spicy Chili Sin Carne	592gr	596	0.3477	19.9gr	5.8gr	0gr	1,521mg	77gr	12.6gr	8.8gr	23gr
Pasta Bolo	477gr	554	0.2527	19.4gr	6gr	0gr	1,378mg	74.9gr	11.3gr	6.5gr	16.5gr
Vegetable Tajine	525gr	359	0.2597	10.5gr	3.3gr	0gr	1,500mg	56gr	7.3gr	10.2gr	8.1gr
Magic Miso Soup	587gr	468	0.2938	9.9gr	1.1gr	0gr	2,164mg	72.3gr	9.4gr	7.2gr	21.4gr
Botanical Salad	320gr	328	0.3365	22.62gr	4.5gr	0gr	558mg	27.6gr	13gr	4.7gr	8gr
DO IT YOURSELF											
Base	Serving	Calories (kcal)	kg CO2*	Total Fats	Saturated Fats	Chol	Sodium	Carbs	Fiber	Sugars	Protein
Brown rice	200gr	244	0.18	1.8gr	0gr	0gr	0mg	49gr	3.2gr	0gr	5.4gr
Quinoa	200gr	240	0.015	3.99gr	0gr	0gr	0mg	42.18gr	5.6gr	0gr	8.8gr
Fusilli	150gr	244	0.0825	1gr	0gr	0gr	0mg	53gr	4gr	0gr	6gr
3 beans	150gr	274	0.1067	0.92gr	0gr	0gr	106mg	49.22gr	5gr	0gr	17.25gr
Cauliflower rice	150gr	38	N/A	0.42gr	0gr	0gr	0mg	7.5gr	3gr	2.9gr	2.9gr
Salad Mix	50gr	17	0.0559	0.4gr	0gr	0gr	0mg	2.41gr	17.5gr	0gr	16.5gr
Potato	200gr	178	0.17	0.256gr	0gr	0gr	0mg	40.48gr	2.8gr	0gr	4.8gr
GF Noodles	150gr	244	0.1088	1gr	0gr	0gr	0mg	53gr	4gr	0gr	6gr
Sauce	Serving	Calories (kcal)	kg CO2*	Total Fats	Saturated Fats	Chol	Sodium	Carbs	Fiber	Sugars	Protein
Coconut curry sauce	250gr	246	0.2016	16.5gr	7gr	0gr	1160mg	17.1gr	3.4gr	7.4gr	7.1gr
Bolognese	300gr	195	0.1626	6.9gr	0.9gr	0gr	1360mg	19.5gr	6.3gr	6.4gr	9.5gr
Chili sin Carne	300gr	195	0.1626	6.9gr	0.9gr	0gr	1360mg	19.5gr	6.3gr	6.4gr	9.5gr
Moroccan Stew	300gr	80	0.1406	3.2gr	0.2gr	0gr	1120mg	12gr	6.9gr	7gr	14gr
Magic Miso Soup	300gr	83	0.0881	3gr	0.48gr	0gr	1500mg	9.5gr	2.43gr	3.8gr	3.18gr
Toppings	Serving	Calories (kcal)	kg CO2*	Total Fats	Saturated Fats	Chol	Sodium	Carbs	Fiber	Sugars	Protein
Steamed greens	75gr	14	0.0227	0.3gr	0gr	0gr	0mg	2.6gr	1.28gr	0.69gr	1.1gr
Greenpea hummus	50gr	99	0.0357	4.7gr	0.8gr	0gr	214mg	10.55gr	1.8gr	1.45gr	3.6gr
Red Beet Caviar	50gr	85	0.0357	5.1gr	0.75gr	0gr	180mg	8.9gr	1.15gr	1.6gr	17.5gr
Young Coconut Ceviche	50gr	84	0.1347	4.15gr	1.7gr	0gr	212mg	10.7gr	2.1gr	0.3gr	1.6gr
Superseed avocado	45gr	140	0.1679	11.5gr	1.54gr	0gr	45.2mg	5.98gr	5.02gr	0.9gr	2.64gr
Kimchi	40gr	12	0.0454	0.03gr	0gr	0gr	21mg	2.66gr	1.1gr	1.5gr	0.53gr
Sauerkraut	40gr	12	0.0184	0.06gr	0gr	0gr	16.9gr	2.95gr	0.84gr	1.3gr	0.57gr
Turmeric Onion	40gr	12	0.0354	0.04gr	0gr	0gr	180mg	2.8gr	0.68gr	0.12gr	0.4gr
Green peas	30gr	24	0.0062	0.1gr	0.02gr	0gr	1.5gr	4.3gr	1.7gr	1.7gr	1.6gr
Root veggies	30gr	12	0.0077	0.06gr	0gr	0gr	0mg	19.2gr	0.65gr	0.98gr	0.24gr
Pea shoots	10gr	4	0.0021	0gr	0gr	0gr	0mg	0.8gr	0.24gr	0.36gr	0.2gr
Free-range tofu	50gr	77	0.0662	4.4gr	0.39gr	0gr	280mg	0.8gr	0.09gr	0.09gr	8.8gr
Ersatz sour cream	40gr	90	N/A	9gr	4.5gr	0gr	25mg	2gr	0gr	0gr	0gr
Veggie balls (2pcs)	80gr	170	N/A	11gr	0.77gr	0gr	278mg	13gr	3.6gr	2.5gr	2.9gr
Dressing	Serving	Calories (kcal)	kg CO2*	Total Fats	Saturated Fats	Chol	Sodium	Carbs	Fiber	Sugars	Protein
Saffron aioli	30gr	96	0.031	9.96gr	1.23gr	0gr	248mg	1.82gr	0.19gr	0.3gr	1.02gr
Ginger velvet	30gr	41	0.0291	2.04gr	0.3gr	0gr	573mg	3.72gr	0.6gr	0.9gr	2.13gr
Lemon Harissa	30gr	118	0.0045	11.2gr	2.3gr	0gr	270mg	2gr	0.6gr	0gr	0.45gr
Green Herbal oil	30gr	135	0.0073	15gr	6.9gr	0gr	233mg	0.6gr	0.45gr	0gr	0.3gr
Garnishes	Serving	Calories (kcal)	kg CO2*	Total Fats	Saturated Fats	Chol	Sodium	Carbs	Fiber	Sugars	Protein
Fresh Herbs	2gr	1	0.0012	0.01gr	0gr	0gr	0gr	0.12gr	0.07gr	0.03gr	0.04gr
Gomasio	5gr	24	0.0027	1.5gr	0.6gr	0gr	63mg	19gr	0.6gr	0.1gr	0.8gr
STARTERS	Serving	Calories (kcal)	kg CO2*	Total Fats	Saturated Fats	Chol	Sodium	Carbs	Fiber	Total Sugars*	Protein
Soup of the day (vegetable)	350gr	130	N/A	8.6gr	1.5gr	0gr	800mg	13gr	3.5gr	8gr	2.2gr
Black beans soup	350gr	302	N/A	9gr	1.5gr	0gr	800mg	4.3gr	15gr	2.5gr	15gr
Veggie Sushi Roll (with dressing)	180gr	236	0.0852	12.56gr	1.23gr	0gr	316mg	23.82gr	3gr	0.14gr	7.02gr
Summer Roll (with dressing)	150gr	195	0.2029	6.7gr	0.8gr	0gr	671mg	28.7gr	5.1gr	0.6gr	6.3gr
Superseed Avocado (with crackers)	135gr	234	0.2191	15gr	3.3gr	0gr	183mg	18gr	6.3gr	2.2gr	5gr
Young Coconut Ceviche (with crackers)	80gr	169	0.2695	8.3gr	3.4gr	0gr	424mg	21.4gr	4.2gr	1.1gr	3.2gr
Red Beet Caviar (with crackers)	80gr	171	0.0631	10.2gr	1.5gr	0gr	361mg	17.8gr	2.3gr	3.2gr	3.5gr
Green Pea Hummus (with crackers)	80gr	198	0.0714	9.4gr	1.6gr	0gr	429mg	21.1gr	3.6gr	2.9gr	7.2gr
Side Salad (with crackers, without spread)	140gr	129	N/A	6.7gr	0.8gr	0gr	195mg	15gr	1.3gr	0.2gr	2.6gr
Mezze (with crackers)	200gr	414	N/A	19.4gr	4.1gr	0gr	899mg	50gr	6.2gr	3.3gr	11gr
DESSERTS	Serving	Calories (kcal)	kg CO2*	Total Fats	Saturated Fats	Chol	Sodium	Carbs	Fiber	Total Sugars*	Protein
Quinoa Peanut Butter Cookie	80gr	350	0.0966	20gr	2.3gr	0gr	300mg	36gr	3.44gr	18.7gr	8.5gr
Omega-3 Brownie	80gr	420	0.1581	23gr	1.5gr	0gr	396mg	59gr	7.5gr	35.2gr	4.7gr
Red Fruit Chia Pudding	165gr	278	0.4186	18.3gr	9.2gr	0gr	0mg	26.9gr	8.51gr	17.3gr	4.5gr
Rasperry Raw cake	65gr	267	N/A	19gr	10gr	0gr	2mg	18gr	1.8gr	15gr	5.1gr
Chocolate Raw cake Chocolate	65gr	301	N/A	22gr	16.5gr	0gr	2gr	20.7gr	2.28gr	16.8gr	3.45gr
Pecan cookie	80gr	303	N/A	13gr	3gr	0gr	1mg	47gr	5gr	28gr	4gr
Energy Cookie	40gr	290	N/A	15gr	2gr	0gr	0mg	13gr	2.5gr	9gr	6gr
COLD DRINKS	Serving	Calories (kcal)	kg CO2*	Total Fats	Saturated Fats	Chol	Sodium	Carbs	Fiber	Total Sugars*	Protein
Botanical Lemonade	300gr	72	0.1565	0gr	0gr	0gr	0mg	21gr	0gr	2.1gr	0gr
Carrot Detox	300gr	150	0.7469	1.3gr	0gr	0gr	0mg	37gr	3gr	25gr	2.6gr
Beet Detox	300gr	150	0.7479	0.11gr	0gr	0gr	0mg	39gr	0.7gr	27gr	0.5gr
Iced Tea Green	300gr	0	0.0205	0gr	0gr	0gr	0mg	0gr	0gr	0gr	0gr
Iced Tea Black	300gr	0	0.0205	0gr	0gr	0gr	0mg	0gr	0gr	0gr	0gr
Electrolyte Coconut Water	300gr	60		0gr	0gr	0gr	75mg	14gr	0gr	10gr	0gr
HOT DRINKS AND TONICS	Serving	Calories (kcal)	kg CO2*	Total Fats	Saturated Fats	Chol	Sodium	Carbs	Fiber	Total Sugars*	Protein
Golden Fire with Oat milk	300gr	159	N/A	4.5gr	0gr	0gr	113mg	30.94gr	0gr	8gr	1gr
Golden Fire with Almond milk	300gr	64	N/A	3.33gr	0gr	0gr	170mg	8gr	0gr	7gr	1gr
Ginger Tonic with water	300gr	50	N/A	0gr	0gr	0gr	0mg	0gr	0gr	7gr	0gr
Hibiscus Tonic with water	300gr	27	N/A	0gr	0gr	0gr	187mg	6.9gr	0gr	6gr	0gr
Adaptogenic Latte with Oat milk	300gr	159	N/A	4.5gr	0gr	0gr	113mg	17gr	0gr	8gr	1gr
Adaptogenic Latte with Almond milk	300gr	64	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