

Le Botaniste

SPECIALS 2024

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	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	4.0gr	0gr	610mg	68gr	13gr	3gr	13gr	
Summer Salad	340gr	450	15gr	0.5gr	0gr	210mg	54gr	8gr	8gr	8gr	
Mediterranean Salad	510gr	580	42gr	5.0gr	0gr	880mg	40gr	10gr	3gr	12gr	
Mediterranean Pasta	525gr	640	27gr	3.0gr	0gr	860mg	86gr	11gr	3gr	14gr	
Tomato Caesar Salad	415gr	489	25gr	2gr	0gr	580mg	49gr	17gr	4gr	19gr	

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
Saag	200gr	60	4gr	0gr	0gr	210mg	4.9gr	1.7gr	1.4gr	1.3gr	
Ratatouille	250gr	80	4.3gr	0.04gr	0gr	600mg	10gr	2.2gr	2.2gr	1.8gr	

Topping											
Turmeric Lemon	50gr	120	9.96gr	0.7gr	0gr	26mg	6.2gr	1.6gr	0gr	2.8gr	
Hummus Roasted Veggies	15gr	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	
Tzatziki	45gr	95	9.5gr	0.02gr	0gr	4mg	2.2gr	0.2gr	0gr	2gr	
Tomato Corn Salsa	70gr	26	0.4gr	0.05gr	0gr	9mg	5.9gr	1.5gr	0.9gr	0.85gr	
Jackuna	50gr	44	2.9gr	0.3gr	0gr	0.7mg	3.75gr	2.35gr	0.15gr	1.9gr	

Dressing											
Caesar dressing	50gr	135	12.49gr	1.03gr	0gr	140mg	0.78gr	4.67gr	0.78gr	1.49gr	

DRINKS	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 information about our ingredients visit our page Menu or email us at info@lebotaniste.us