

# Le Botaniste

SPECIALS 2026

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>
Tutti Veggie Salad	380gr	410	27gr	2.5gr	0gr	630mg	98gr	10gr	8gr	10gr	
Tutti Veggie Pasta	450gr	710	30gr	4.5gr	0gr	290mg	98gr	13gr	8gr	15gr	
Saag Bata	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 Ceasar Salad	415gr	498	25gr	2gr	0gr	580mg	49gr	17gr	4gr	19gr	
Mushroom Stroganoff	633gr	508	11gr	4.8gr	0gr	232mg	53gr	13gr	12gr	15gr	
Umami	440gr	287	184gr	4.6gr	0gr	187mg	15gr	9gr	9gr	15gr	
Chef Priyanka Samosa Bowl	494gr	433	108gr	1.1gr	0gr	80mg	55gr	10gr	6gr	12gr	
Burrito Bowl	550gr	567	17gr	1.74gr	0gr	40mg	91gr	9gr	19gr	15gr	
Burrito Salad	510gr	451	16gr	1.74gr	0gr	40mg	67gr	9gr	20gr	14gr	
Asian Noodle Salad	430gr	465	276gr	3.77gr	0gr	44mg	16gr	9gr	20gr	15gr	
<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>											
Spiced black beans	190gr	162	3.36gr	0.03gr	0gr	20mg	25gr	0.7gr	0.62gr	7.56gr	
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	
<b>Topping</b>											
Turmeric Lemon	50gr	120	9.96gr	0.7gr	0gr	26mg	6.2gr	1.6gr	0gr	2.8gr	
Hummus Roasted Veggies	15-gr	75	2.5gr	0.02gr	0gr	17.5mg	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	25gr	60	2gr	0.02gr	0gr	41mg	8gr	2gr	0gr	1gr	
Blue Corn Cracker	25gr	59	3gr	0.56gr	0gr	47mg	8gr	0.89gr	0gr	0.93gr	
Tzatziki	45gr	95	9.5gr	0.02gr	0gr	4mg	2.2gr	0.2gr	0gr	2gr	
Tomato Corn Salsa	70gr	24	0.4gr	0.05gr	0gr	86mg	5.9gr	1.5gr	0.9gr	0.85gr	
Jackuna	50gr	44	2.9gr	0.3gr	0gr	70mg	3.75gr	2.35gr	0.15gr	1.9gr	
Spiced crispy chickpea salad	40gr	44	1.2gr	0.03gr	0gr	20mg	5.86gr	1.45gr	0.15gr	1.8gr	
Samosa Balls	100gr	175	12gr	0.8gr	0gr	70mg	12.2gr	4.0gr	1.73gr	5.0gr	
Snow pea mix	100gr	29	0.24gr	0.08gr	0gr	68mg	1.8gr	0.08gr	3.18gr	2.04gr	
Spicy peanuts	20gr	112	8.80gr	1.47gr	0gr	30mg	5.08gr	1.76gr	1.55gr	4.10gr	
Avocado Mash	55gr	83	7.5gr	1.04gr	0gr	45mg	4.48	3.29gr	0.07gr	1.02gr	
BBQ Jackfruit	90gr	81	0.35gr	0gr	0gr	29mg	19.12	0.87gr	15.88gr	1.00gr	
<b>Dressings</b>											
Ceaser dressing	50gr	135	12.49gr	1.03gr	0gr	140mg	0.78gr	4.67gr	0.78gr	1.49gr	
Green Chutney	8gr	51	0.2gr	0.005gr	0gr	0.07mg	0.8gr	0.4gr	0.030gr	0.2gr	
Tamarin Chutney	8gr	0	0.004gr	0gr	0gr	4.6mg	2.8gr	0.1gr	2.4gr	0.05gr	
Spicy Yogurt Raita	8gr	7.3	0.252gr	0.143gr	0gr	0.1mg	0.98gr	0.009gr	0.53gr	0.25gr	
<b>DRINKS</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	
Mango Cardamom Lassi	250gr	855	4.58gr	2.1gr	0gr	0.5mg	47gr	2.3gr	39gr	5.38gr	

\* 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)