



Le Botaniste  
— 100% ORGANIC —  
PLANT-BASED FOOD

## SUSTAINABLE CATERING

*Served in eco-friendly packaging  
Waste-free options are available*

*Send us a request to [catering@lebotaniste.eu](mailto:catering@lebotaniste.eu)*

### Starters

*(Family trau serves 4 to 6 )*



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- |  |         |
|--|---------|
| 🌿 <b>BOTANICAL SPREADS</b> .....                               | € 45.00 |
| assortment of 3 spreads served with crackers and veggie sticks |         |
| <b>BOTANICAL TRAY</b> .....                                    | € 25.00 |
| veggies sticks served with 🌿 saffron aioli                     |         |
| <b>SEASONAL SALAD</b> .....                                    | € 50.00 |
| salad mix - seasonal toppings and dressing                     |         |
| 🌿 <b>VEGGIE SUSHI ROLLS</b> .....                              | € 27.50 |
| served with saffron aioli and ginger velvet (15 pcs)           |         |
| <b>VEGGIE BALLS</b> .....                                      | € 25.00 |
| served with seasonal spread (15 pcs)                           |         |
| <b>SUPERSEED AVOCADO BITES</b> .....                           | € 37.50 |
| served with crackers, and 🌿 saffron aioli (12 pcs)             |         |
| <b>SIDE SALAD</b> .....  | € 35.00 |
| salad mix, root veggies with dressing                          |         |



*Please inform us about your allergies*

🌿 **CONTAINS PEANUTS**    🌰 **CONTAINS NUTS**

Be advised that our food may contain soy, seeds, sesame, and nuts and there may be risk of cross-contamination.





# Prescriptions Bowls

*served individually*

|   |         |   |         |
|---|---------|---|---------|
|  <b>TIBETAN MAMA</b> ..... | € 14.00 | <b>PASTA BOLO</b> .....                                       | € 13.00 |
| brown rice - coconut curry sauce - steamed greens - kimchi  |         | quinoa fusilli - bolognese sauce - herbal oil - superseed mix |         |
| <b>SPICY CHILI SIN CARNE</b> .....  | € 13.50 | <b>VEGETABLE TAJINE</b> .....                                 | € 13.50 |
| brown rice - 3 beans - quinoa - chili sin carne -<br>soy sour cream - turmeric onion                      |         | quinoa - Moroccan stew - onion marmelade -<br>lemon harissa   |         |
| <b>SEASONAL SPECIAL</b> .....   | € 14.00 | <b>BOTANICAL SALAD</b> .....                                  | € 14.00 |
| ask us about our new prescriptions  |         | quinoa - Moroccan stew - onion marmelade -<br>lemon harissa   |         |
| <b>BOTANICAL MENU</b> .....   | € 14.50 | <b>SOUP OF THE DAY</b> .....                                  | € 5.00  |
| half portion of any bowl and a soup of the day  |         | served with crackers  |         |



## Desserts

|   |         |
|---|---------|
| <b>OMEGA 3 BROWNIE</b> .....  | € 5.00  |
| flax seeds - brown sugar - buckwheat -  cashew cream |         |
| <b>APPLE VOLCANO</b> .....  | € 6.00  |
| apple - cinnamon - chia - flax seeds -  cashew cream |         |
|  <b>QUINOA PB COOKIE</b> .....                       | € 3.50  |
| peanut butter - brown sugar - buckwheat   |         |
|  <b>CHOCOLATE COOKIE</b> .....                       | € 3.50  |
| pecan - brown sugar - buckwheat   |         |
|  <b>BAKED GOODS ASSORTMENT</b> .....                 | € 40.00 |
| omega 3 brownies and peanut butter cookies served<br>with cashew cream (serves 10)  |         |



## Drinks

|  |                              |
|--|------------------------------|
| <b>BOTANICAL LEMONADE</b>                    |                              |
| turmeric - agave .....                       | 30cl - € 4.00 / 1l - € 11.00 |
| <b>ICED TEA</b> .....                        | 30cl - € 4.00 / 1l - € 11.00 |
| <b>DETOX JUICES</b>                          |                              |
| carrot - grapefruit - turmeric .....         | 30cl - € 6.00 / 1l - € 17.50 |
| red beet - apple - ginger .....              | 30cl - € 6.00 / 1l - € 17.50 |
| <b>KOMBUCHA</b> .....                        | € 5.50                       |
| lemon - ginger / mango turmeric / apple mint |                              |
| <b>OPI D'AQUI</b> .....                      | € 32.50                      |
| natural white/red wine                       |                              |

*Ask us about our service options*

**WE DELIVER - WE SET UP**

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