



Le Botaniste  
— 100% ORGANIC —  
PLANT-BASED FOOD

# SUSTAINABLE CATERING

*Served in eco-friendly packaging*

## Starters

*family trays serves 8 to 10*

<p><b>BOTANICAL SPREADS</b> .....</p> <p>assortment of 3 spreads served with crackers and veggie sticks</p>	<p>\$ 90.00</p>
<p><b>BOTANICAL TRAY</b> .....</p> <p>veggies sticks served with 🍷 saffron aioli</p>	<p>\$ 45.00</p>
<p><b>BOTANICAL SALAD</b> .....</p> <p>salad mix - quinoa - superseed avocado - root veggies - 🍷 saffron aioli</p>	<p>\$ 84.00</p>
<p><b>VEGGIE SUSHI ROLLS</b> .....</p> <p>served with saffron aioli and ginger velvet (30 pcs)</p>	<p>\$ 55.00</p>
<p><b>VEGGIE BALLS</b> .....</p> <p>served with seasonal spread (20 pcs)</p>	<p>\$ 55.00</p>
<p><b>SUPERSEED AVOCADO BITES</b> .....</p> <p>served with crackers, and 🍷 saffron aioli (15 pcs)</p>	<p>\$ 55.00</p>
<p><b>SIDE SALAD</b> .....</p> <p>seasonal salad with dressing and spread</p>	<p>\$ 65.00</p>

**BOTANICAL MENU** ..... \$ 17.50  
half portion of any bowl and a side salad or a soup of the day

**SOUP OF THE DAY** ..... \$ 8.00  
served with crackers

## Prescriptions Bowls

*served individually or family style (serves 4 to 6)*

<p><b>TIBETAN MAMA</b> ..... \$ 16.50 / \$ 84.00</p> <p>brown rice - coconut peanut butter curry sauce - steamed greens - ghentse kimchi</p>	<p><b>BOTANICAL SALAD</b> ..... \$ 16.50 / \$ 84.00</p> <p>salad mix - quinoa - superseed avocado - root veggies turmeric onions - red sauerkraut - 🍷 saffron aioli</p>
<p><b>PASTA BOLO</b> ..... \$ 16.50 / \$ 84.00</p> <p>quinoa fusilli - bolognese sauce - green herbal oil - superseed mix</p>	<p><b>VEGETABLE TAJINE</b> ..... \$ 16.50 / \$ 84.00</p> <p>quinoa - potatoes - Moroccan vegetable stew root veggies - pea shoots - lemon harissa</p>
<p><b>SPICY CHILI SIN CARNE</b> ..... \$ 16.50 / \$ 84.00</p> <p>brown rice - 3 beans - quinoa - chili sin carne - ersatz sour cream - turmeric onions</p>	<p><b>SEASONAL SPECIAL</b> ..... \$ 16.50 / \$ 84.00</p> <p>ask us about our new prescriptions</p>

# Full prescriptions

## COCKTAIL PARTY (serves up to 15)

assortment of botanical spreads served with crackers and veggies sticks, veggie sushis rolls, veggie balls ..... \$ 195.00  
 + add superseed avocado tray ..... \$ 55.00

## BOTANICAL MENU

your choice of two prescriptions bowls served family style, a side salad to share, paired with iced tea and lemonade (serves up to 10) ..... \$ 270.00  
 + add veggie balls tray ..... \$ 55.00  
 + add baked goods assortment ..... \$ 65.00

## GUILT-FREE SNACKS

assortment of baked goods, red fruit chia pudding, paired with detox juices (serves 10) ..... \$ 220.00  
 + add superseed avocado tray ..... \$ 55.00

## Desserts

### OMEGA 3 BROWNIE ..... \$ 7.00

flax seeds - brown sugar - buckwheat - cashew cream

### QUINOA PB COOKIE ..... \$ 6.00

peanut butter - brown sugar - buckwheat

### RED FRUIT CHIA PUDDING ..... \$ 7.00

mixed berries - flax seeds - agave - coconut milk

### PECAN CHOCOLATE COOKIE ..... \$ 6.00

pecan - brown sugar - buckwheat - rice flour

### BAKED GOODS ASSORTMENT ..... \$ 65.00

omega 3 brownies and cookies served with cashew cream

## Drinks

### BOTANICAL LEMONADE

turmeric - agave ..... 10oz - \$ 4.00 / 32oz - \$ 12.00

### ICED TEA

green - black ..... 10oz - \$ 4.00 / 32oz - \$ 12.00

### DETOX JUICES

carrot - grapefruit - turmeric 10oz - \$ 8.50 / 32oz - \$ 27.00

red beet - apple - ginger 10oz - \$ 8.50 / 32oz - \$ 27.00

### FILTERED WATER ..... \$ 2.50

### KOMBUCHA ..... \$ 6.50

Ask us about our service options

**WE DELIVER - WE SET UP**

Send your request to : [catering@lebotaniste.us](mailto:catering@lebotaniste.us)

Order online : [LeBotaniste.us](http://LeBotaniste.us)



Please inform us about your allergies

CONTAINS NUTS

CONTAINS PEANUTS

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