

# Le Botaniste

— FOOD & WINE BAR —  
PLANT-BASED ORGANIC

## BOWLS 12,00

### TIBETAN MAMA

brown rice - coconut pb curry sauce - steamed greens - kimchi

### PASTA BOLO

pasta - bolognese sauce - herbal oil - superseed mix

### SPICY CHILI SIN CARNE

brown rice - 3 beans - quinoa - chili sin carne - sour cream - turmeric onions

### VEGETABLE TAJINE

quinoa - Moroccan stew - onion marmelade - lemon harissa

### MAGIC MISO SOUP

gluten-free noodles - root veggies - peas - tofu

### BOTANICAL SALAD

salad mix - quinoa - superseed avocado - root veggies - saffron aioli

### SEASONAL SPECIAL

ask us about our new prescriptions

### ADD ON

HUMMUS ..... 1,00  
BASE OR TOPPING ..... 1,50  
TOFU ..... 1,50

SEAWEED TARTARE ..... 1,50  
SAUCE ..... 1,50

BEEF BALLS x2 ..... 2,95  
SUPERSEED AVOCADO ... 3,50

## TO START

VEGGIE SUSHI ROLL ..... 6,00  
pickled veggies - tofu - saffron aioli - ginger velvet

SUMMER ROLL ..... 6,00  
sauerkraut - tofu - avocado - ginger velvet

SUPERSEED AVOCADO ..... 6,00  
salad mix - saffron aioli

SEAWEED TARTARE ..... 6,00  
ginger - tamari - carrot - bread & cracker

SIDE SALAD ..... 5,00  
salad mix - root veggies - dressing of choice

SPREADS OR HUMMUS ..... 5,00  
ask for our selection - bread & cracker

## TO SHARE & SPECIALS

SOUP OF THE DAY ..... 5,00  
ask about our daily soup  
veggie of the day - onion - garlic - olive oil

MEZZE ..... 15,00  
assortment of our spreads - bread & crackers

BOTANICAL MENU ..... 15,00  
starter or dessert - small bowl (your choice) - cold drink

DO IT YOURSELF BOWL ..... 13,00  
hot or cold - please ask us for DIY card

FULL THERAPY ..... 20,00 / pers  
mezze - assortment small bowls - dessert (2 persons min.)

## DESSERTS

OMEGA 3 BROWNIE ..... 3,50  
flax seeds - brown sugar - buckwheat - cashew cream

APPLE VOLCANO ..... 4,50  
apple - cinnamon - chia - flax seeds - cashew cream

QUINOA PB COOKIE ..... 3,50  
peanut butter - brown sugar - buckwheat

CHOCOLATE CHIA MUD ..... 4,50  
almond milk - mini brownie - agave

## BEVERAGES

### NATURAL WINES

housewine white / red / rosé ..... 5,00  
reserve white / red (ask for our selection) ..... 6,50

### BEER

blond ..... 3,00  
white ..... 3,50  
triple ..... 4,00

FILTERED WATER ..... 1,50  
still or sparkling

LEMONADE ..... 3,50  
ICED TEA ..... 3,50

KOMBUCHA ..... 5,00  
ask for our selection

DETOX JUICE ..... 5,00  
red beet - apple - ginger  
carrot - grapefruit - turmeric

TEA ..... 3,50  
classic green sencha / sencha silver flower / jasmine  
earl grey / rooibos orange lemon / chamomile lemon

### COFFEE

espresso 2,50 lungo 2,70 cappuccino 3,50  
latte 4,00 add a shot of espresso 0,85

WICKED DRINKS ..... 4,50  
iced or steamed soy/oat milk

DARK 'N STORMY charcoal - vanilla  
GOLDEN FIRE turmeric - ginger  
FRESH GREEN matcha

Let Food  
be the  
Medicine

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.



100% PLANT-BASED  
99% ORGANIC

WWW.LEBOTANISTE.BE