

TO START/TO SHARE

🌱 VEGGIE SUSHI ROLL 5.95

(: Happy fish :)

Rice roll, kohlrabi, lettuce, tofu sprouts, pickled ginger and wasabi

🌱 FRESH SPRING ROLL 5.95

Rice paper roll, root vegetables, free-range tofu and avocado

SUPER SEED AVOCADO 5.95

served with small salad
(and aioli dressing 🌱)

SEAWEED TARTARE 5.95

with wakame and kombu, served with rice and buckwheat crackers

SIDE SALAD 4.95

Salad mix, root vegetables, hummus and dressing of your choice

🌱 MEZZE 14.95

Veggie sushi roll, assortment of hummus, Moroccan carrot salad and Greek olives

LUNCH MENU 15.95

A large Bowl, a Starter or dessert with a softdrink

FULL THERAPY 20/pers

(Minimum 2 pers.)

Mezze plater, assorted bowls to share and a dessert

LARGE BOWLS

🌱 PASTA AL MAFIOSI 8.95

Whole wheat penne with bolognese sauce, fresh herbs, herbal olive oil and gomasio

SPICY CHILI SIN CARNE 8.95

Chili served with brown rice and quinoa, mixed beans, turmeric onions and sour cream

🌱 DIRTY NOODLE SOUP 8.95

Free range tofu, leeks and seaweed with whole wheat noodles in miso broth

VEGETABLE TAJINE 9.95

Moroccan spiced vegetable stew with lemon harissa served with quinoa and potatoes

🌱 TIBETAN MAMA 9.95

Coconut curry peanut butter sauce, brown rice, steamed vegetables and Gentse kimchi

JEFF 9.95

Smashed potato, wild mushrooms sauce, raw salad (and aioli dressing 🌱)

BOTANICAL SALAD 9.95

Salad mix, assortment of raw vegetables, two vegetable spreads of your choice and dressing

EXTRA'S / PREMIUM

Super seed avocado	3.95
Free Range Tofu	2.00
Seaweed Tartare	1.50

MAKE YOUR BOWL 9.95

CHOOSE YOUR BASE

Whole grain rice
Whole penne pasta 🌱
Cooked potatoes
Belgian Quinoa (+1 €)
Salad Mix

PICK A SAUCE

Coconut curry peanut butter sauce
Soylignese
Spicy chili sin carne
Miso mushroom (+1 €)
Morrocan stew
Miso broth

ADD 2 GARNISHES

Steamed greens
Mixed beans
Ghentse kimchi
Turmeric onions
Root vegetables
Onion marmelade
Red Sauerkraut
Fresh herbs

TOP IT OFF

Cashew ginger
Lemon harissa
Saffron aioli
Green olive oil
Sour cream

Hummus	1.00
Base or topping	1.00
Sauce	2.50

🌱 CONTAINS NUTS

🌱 CONTAINS GLUTEN

BEVERAGES

FILTERED WATER 0.95

Still
Sparkling

**HOMEMADE
LEMONADE** 2.95

ICED GREEN TEA 2.95

ORGANIC TEA 3.50

Classic Green Sencha
Sencha Silver Flower
Jasmine
Earl Grey
Rooibos Orange Lemon
Kamille Lemon

BIO FAIRTRADE COFFEE 3.50

Café Liègeois

DETOX JUICE

Red Beet, apple, ginger 4.95
Green juice of the day 5.95

KOMBUCHA 5.95

Ask for flavors

GINETTE BEER

Blond or white 3.50
Triple 7.50

NATURAL WINES

red / white

House wine 5.00
Reserve wine 6.50

Le Botaniste

**PLANTED-BASED ORGANIC
FOOD AND WINE BAR**

*Le Botaniste was born on
the 4th of september 2015 in Ghent
from Alain Coumont's vision of
a more healthy and sustainable Cuisine.*

*Our menu is therefore
100% fresh plant-based or vegan
using only organic seasonal products
and local whenever possible.*

NATURAL WINES

from
OPI D'AQUI WINERY

*At Le Botaniste we are true ambassadors
of Opi D'aqui Natural Artisan Wines.
A small domain in the Hérault region
where P. Fourmentin set up his winery
with the help of Alain Coumont.*

*He makes wine from grapes grown
according to the precepts of biodynamic
agriculture and ferment naturally,
with indigenous yeast and
without sulphites ...
so it's 100% fermented grape juice.*

All our disposables are
100% compostable and made only from
organic renewable resources.

« Let food be the medicine »

Le Botaniste

100% PLANT-BASED 99% ORGANIC

Monday - Saturday
11.30 am - 9.00 pm

Gluten-free friendly zone



PRESCRIPTIONS



#bringtheplantback
#lebotaniste
@le_botaniste

**ALL OUR DISHES ARE AVAILABLE FOR
TAKE-AWAY & DELIVERY**

+32 (09) 233 45 35

www.lebotaniste.be

No cash... we prefer cards :-)
All cards accepted.