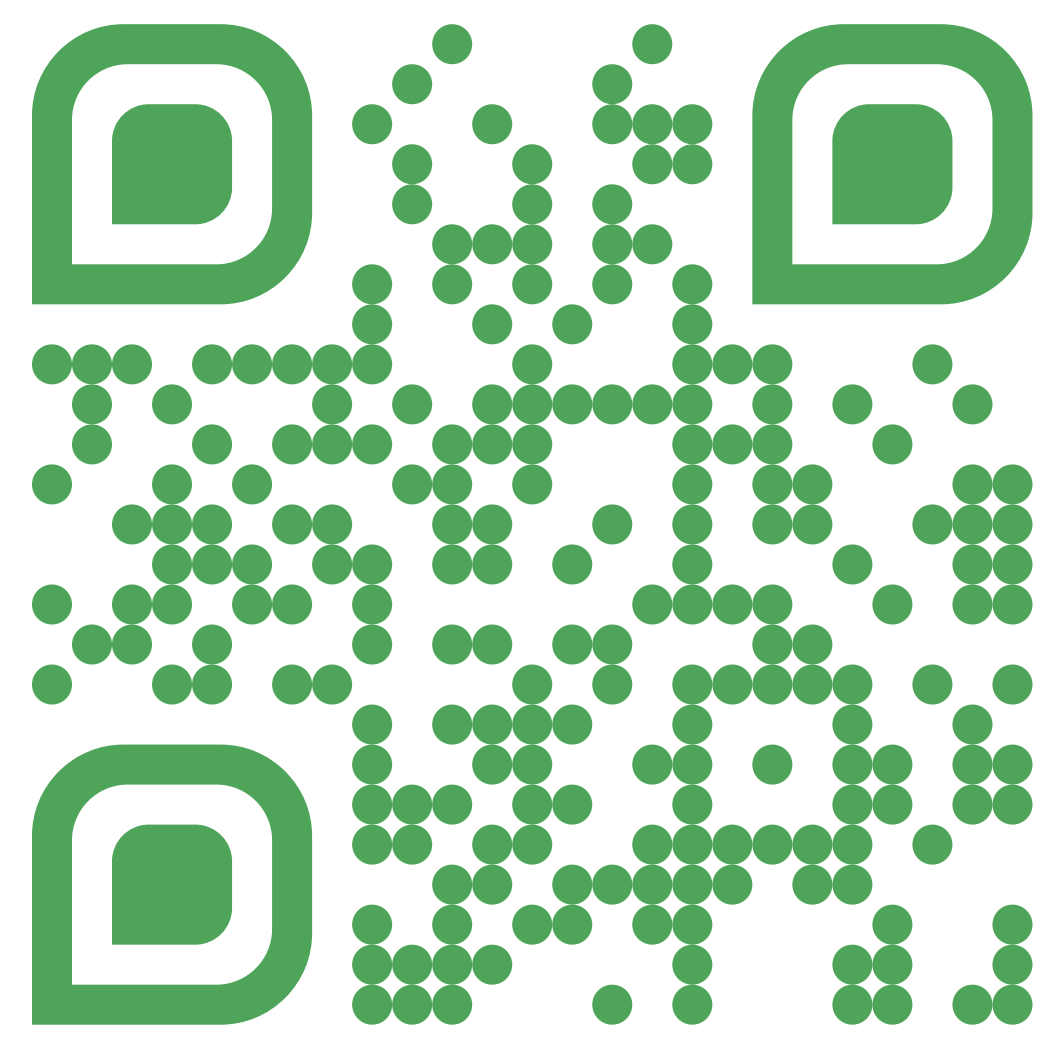




regency
10319 pacific street
omaha ne 68114
402.403.9084

lakeside
2575 s. 171st court
omaha, ne 68130
402.509.7023

preserve
7811 pioneers blvd
lincoln, ne 68506
402.417.0788

cafe | botanica

EATS • SMOOTHIES • JUICE

dine in

takeout

delivery

catering

www.cafe-botanica.com

info@cafe-botanica.com

[@cafe.botanica.heartland](https://www.facebook.com/cafe.botanica.heartland) fb/ig

[@cafe__botanica](https://twitter.com/cafe_botanica) x

EATS

Healthy & Delicious

SALADS

10.95

HAPPY HUMMUS

spring mix, quinoa, red bell pepper, hummus, dates, feta, cucumber, avocado, walnuts, hemp seeds

GARDEN GREENS

spring mix, cucumber, quinoa, avocado, feta, pumpkin seeds, egg, hemp seeds, everything seasoning

PRETTY PEAR

spring mix, quinoa, chicken, pear, avocado, cranberries, walnuts, feta

THAI CRUNCH

spring mix, avocado, quinoa, red cabbage, carrot, red bell pepper, chicken, feta, cucumber, sesame seeds, pumpkin seeds, thai peanut dressing

Dressings

housemade balsamic vinegar, lemon tahini & thai peanut. poblano ranch

SNACKS

ENERGY BALLS

5.00

peanut butter, oats, chia seeds, hemp seeds, honey, pink sea salt

OVERNIGHT OATS

6.50

gluten-free oats, almond milk, maple, chia seeds, peanut butter, vanilla. topped with granola, coconut chips, pumpkin seeds

WRAPS

10.50

CALIFORNIA LOVE

avocado, chicken, provolone, spinach, tomato, quinoa, cucumber, sea salt, garlic, red pepper flakes

EGG & CHEESE

avocado, egg, tomato, spinach, provolone, black pepper, sea salt, olive oil

BUFFALO CHICKEN

avocado, quinoa, chicken, buffalo sauce, feta, spinach

SWEET & SALTY

peanut or almond butter, apples, honey, cinnamon, hemp seeds, sea salt

VEGGIES ONLY

avocado, hummus, quinoa, spinach, red bell pepper, cucumber, carrot, garlic, sea salt, red pepper flakes, balsamic dressing

PEANUT CHICKEN

avocado, chicken, red cabbage, quinoa, red bell pepper, carrot, cucumber, feta, spinach, thai peanut dressing, sesame seeds

Regular, Spinach & Gluten-Free

PB & CHOCOLATE CHIA MOUSSE

4.50

almond milk, peanut butter, cacao, chia seeds, maple, vanilla. topped with granola, cacao nibs

TOASTS

LE QUARTIER SOURDOUGH OR GLUTEN FREE + 1.50

AVOCADO 7.50

CLASSIC

avocado, microgreens, lemon, olive oil, red pepper flakes, everything seasoning

PESTOLICIOUS

avocado, vegan pesto, microgreens, feta, lemon, everything seasoning

AVO & EGG

avocado, egg, microgreens, olive oil, everything seasoning, red pepper flakes, lemon

EGG SALAD

avocado, egg, feta, red pepper flakes, garlic, sea salt, black pepper

HUMMUS 7.50

GREEK

housemade hummus, cucumber, lemon, microgreens, feta, dill, sea salt, red pepper flakes

HUMMUS & AVO

housemade hummus, avocado, pumpkin seeds, red pepper flakes, black sesame seeds, sea salt, lemon

SWEET & SAVORY 7.50

SPICED WAFFLES

housemade gluten-free waffle, peanut butter or almond butter, banana, maple syrup, strawberries, coconut chips

ALMOND BUTTER

banana, cinnamon, hemp seeds, almond butter, honey, sea salt

BERRYLICIOUS

almond or peanut butter, strawberry, banana, hemp seeds, honey, sea salt

TEDDY BEAR *kids*

peanut or almond butter, banana, blueberry, honey

SEASONAL MENU

PINEAPPLE BASIL SMASH

WATERMELON MINT

PINK VANILLA LATTE

RED, WHITE & BLUE BOWL

PEACH COBBLER BOWL

Smoothies

..... ONLY REAL INGREDIENTS

16 oz 8.95 | 24 oz + 2.00

POST WORKOUT

strawberry, banana, almond milk, chia seeds, maple, almond butter

MANGO DREAM

orange, banana, mango, almond milk, turmeric, cinnamon, honey

SUPERFRUIT

strawberry, blueberry, banana, apple, açai, honey, coconut water

BAHAMA BABE

orange, pineapple, coconut water, banana, coconut oil, honey. topped with coconut chips

BRAIN BOOST

blueberry, banana, spinach, almond milk, date paste, flax seeds

PB & B

peanut butter, banana, almond milk, flax seeds, honey, maca

METABOLIZER

kale, pineapple, lemon, ginger, apple, chia seeds, cayenne

GOOD MORNING

orange, pineapple, strawberry, mango, lemon, ginger, carrot

BLUE MAJIK

blue spirulina, pineapple, banana, coconut water, honey. topped with coconut chips

PRETTY IN PINK

strawberry, pitaya, apple, mango, lemon, coconut water

GREEN MACHINE

spinach, kale, almond milk, banana, honey, avocado, almond butter

CHOCO LOVER

cacao, banana, almond milk, avocado, almond butter, flax seeds, maple

FOR *The* KIDS

5.95

PINKYLICIOUS

almond milk, strawberry, banana, honey

ORANGE CRUSH

almond milk, pineapple, orange, banana

SUPERHERO

almond milk, blueberry, banana, chia seeds

CREATE *your own!*

8.95

BASE LIQUID

FROZEN FRUIT #1

FROZEN FRUIT #2

FROZEN FRUIT #3

NATURAL SWEETENER

honey, maple syrup or dates

SMOOTHIE BOWLS

vegan & gf | 16 oz 11.00

hemp \ whey + 1.00

AH-SIGH-EE

almond milk, banana, chia seeds, blueberry, strawberry, honey. topped with granola, banana, hemp seeds, strawberries, goji berries + drizzle (free açai add on)

BARBEE

coconut water, banana, strawberry, pitaya, coconut oil, honey. topped with granola, banana, chia seeds, strawberries, coconut chips + drizzle

MAJIKAL

almond milk, banana, pineapple, blue spirulina, honey, coconut oil. topped with granola, banana, hemp seeds, coconut chips + drizzle

CHOCOBERRY

almond milk, banana, strawberry, cacao, almond butter, maple, flax seeds. topped with granola, strawberries, banana, cacao nibs + drizzle

PEANUT BUTTER

almond milk, banana, peanut butter, chia seeds, maca, honey. topped with granola, banana, cacao nibs + drizzle

TROPICAL PARADISE

coconut water, banana, pineapple, mango, honey, turmeric, layered with chia pudding. topped with granola, banana, coconut chips, goji berries + drizzle

SUPERFOODS \$1

açai powder

almond butter

black pepper

cacao nibs

cacao powder

camu camu

cayenne

chia seeds

cinnamon

coconut chips

coconut oil

cranberries

dates

egg

everything

seasoning

feta

flax seeds

garlic

goji berries

granola

hemp protein

hemp seeds

honey

hummus

maca

maple

matcha

olive oil

peanut butter

pesto

pink sea salt

pitaya powder

pumpkin seeds

red pepper flakes

spirulina (blue)

sunflower seeds

turmeric

vanilla

walnuts

whey protein

Fresh Pressed
JUICE
.....(C).....

16 oz 8.95 | 24 oz + 3.00

BIG RED BEETS

orange, apple, carrot,
beet, lemon, ginger

GRACIOUS GREENS

lime, lemon, pear,
cucumber, celery, kale

IMMUNE TO IT

orange, apple, carrot,
lemon, ginger, turmeric

KALE YEAH

pineapple, celery, apple,
kale, ginger, lemon

PHYTONUTRIENTS

cucumber, celery, spinach,
kale, lemon, ginger

PIÑA PICANTE

pineapple, cucumber,
apple, jalapeño, mint

POPEYE PUNCH

spinach, cucumber,
apple, lemon, ginger

RADIANCE

pineapple, cucumber,
apple, mint

SUNRISE

pineapple, carrot,
lemon, lime, cayenne

RECOVERY

orange, cucumber,
beet, kale, lemon

TUMMY TAMER

pineapple, apple,
lemon, spinach, mint

.....
CREATE
your own!

5 ingredients of
your choice +1.0
for additional
ingredients

**COLD - PRESSED
JUICE CLEANSSES**

BEGINNER	38.50
ONE DAY	50.00
TWO DAY	100.00
THREE DAY	150.00
FOUR DAY	200.00
FIVE DAY	250.00

*Cleanse Benefits
may include:*

- Mental clarity
- Glowing skin
- Improved mood
- Reduced bloating
- Intense hydration
- More regulated colon
- Rest for certain organs
- Boost in energy
- Deeper sleep

————— **ORGANIC** —————
COFFEE & TEA
12 oz hot 16 oz cold

COFFEE

2.75

- espresso
- drip coffee
- cold brew
- blue lavender latte **5.00**
- salted caramel latte
- cappuccino **4.75**
- latte

MILK OPTIONS

oat or almond

NATURAL SWEETENERS

maple or honey

.....
loose-leaf

HOT TEA

2.50

- butterfly pea flower
- lavender mint
- peppermint
- chamomile
- ADD TEA FLAVORS **1.00**

SUPERLATTES

5.75

- chai
- golden
- matcha
- mocha

*Superlattes are designed to leave
you clear headed and energized.*

*Blended with super creamer (oat + coconut),
adaptogens, reishi, lion's mane and probiotics
to help manage stress and anxiety, aid in
digestion and boost immunity.*

.....
SUPERTEAS

*iced**

3.75

- dragonberry hibiscus
- passionfruit guava green

*Packed with functional botanicals
for skin hydration, gut health
and stress relief.*

**DELIVERY, TAKE OUT
& CATERING**