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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

dine in
takeout
delivery
catering

cafe | botanica

EATS • SMOOTHIES • JUICE

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Fresh Pressed JUICE

.....(C).....

16 oz 9.50 | 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

WELLNESS SHOTS 2 oz | 5.25

ELDERBERRY

apple, lemon, ginger,
elderberry

IMMUNE BOOST

carrot, orange, lemon,
ginger

COLD - PRESSED JUICE CLEANSES

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 | 24 oz + 2.50

COFFEE

2.75

espresso
drip coffee
cold brew
blue lavender latte
pink vanilla latte

6.00

Fall Favorites
pumpkin spice latte
salted caramel latte



cappuccino
latte

4.75

MILK oat or almond
NATURAL SWEETENERS
maple or honey

SUPERLATTES

6.00

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

strawberry lemonade
mango green

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

loose-leaf

HOT TEA

2.50

butterfly pea flower
lavender mint
peppermint
chamomile

ADD TEA FLAVORS 1.00

**DELIVERY, TAKE OUT
& CATERING**

Smoothies

..... ONLY REAL INGREDIENTS

16 oz 9.50 | 24 oz + 2.50

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

hemp \ whey + 1.00

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!*

9.50

BASE LIQUID

FROZEN FRUIT #1

FROZEN FRUIT #2

FROZEN FRUIT #3

NATURAL SWEETENER

honey, maple syrup or dates

SMOOTHIE BOWLS

vegan & gf | 16 oz 11.95

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

EATS

Healthy & Delicious

SALADS

10.95

KALE & CRANBERRY

spring mix, baby kale, quinoa, feta, chicken, carrot shreds, avocado, sunflower seeds, cranberries.

recommend lemon tahini dressing

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 & pumpkin seeds. recommend thai peanut dressing

Dressings

housemade balsamic vinegar, lemon

SNACKS *Gluten-Free*

ENERGY BALLS

5.00

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

OVERNIGHT OATS

6.50

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

CHICKEN PESTO WRAP

pesto, avocado, quinoa, red pepper flakes, feta, chicken, tomato & spinach

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

CRUNCHY KALE

avocado, quinoa, kale, carrot shreds, chicken, feta, cucumber, pumpkin seeds, cranberries, housemade tahini drizzle

*Whole Grain, Spinach included,
Gluten-Free Tortilla + 2.*

PB & CHOCOLATE CHIA MOUSSE

5.50

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

TOASTS

LE QUARTIER SOURDOUGH OR GLUTEN FREE + 2.00

AVOCADO 7.95

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 7.95

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 7.95

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

APPLE PIE TOAST

almond or peanut butter, apple, cinnamon, honey, sea salt, hemp seeds or cacao nibs

FALL SMOOTHIE BOWL

almond milk, banana, pumpkin, flax seeds, maple syrup, vanilla, pumpkin pie spice. topped with granola, banana, pumpkin seeds

PUMPKIN SMOOTHIE

almond milk, banana, pumpkin, pumpkin pie spice, vanilla, flax seeds, maple syrup (*add cold brew*)