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omaha, ne 68130
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dine in
takeout
delivery
catering

cafe | botanica

EATS • SMOOTHIES • JUICE

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EATS

Healthy & Delicious

SALADS

10.95

GREEK SALAD



Spring mix, quinoa, bell pepper, kalamata olives, peperoncini, cucumber, feta, pumpkin seeds, recommend Italian dressing

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, italian, lemon tahini & thai peanut. poblano ranch

GRAB-N-GO

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

PASTA SALAD

6.50

banza chickpea pasta, bell pepper, kalamata olives, peperoncini, feta, cucumber, pumpkin seeds. italian dressing

PB CHOCO CHIA MOUSSE

5.50

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

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.

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

OATMEAL *hot* 6.00

HEART HEALTHY

oats, maple syrup, cinnamon, sea salt. topped with granola, pumpkin seeds, coconut chips

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

SANDWICHES 10.50

ULTIMATE GRILLED CHEESE

hummus, feta, provolone, spinach, tomatoes

GRILLED CHEESE & APPLE

apple, provolone, chicken, basil, honey, salt, cracked black pepper

ASK US ABOUT CATERING -
BYO ACAI BOWLS
AND MORE!



*exciting new menu items
created by our team!*

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

LAVENDER HONEY

dried lavender buds, banana, blueberry, coconut oil, honey, almond milk



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

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

MATCHA MANGO

Almond milk, banana, mango, pineapple, matcha, chia seeds, honey. topped with granola, banana & coconut chips + drizzle

WINTER BERRY

almond milk, banana, cherries, cacao, cinnamon, almond butter, date paste. topped with granola, 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

Nutrient-rich ingredients for a healthy boost!

SUPERFOODS \$1

- | | | |
|----------------------|---------------------|--------------------------|
| <i>açai powder</i> | <i>egg</i> | <i>matcha</i> |
| <i>almond butter</i> | <i>everything</i> | <i>olive oil</i> |
| <i>black pepper</i> | <i>seasoning</i> | <i>peanut butter</i> |
| <i>cacao nibs</i> | <i>feta</i> | <i>pesto</i> |
| <i>cacao powder</i> | <i>flax seeds</i> | <i>pink sea salt</i> |
| <i>camu camu</i> | <i>garlic</i> | <i>pitaya powder</i> |
| <i>cayenne</i> | <i>goji berries</i> | <i>pumpkin seeds</i> |
| <i>chia seeds</i> | <i>granola</i> | <i>red pepper flakes</i> |
| <i>cinnamon</i> | <i>hemp protein</i> | <i>spirulina (blue)</i> |
| <i>coconut chips</i> | <i>hemp seeds</i> | <i>sunflower seeds</i> |
| <i>coconut oil</i> | <i>honey</i> | <i>turmeric</i> |
| <i>cranberries</i> | <i>hummus</i> | <i>vanilla</i> |
| <i>dates</i> | <i>maca</i> | <i>walnuts</i> |
| | <i>maple</i> | <i>whey protein</i> |

FOR *The* KIDS

12 oz

6.50

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



Cold Pressed JUICE

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 | 5.50

ELDERBERRY
apple, lemon, ginger, elderberry

IMMUNE BOOST
carrot, orange, lemon, ginger

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 | 24 oz + 2.50

COFFEE 2.75
espresso
drip coffee
cold brew
cappuccino **4.75**

LATTE 6.00
blue lavender latte
pink vanilla latte
salted caramel latte
(+ espresso shot 1.50)
latte **4.75**

HOT TEA 2.50
loose-leaf
butterfly pea flower
chamomile
lavender mint
peppermint
(add tea flavors 1.00)

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* 5.00
strawberry lemonade
mango green

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

MILK *oat or almond*
NATURAL SWEETENERS
maple or honey