

SMOOTHIE BOWLS

vegan & gf | 4 oz 6.00 | 6 oz 8.00

TOPPINGS

(build-your-own)

granola, banana & coconut chips

BASE OPTIONS

AH-SIGH-EE

almond milk, banana, strawberry, blueberry, acai, honey

BARBEE

coconut water, banana, strawberry, pitaya, coconut oil, honey



MATCHA MANGO

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

MAJIKAL

almond milk, banana, honey, pineapple, blue spirulina, coconut oil

CHOCO BERRY

almond milk, banana, strawberry, almond butter, cacao, flax, maple

PEANUT BUTTER

almond milk, banana, peanut butter, maca, chia, honey

TROPICAL PARADISE

coconut water, banana, pineapple, mango, honey, turmeric

EXTRA TOPPINGS

0.50 per bowl

granola
cacao nibs
chia seeds
cranberries
flax seeds

goji berries
coconut chips
pumpkin seeds
hemp seeds
walnuts

1.00 per bowl

apple
strawberry
orange
pineapple

Smoothies

16 oz 9.50 | 24 oz + 2.50 hemp \ whey + 1.00

BAHAMA BABE

banana, pineapple, orange, coconut & honey

BLUE MAJIK

banana, pineapple, coconut, honey & blue spirulina

CHOCO LOVER

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

BRAIN BOOST

banana, blueberry, date, spinach, flax & almond milk

GREEN MACHINE

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



LAVENDER HONEY

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

MANGO DREAM

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

METABOLIZER

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

PB&B

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

PRETTY IN PINK

mango, strawberry, apple, coconut, lemon & pitaya

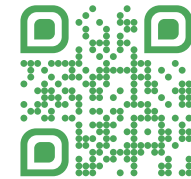
POST WORKOUT

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

cafe | botanica

EATS • SMOOTHIES • JUICE

Catering Menu



providing balanced meals with whole grains, fruits & vegetables can improve overall well-being & productivity.

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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

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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

WELLNESS SHOTS 5.50

IMMUNE BOOST

carrot, orange, lemon, ginger

ELDERBERRY

apple, lemon, ginger, elderberry

RECOVERY

orange, cucumber, beet, kale, lemon

TUMMY TAMER

pineapple, apple, lemon, spinach, mint

12 oz hot 16 oz cold

ORGANIC COFFEE & TEA

COFFEE

espresso
drip coffee
cold brew

2.75

blue lavender latte
salted caramel latte

6.00

cappuccino
latte

4.75

loose-leaf

HOT TEA

butterfly pea powder
lavender mint
peppermint
chamomile

2.50

SUPERLATTES

chai
golden
matcha
mocha

6.00

iced

SUPERTEAS

dragonberry hibiscus
passionfruit guava green

2.50

SALADS

Healthy & Delicious

GARDEN GREENS

10.95

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



GREEK SALAD

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

HAPPY HUMMUS

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

KALE & CRANBERRY

spring mix, baby kale, quinoa, feta, chicken, carrot shreds, avocado, sunflower seeds, cranberries, lemon tahini drizzle

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, Italian, lemon tahini & thai peanut. poblano ranch

GRAB-N-GO

ENERGY BALLS

5.00

peanut butter, gluten-free 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



PASTA SALAD

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

PB & CHOCOLATE CHIA MOUSSE

5.50

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

Wraps

Whole Grain & Spinach included
Gluten-Free (+ 2.00)

BUFFALO CHICKEN

10.50

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

CALIFORNIA LOVE

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

CHICKEN PESTO WRAP

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

CRUNCHY KALE

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

EGG & CHEESE

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

PEANUT CHICKEN

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

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



seasonal menu items
created by our staff!

www.cafe-botanica.com