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10319 pacific street  
omaha, ne 68114  
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omaha, ne 68130  
402.509.7023

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7811 pioneers blvd  
lincoln, ne 68506  
402.417.0788

*dine in*  
*takeout*  
*delivery*  
*catering*

# cafe | botanica

EATS • SMOOTHIES • JUICE

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# 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

4.50

### CHIA MOUSSE

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

# 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

5.50

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**



# Smoothies

ONLY REAL INGREDIENTS

16 oz 8.95 | 24 oz + 2.00

hemp \ whey + 1.00

## 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*



## BEGINNER DETOX

- 1 queen of greens
- 2 orange you glad
- 3 runners red
- 4 lemon kick or pink dragon



perfect for beginners looking to reset and start a healthy lifestyle. replace breakfast, morning snack, lunch, and afternoon snack with juice, and end the day with a nutritious dinner.

## RESET

- 1 orange you glad
- 2 coco chia H2O
- 3 queen of greens
- 4 lemon kick
- 5 runners red
- 6 mylk or choco mylk
- 7 botanical tea



crafted to nourish the body, enhance the immune system, and support digestion and detoxification. It's ideal for individuals seeking to heal, restore, detox, and revitalize both mind and body.

## ACTIVE RESET

- 1 orange you glad
- 2 coco chia H2O
- 3 mylk
- 4 queen of greens
- 5 runners red
- 6 choco mylk
- 7 botanical tea



nourish your body with vital vitamins and nutrients that support physical performance and improve recovery, all while rejuvenating your mind and body.

## CUSTOM RESET

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 .....
- 7 botanical tea



customize your own cleanse to reset on your terms! choose six juices and one botanical tea.



*botanical teas*

butterfly pea flower . chamomile blend . lavender mint . peppermint

## COLD-PRESS JUICE

chia coco h2o

cacao, cashews

pink dragon

lemon, maple, pitaya & filtered water

blue lagoon

lime, pineapple, blue spirulina, maple syrup & filtered water

lemon kick

lemon, maple, cayenne & filtered water

7.95

phytonutrients

kale, spinach, celery, cucumber, ginger & lemon

queen of greens

apple, cucumber, celery, kale, lemon, parsley & ginger

orange you glad

carrot, orange, apple, lemon & turmeric

runners red

apple, carrot, beet, lemon & ginger

sunrise

carrot, pineapple, lime, lemon & cayenne

8.95

mylk

cashew, maple, cinnamon, vanilla, cacao & pink sea salt

golden mylk

cashew, maple, cinnamon, vanilla, turmeric, black pepper,

ginger, cardamom & pink sea salt

choco mylk

cashew, maple, cinnamon, vanilla, cacao & pink sea salt

9.95

*we offer custom!*

## WHY CLEANSE

In our busy lives, maintaining a healthy balance can be challenging. Juice cleansing offers a rejuvenating journey to reclaim your vitality. Did you know about 70% of your daily energy is used for digestion? Fresh juices from whole fruits and vegetables give your digestive system a break, allowing your body to absorb nutrients efficiently and focus on self-healing and detoxifying.

*Cleanse Benefits may include:*

**Mental clarity**

**Glowing skin**

**Improved mood**

**Reduced bloating**

**Intense hydration**

**More regulated colon**

**Rest for certain organs**

**Boost in energy and deeper sleep**

.....

## COLD - PRESSED JUICE CLEANSSES

ONE DAY	45.00
TWO DAY	90.00
THREE DAY	135.00
FOUR DAY	180.00
FIVE DAY	225.00

# SMOOTHIE BOWLS

vegan & gf | 6 oz 6.00

## 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

### MAJIKAL

almond milk, banana, honey, pineapple,

blue spirulina, coconut oil

### CHOCOBERRY

almond milk & butter, banana, strawberry, 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

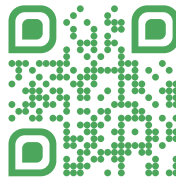
orange

pineapple

# cafe | botanica

EATS • SMOOTHIES • JUICE

## Catering Menu



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

regency  
10319 pacific street  
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402.509.7023

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lincoln, ne 68506  
402.417.0788

INFO@CAFE-BOTANICA.COM  
@CAFE.BOTANICA.HEARTLAND

## Smoothies

16 oz 8.95 | 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

### 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

# Cold Pressed JUICE



16 oz 8.95 | 24 oz + 3.00  
bottled 9.50

## 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

# SALADS

*Healthy & Delicious*



## HAPPY HUMMUS 10.95

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 .....

*Regular, Spinach &  
Gluten-Free (+ 1.50)*

## CALIFORNIA LOVE 10.50

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

## PB & CHOCOLATE 4.50 CHIA MOUSSE

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

*www.cafe-botanica.com*