

# cafe | botanica

EATS • SMOOTHIES • JUICE • COFFEE

“

everything on the menu is delicious  
even the things with ingredients that  
i normally don't like (i.e. beets)! my  
PB smoothie was amazing today!

S.B.  
google review

”

## MENU

dine in  
takeout  
delivery  
catering

[www.cafe-botanica.com](http://www.cafe-botanica.com)

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# EATS

*Healthy & Delicious*

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## SALADS

**10.50**

### **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. avocado ranch

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## SNACKS

### **ENERGY BALLS**

**5.00**

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

### **OVERNIGHT OATS**

**6.50**

*or OATMEAL (seasonal)*

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

## WRAPS

**10.00**

### **CALIFORNIA LOVE**

avocado, chicken, provolone, spinach, tomato, 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 & Gluten-Free*

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### **PB & CHOCOLATE**

**4.50**

### **CHIA MOUSSE**

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

# Smoothies

..... ONLY REAL INGREDIENTS .....

**16 oz 8.50 | 24 oz + 2.5**

**hemp \ whey + 1.0**

## **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, coco 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**

**5.75**

### **PINKYLICIOUS**

almond milk, strawberry, banana, honey

### **ORANGE CRUSH**

almond milk, pineapple, orange, banana

### **SUPERHERO**

almond milk, blueberry, banana, chia seeds

## **CREATE** *your own!*

**8.50**

### **BASE LIQUID**

**FROZEN FRUIT #1**

**FROZEN FRUIT #2**

**FROZEN FRUIT #3**

**NATURAL SWEETENER**

honey, maple syrup or dates

# SMOOTHIE BOWLS

vegan & gf | 16 oz 10.50

hemp \ whey + 1.0

## 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

\*seasonal menu items

## 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

<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>

Tag photos @cafe.botanica.heartland for chance to win a gift card!

# TOASTS

LE QUARTIER SOURDOUGH OR GLUTEN FREE

## AVOCADO 7.00

### **CLASSIC**

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

### **PESTOLICIOUS**

avocado, 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 7.00

### **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 & 7.00 SAVORY

### **SPICED WAFFLES**

house made 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

*cater Cafe Botanica  
for your next office  
meeting or event. You  
can thank us later!*



# ORGANIC COFFEE & TEA

*12 oz hot 16 oz cold*

COFFEE, TEAS & LATTES

DAIRY FREE

## COFFEE **2.50**

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

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## 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.*

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## SUPERTEAS *iced*\* **3.75**

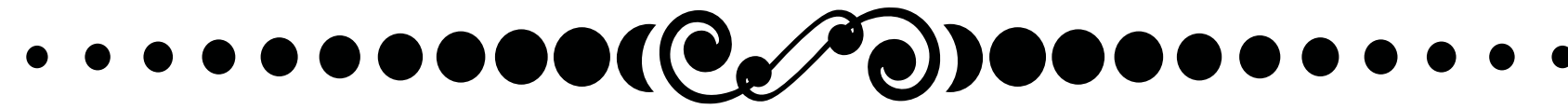
dragonberry hibiscus  
passionfruit guava green

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

## DELIVERY, TAKE OUT & CATERING



# Fresh Pressed JUICE



**16 oz 8.50 | 24 oz + 3.0**

## **GRACIOUS GREENS**

lime, lemon, pear,  
cucumber, celery, kale

## **PHYTONUTRIENTS**

cucumber, celery, spinach,  
kale, lemon, ginger

## **PIÑA PICANTE**

pineapple, cucumber,  
apple, jalapeño, mint

## **POPEYE PUNCH**

spinach, cucumber,  
apple, lemon, ginger

## **KALE YEAH**

pineapple, celery, apple,  
kale, ginger, lemon

## **SUNRISE**

pineapple, carrot,  
lemon, lime, cayenne

## **IMMUNE TO IT**

orange, apple, carrot,  
lemon, ginger, turmeric

## **BIG RED BEETS**

orange, apple, carrot,  
beet, lemon, ginger

## **RADIANCE**

pineapple, cucumber,  
apple, mint

## **RECOVERY**

orange, cucumber,  
beet, kale, lemon

## **TUMMY TAMER**

pineapple, apple,  
lemon, spinach, mint

*Everything is  
customizable!*

**CREATE** **8.50**  
*your own!*

five ingredients of  
your choice +1.0 for  
additional ingredients





## COLD-PRESS JUICE

chia coco h2o  
pink dragon  
blue lagoon  
lemon kick  
**7.95**

phytonutrients  
queen of greens  
orange you glad  
runners red  
sunrise  
**8.95**

mylk  
golden mylk  
choco mylk  
**9.95**

*we offer custom!*



## SNACKS

overnight oats  
**6.50**

2 energy balls  
**5.00**

pb & chocolate chia mousse  
**4.50**

baked goods  
**4.00**



# JUICE CLEANSES

## **BEGINNERS DETOX**

queen of greens  
orange you glad  
runner red  
lemon kick or  
pink dragon

This is a great cleanse for anyone new to cleansing that is looking to reset and kickstart a healthy lifestyle. Juice will replace breakfast, morning snack, lunch and afternoon snack. Finish the day with a healthy dinner.

## **ACTIVE RESET**

orange you glad  
coco chia H2O  
mylk  
queen of greens  
runners red  
choco mylk  
botanical tea  
of choice to aid in  
relaxation

This cleanse is for our more active individuals. It is designed to flood your body with essential vitamins and nutrients that aid in physical performance and enhanced recovery while revitalizing your mind and body.

## **RESET**

orange you glad  
coco chia H2O  
queen of greens  
lemon kick  
runners red  
mylk or choco mylk  
botanical tea  
of choice to aid in  
relaxation

A cleanse designed to nourish the body, boost the immune system & aid in digestion and detoxification. Great for anyone looking to heal, repair, detox and rejuvenate the mind and body.

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*Custom Reset* create your own custom cleanse to reset your way! pick up to six juices per day and one botanical tea.

*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 CLEANSES**

<b>BEGINNER</b>	<b>38.50</b>
<b>ONE DAY</b>	<b>50.00</b>
<b>TWO DAY</b>	<b>100.00</b>
<b>THREE DAY</b>	<b>150.00</b>
<b>FOUR DAY</b>	<b>200.00</b>
<b>FIVE DAY</b>	<b>250.00</b>