

# 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, 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      goji berries  
cacao nibs      coconut chips  
chia seeds      pumpkin seeds  
cranberries      hemp seeds  
flax seeds      walnuts

### 1.00 per bowl

apple  
strawberry  
orange  
pineapple

# Smoothies

16 oz 9.50 | 24 oz + 2.50    hemp \ whey + 1.50

### 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

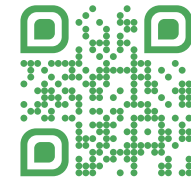
### POST WORKOUT

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

# 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  
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

INFO@CAFE-BOTANICA.COM  
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# Cold Pressed JUICE

.....(S).....  
16 oz 9.50 | 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*

## KALE & CRANBERRY

10.95

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

## 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, 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

# .....Wraps.....

*Whole Grain, Spinach &  
Gluten-Free (+ 1.50)*

## CALIFORNIA LOVE

10.50

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

## 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

5.00

## CHIA MOUSSE

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

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