

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

follow us FB/IG @cafe.botanica.hearltand X @cafe__botanica

ORGANIC COFFEE & TEA

12 oz hot 16 oz cold

COFFEE, TEAS & LATTES

DAIRY FREE

COFFEE **2.00**

espresso
drip coffee
cold brew

cappuccino **4.50**
latte

MILK OPTIONS
oat or almond

SWEETENERS
maple or honey

.....

HOT TEA **2.00**

butterfly pea flower
lavender mint
peppermint
chamomile

blue lavender latte **4.50**
(over ice w/ milk of choice)

MILK OPTIONS
oat or almond

ADD TEA FLAVORS **1.00**

SUPERLATTES **5.00**

matcha
mocha
chai

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** **3.50**

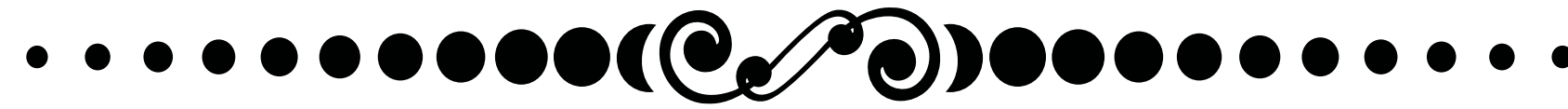
dragonberry hibiscus
passionfruit guava green

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

**DELIVERY, TAKE OUT
& CATERING**



Fresh Pressed JUICE



16 oz 8.00 | 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

RADIANCE

pineapple, apple,
cucumber, mint

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 **8.00**
your own!

five ingredients of
your choice +1.0 for
additional ingredients



EATS

Healthy & Delicious

SALADS

10.00

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, & thai peanut. avocado ranch

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

PB & CHOCOLATE

4.00

CHIA MOUSSE

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

Smoothies

..... ONLY REAL INGREDIENTS

16 oz 8.00 | 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!*

8.00

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

AÇAÍ

almond milk, banana, chia seeds, blueberry, strawberry, açai, honey. topped with granola, banana, hemp seeds, strawberries*, goji berries + drizzle

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>açaí powder</i>	<i>coconut oil</i>	<i>peanut butter</i>
<i>almond butter</i>	<i>cranberries</i>	<i>pitaya powder</i>
<i>black pepper</i>	<i>dates</i>	<i>pumpkin seeds</i>
<i>cacao nibs</i>	<i>flax seeds</i>	<i>red pepper</i>
<i>cacao powder</i>	<i>garlic</i>	<i>sea salt</i>
<i>camu camu</i>	<i>goji berries</i>	<i>spirulina (blue)</i>
<i>cayenne</i>	<i>granola</i>	<i>turmeric</i>
<i>chia seeds</i>	<i>hemp protein</i>	<i>vanilla</i>
<i>cinnamon</i>	<i>hemp seeds</i>	<i>walnuts</i>
<i>coconut chips</i>	<i>maca</i>	<i>whey protein</i>
	<i>matcha</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

SWEET &
SAVORY 6.50

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

STRAWBERRIES & CREAM (seasonal)

cream cheese (df), honey strawberries, walnuts

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

Extra toppings \$1

<i>almond butter</i>	<i>:</i>	<i>dates</i>	<i>:</i>	<i>olive oil</i>
<i>apple</i>	<i>:</i>	<i>egg</i>	<i>:</i>	<i>peanut butter</i>
<i>banana</i>	<i>:</i>	<i>everything seasoning</i>	<i>:</i>	<i>pear</i>
<i>black pepper</i>	<i>:</i>	<i>feta</i>	<i>:</i>	<i>pesto</i>
<i>cayenne</i>	<i>:</i>	<i>flax seeds</i>	<i>:</i>	<i>pink sea salt</i>
<i>chia seeds</i>	<i>:</i>	<i>goji berries</i>	<i>:</i>	<i>pumpkin seeds</i>
<i>cinnamon</i>	<i>:</i>	<i>granola</i>	<i>:</i>	<i>red pepper flakes</i>
<i>coconut chips</i>	<i>:</i>	<i>hemp seeds</i>	<i>:</i>	<i>strawberries</i>
<i>cranberries</i>	<i>:</i>	<i>honey</i>	<i>:</i>	<i>tomato</i>
<i>DF cream cheese</i>	<i>:</i>	<i>hummus</i>	<i>:</i>	<i>walnuts</i>

BANANA NUT

cream cheese (df), banana, walnut, honey, hemp seeds

CHEESECAKE

cream cheese (df), granola, coconut chips, honey

TEDDY BEAR *kids*

peanut or almond butter, banana, blueberry, honey

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.

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

BEGINNER	35.00
ONE DAY	50.00
TWO DAY	100.00
THREE DAY	150.00
FOUR DAY	200.00
FIVE DAY	250.00



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
4.00

baked goods
4.00

