

Week Day



Monday – Friday

9am - 3pm

Welcome to the Botanista way of Eating & Drinking

sugar free · healthy · delicious · creative

We prepare all our dishes & drinks as healthy as possible for you - without compromising on taste. We completely renounce refined sugar or "empty" carbs and reduce fat as much as possible - if we do, we use polyunsaturated fats. Instead, we provide plenty of healthy proteins to you.

For many dishes, you will find a high-protein and low-carb option (and often a gluten free option) in order to cater to your individual dietary wishes. Our dishes are designed vegan/vegetarian in their base and are completed by your choice of protein topping. All of our meals are homemade and prepared with a lot of love from our kitchen team.

We pay attention to an exceptional quality of our ingredients with a focus on regionality & sustainability: BOTAllogical*. We source the best local quality especially when we deviate from our plant-based approach and serve meat & fish.

Feel free to ask us about possible allergens or additives!

By the way: We only accept payment by card. Rest assured that your tip remains entirely an appreciation of the team.



vegan



gluten free



low carb



low cal



high protein

Please note that we use spelt (gluten) in our kitchen and therefore our dishes may contain traces of gluten.

* We are a small, young restaurant and still have to improve many processes. Unfortunately, we cannot afford controls for an organic control number, yet. The lack of the number does not affect our promise of the BOTAl quality. For key ingredients, we highlight this quality throughout this menu.

Sweet Side of Life

Choose our curated Botanista Edition for an extra boost of super food.
All toppings can be chosen individually added (+1€).

Vanilla Super Hero Bowl ——— 7.9€

Protein-rich vanilla-creme with homemade, sugar-free granola & seasonal fruits

Botanista Edition +3€

additionally with hulled hemp seeds, homemade chia-berry-jam, goji berries & banana

Light Choco Bowl ——— 8.5€

Cauliflower-Banana-Chocolate-Bowl with homemade, sugar-free granola & seasonal fruits

Botanista Edition +3€

additionally with homemade peanut butter, homemade chia-berry-jam, shredded coconut & banana.

Ultimate Power Porridge ——— 8.9€

Warm protein-porridge with flax seeds, homemade, vegan, protein-rich vanilla-cream & seasonal fruits

Botanista Edition +3€

additionally with homemade peanut butter, vegan, sugar-free chocolate, goji berries & banana

Green Spirulina Bowl ——— 9.5€

BOTA-Spirulina mixed with spinach, mango, zucchini and banana with homemade, sugar-free granola & seasonal berries

Botanista Edition +3€

additionally with vegan, protein-rich vanilla-cream, coconut flakes, hulled hemp seeds and energy ball

Refreshing

Summer Bowl

9.9€

Smoothie bowl made with a full load of fruits, homemade, sugar-free granola & berries.

Botanista Edition +3€

additionally with energy ball, banana, vegan, protein-rich vanilla-cream & coconut flakes

Brazilian Açai Bowl

10.3€

Brazilian BOTA-açai & -guarana blended with red berries & banana, with homemade, sugar-free granola and berries.

Botanista Edition +3€

additionally with homemade peanut butter, coconut flakes, goji berries and energy ball

Mood Treats

Peanut-Choco Energy Ball

2.9€

Delicious ball of dates, nuts, oats & cocoa

Cocos-Cranberry Energy Ball

2.9€

Delicious ball of dates, nuts, oats, cocos & cranberries

Vegan sugar-free, banana bread



4.2€

Topped off with Nice Cream and chia-berry-jam +€2.7

Sugar-free cake of the day

4.5€

Rotating daily with vegan and gluten-free options

Make it yours



Complement each dish with additional protein toppings of your choice. As an inspiration, we indicate our favs below each dish.

Flexitarian



5€

High Protein Bresaola Ham

BOTA Turkey Breast

Smoked, BOTAlogical Isar „Salmon“*

Barbecued prawns

Vegan



4€

Spicy BOTA-Seitan

Marinated & baked BOTA-Tofu

Vegetarian



3€

Aged parmesan flakes

Feta chunks

Cottage cheese - 2€

*Salmon trout from Bavarian waters

Egg Shop

Aussie Brekky ————— **9.9€**

Homemade avo smash and 2 BOTA-eggs (sunny side up) on BOTA-bread with a garnish of arugula and cherry tomatoes.

Our favs: Bresaola +5€ - Parmesan +3€

Pink Surfer ————— **10.9€**

BOTA-bread with ripe avocado slices on our homemade pink hummus & 2 BOTA-eggs (sunny side up) with a garnish of arugula and cherry tomatoes

Our favs: Prawns +5€ - Feta +3€

Breakfast Fun Bowl ————— **11.4€**

BOTA-egg (sunny side up), avocado, homemade, pink hummus, cherry tomatoes, cucumber, baby spinach and roasted chickpeas on rice with Spicy Cashew Dressing.

Our favs: Isar "Salmon" +5€ - Parmesan +3€

Brunch Drinks

Mimosa ————— **5.9€**

Frizzante with freshly squeezed OJ 0.2l

Mimosa's Strong Sister ————— **6.9€**

Frizzante with freshly squeezed OJ and Cointreau 0.2l

Mimosa Bottomless ————— **18€**

All you can drink during your breakfast/brunch/lunch main course for 90 minutes

BOWLhearted: Bowls & Salads

Our bowls are served on a rice or quinoa base.

The Mexican Lover Bowl _____ 10.4€

Homemade chili sin carne, broccoli, cucumber, baby spinach - on a rice base with Tomato-Garlic Dressing

Our favorite proteins: Shrimp +5€ - Parmesan +3€

The Rainbow Bowl _____ 11.4€

Pink hummus, edamame, avocado, pomegranate seeds, baked eggplant, cherry tomatoes, cucumber, arugula, - on a rice base with Balsamic Dressing.

Our favorite proteins: Seitan +4€ - Turkey Breast +5€

The Sushi Bowl _____ 11.9€

Nori leaves, wakame, avocado, edamame, red beet, carrots, cucumber, spring onions, baby spinach - rice based with Spicy Cashew dressing.

Our favorite proteins: Isar "Salmon" +5€ - Tofu +4€

Caesar at Botanista _____ 10.9€

Mixed salad, avocado, cherry tomatoes, cucumber, roasted chickpeas, avocado with Spicy Cashew Dressing.

Our favorite proteins: Turkey breast +5€ - Tofu +4€

Refreshing Drinks

All drinks are homemade - without sugar or preservatives

● Detox Water

Bottle of 1 l

Green — 7.9€

Cucumber · Mint · Lime

Red — 7.9€

Berries · Lemon

● Lemonade Lane

Homemade, sugar-free, sparkling lemonade in a glas of 0.35l

Apple-Cinammon — 4.5€

Ginger-Lime — 4.5€

Berry-Mint — 4.5€

● Juicy Couture

Homemade, freshly-squeezed juices

Orange 0.2l | 0.35l — 3.9 | 5.9€

Orange-Ginger 0.2l | 0.35l — 3.9 | 5.9€

● Magic Health Elixir

The secret recipe of our chef Elisa, homemade and sugar-free in glas 0.35l

Elisa's Kombucha — 4.9€

● Health Insurance

The healthiest shots 3cl

Ginger Shot — 2.5€

Turmeric Shot — 2.5€

● Water

Still or Sparkling; in glas 0.35l or carafe 1 l

Glass | Decanter — 3.2 | 6.2€

Our water is filtered & processed for you - feel free to ask for a free glass of unfiltered tap water



Hot Drinks

Top our coffees and lattes with the following add-ons:

Ashwagandha (Happiness) +1€ and CBD Oil (Relaxation) +1€

If you wish you can choose from the following alternatives – free of charge:

BOTA-Cow's Milk - Oat Milk - Almond Milk



Coffee Shop

Our coffee is ground from cheerful Glockenbach beans

Espresso	—	2.0€
Espresso Macchiato	—	2.5€
Espresso Doppio	—	3.0€
Americano	—	3.0€
Cappuccino	—	3.5€
Flat White	—	3.9€
Latte Macchiato	—	4.2€
Bullet Proof (Americano + C8-MCT)	—	4.9€
Iced Americano	—	3.5€
Iced Latte	—	4.9€
Cold Brew (seasonal)	—	3.9€



Wellness Latte

Homemade – sugar-free - without additives

Matcha Latte	—	4.5€
Chai Latte	—	3.9€
Red Velvet Latte	—	3.9€
Choco Latte	—	3.9€
Iced Matcha	—	5.1€
Iced Chai Red Velvet Choco	—	4.5€

Par-Tea Time

With dried, loose tea in a pot of 0.5l

BOTA Peppermint — 5.9€

BOTA Chamomile — 5.9€

BOTA Black Tea: Darjeeling — 5.9€

BOTA Green Tea: Sencha (Japan) — 5.9€

South American Mate — 5.9€

With fresh ingredients in a pot of 0.5l

Royal-Tea — 5.9€

Fresh Mint

Tas-Tea — 5.9€

Ginger, Lemon

Flir-Tea — 5.9€

Orange, Cinnamon Stick

Morning Starter in a glass of 0.3l

Tea-Rex — 2.9€

Hot water with fresh lemon

Alcoholic Drinks

● Botanista Spritz

Homemade, without sugar or other additives, 0.35l

Apple-Cinammon	—	7.8€
Ginger-Lime	—	7.8€
Berry-Mint	—	7.8€

Aperol Spritz

For all those who do not avoid the sugar

— 7.2€

● Pop the Bubbles

If you are up for celebrations, you may as well choose a bottle (0.75l)

Frizzante glas 0.2l Bottle	—	6.5€ 27€
Prosecco Bottle	—	35€
Crémant de Loire Brut Bottle	—	59€

● All-in Ballin' — High Balls

Gin 'n Tonic

with Thomas Henry Tonic Water

Botanista Edition +1.40€:

With homemade, sugar-free Tonic Water

— 9.9€

Munich | Moscow Mule

with Thomas Henry Ginger Beer

Botanista Edition +1.40€:

With homemade, sugar-free Ginger Beer

— 9.9€

Wähle deinen Gin:

Tanqueray: (standard) · Malfy Zitrone: +1.5€ · The Illusionist +3€ ·

Siegfried (alcohol-free): +2€

● More Longdrinks

Homemade, without sugar or other additives, 0.35l.

Sugar-free Mojito — 11.5€

Skinny Bitch Reinvented — 10.5€

With homemade infused Vodka

Ask the bartender for his other specialties :)

● Shots

Ramazotti | Grappa — 4€ | 5€

Tequilla | Gin — 4€ | 4€

Local Hazelnut Schnapps — 6€

Homemade infused vodka shot — 5€

Ask the bartender for his other specialties :)

● All day & all night

Don`t be a Macho, Eat a Nacho  7.5€

Corn harina-Spinach-Tortilla Chips with homemade Spicy Cashew Dip & Guacamole

Power Nuts  — 7.5€

Homemade spiced nuts from walnuts, peanuts and cashews

● White Wine

Everyday favorites — Easy going

Trashumante Blanco 0.2l | 0.75l — 6.9 | 24€

2019, Navarra D.O. SV

Darting Rivaner 0.2l | 1l — 6.9 | 33€

2020, Pfalz, QbA

White Wine Spritz 0.2l — 6.0€

Pretty Damn Good — Tastes like: I can't get enough of it

Botanista White — 0.2l | 0.75l — 7.9 | 29€

2021, Sauvignon Blanc, Pfalz, QbA

Save Water

Drink Riesling 0.2l | 0.75l — 7.9 | 29€

2019, Riesling, Rheingau QbA – ask for our non-alcoholic option

Köwerich No. 1 Einblick 0.75l — 35€

2019, Riesling, Mosel QbA Classic SV

The Premium Selection — Perfectly curated to be remembered

Louis Guntrum 0.2l | 0.75l — 9.9 | 39€

2018, Grauburgunder, QbA Rheinhessen, SV

Meinklang, Demeter Wein 0.75l — 45€

2019, Welschriesling, Burgenland, SV, BOTAlogisch

● Rosé Wine

Darting Portugieser Rosé 0.2l | 1l — 6.9 | 34€

2019, Pfalz, QbA

Botanista Rosé 0.2l | 0.75l — 7.9 | 29€

2021, Spätburgunder, Pfalz, QbA

Topf Rosé 0.75l — 59€

2019, Zweigelt, Strassertal, SV

Red Wine

Everyday favorites — Easy going

Trashumante Tinto 0.2l | 0.75l — 6.9 | 24€
2019, Navarra D.O. SV

Pretty Damn Good — Tastes like: I can't get enough of it

Botanista Red — 0.2l | 0.75l — 7.9 | 29€
2020, St. Laurent, Pfalz, QbA

The Guv'nor 0.2l | 0.75l — 7.9 | 29€
2019, Tempranillo, Vino de Espagna SV

The Premium Selection — Perfectly curated to be remembered

Louis Guntrum 0.2l | 0.75l — 13 | 49€
2018, Pinot Noir, QbA Rheinhessen, SV

Chateau Fournas Rouge — 39€
2020, Corbieres, France

Beer

Giesinger Helles 0.33l — 3.9€

Giesinger Pils 0.33l — 3.9€

Local Craft IPA 0.33l — 5.9€
Crew Republic Drunken Sailor

Lammsbräu Helles 0.33l — 4.5€
BOTA-logic, alcohol-free