

# Dinner



Monday-Sunday  
from 6pm

# 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.

## ● Start of Your Night

**Levantine Salad** 🌿🥒🌱🍊 ————— 5.5€

Mixed salad, cherry tomatoes, cucumber, baked eggplant, scallions, cashews and Balsamic Dressing.

**Chili sin Carne** 🌿🥒🍊🥩 ————— 5.9€

A small portion of our homemade chili sin carne with vegan yogurt topping and BOTA bread pieces

**Pink Hummus** 🌿🌱🥩 ————— 6.5€

Homemade pink hummus with BOTA bread pieces

On request also with gluten-free Bread from Echt Jetztt (+1€)

**Soup of the Day** 🌿🍊 ————— 7.5€

Ask our team for the fresh seasonal soup of the day.

On request also with gluten-free bread from Echt Jetztt (+1€)

## ● All day & all night

**Don't be a Macho,  
Eat a Nacho** 🌿🥒🌱🥩 ————— 7.5€

Cornmeal Spinach Tortilla Chips with Homemade Spicy Cashew & Guacamole.

**Power Nuts** 🌿🥒🌱🥩 ————— 7.5€

Homemade spiced nuts from walnut kernels, peanuts and cashews

# Make it yours

Complement each dish with additional protein toppings of your choice. As an inspiration, we'll share our faves with you for each dish.

## Flexitarian



5€

High Protein Bresaola Ham

BOTA Turkey Breast

Smoked, BOTAlogical Isar „Salmon,, \*

Fried Shrimps

## Vegan



4€

Spicy BOTA Seitan

Marinated & baked BOTA Tofu

## Vegetarian



3€

Ripe Parmesan flakes

Feta lumps

Cottage cheese - 2€

\*Salmon trout from Bavarian waters

# 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€


# Pasta i Amore

Our pasta dishes are served with

BOTA protein pasta (100% chickpeas)   

As an alternative, we offer (low calories & low carbs)

Japanese konjac noodles +3€    

**Roasted Pepper**   \_\_\_\_\_ **10.9€**

With crunchy bell pepper strips, delicious cherry tomatoes, fresh arugula and our Roasted Pepper Sauce.

Our favorite proteins: Seitan +4€ - Bresaola +5€

**Basil- Linseed Oil- Pesto**  \_\_\_\_\_ **10.9€**

With delicious cherry tomatoes, arugula and homemade parmesan basil linseed oil pesto for that extra boost of healthy omega-3 fatty acids.

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

**Vegan Bolognese**    \_\_\_\_\_ **11.9€**

With crunchy bell pepper strips, delicious cherry tomatoes and our vegan protein bolognese made with tofu.


Our favorite proteins: Turkey Breast +5€ - Feta +3€

# Flatbreads

Our flatbreads are between pizza and tarte flambée.

So, like Bavaria: between Italy and Alsace. They are served on

homemade spelt-rye base 

If you wish, you can also order our low-calorie, high-protein Cauliflower protein base +2€ 

With only 300 calories and 52g protein per serving.

## Staten Island \_\_\_\_\_ 9.9€

The Classic: Tomato Garlic Sauce, cherry tomatoes, crisp spring onions and topped with fresh arugula.

Our favorite proteins: Isar "Salmon" +5€ - Feta +3€

## Bronx \_\_\_\_\_ 10.9€

Homemade parmesan basil linseed oil pesto for that extra boost healthy of omega-3 fatty acids, cherry tomatoes, caramelized onions and fresh arugula.

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

## Queens \_\_\_\_\_ 11.9€

Roasted Bell Pepper sauce, crispy bell pepper strips, mushrooms and fresh baby spinach.

Our favorite proteins: Bresaola +5€ - Tofu +4€

## Brooklyn \_\_\_\_\_ 12.4€

Spicy Cashew sauce, baked eggplant & zucchini, crisp bell pepper strips and caramelized onions, cherry tomatoes and baby spinach.

Our favorite proteins: Shrimp +5€ - Seitan +4€

## Manhattan \_\_\_\_\_ 12.4€

Light Soy-Yogurt-Herb sauce, baked eggplant & zucchini, cherry tomatoes, caramelized onions and fresh arugula.

Our favorite proteins: Turkey Breast +5€ - Feta +3€

## Mood Booster & Desserts

**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

**Sugar-free,  
vegan Banana Bread**   ————— 4.2€

Topped off with Nice Cream and fruit level +€2.7

**Sugar-free Cake of the Day** ————— 4.5€

Daily changing, also vegan and gluten-free options

**Protein  
Schoko Lava Cake**      ————— 7.5€

The healthiest chocolate sin in this world. Sugar free & low carb, baked fresh for you and therefore takes time: 10-15 minutes.



# 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€
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## ● 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	—	9.9€
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with Thomas Henry Tonic Water

Botanista Edition +1.40€:

With homemade, sugar-free Tonic Water

Munich   Moscow Mule	—	9.9€
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with Thomas Henry Ginger Beer

Botanista Edition +1.40€:

With homemade, sugar-free Ginger Beer

## 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, BOTAlologisch

## ● 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