Botanica

Healthy, gourmet takeaway for breakfast, lunch, and dinner in Red Hill.

By Sarah Coates

'We didn't want to exclude anyone', says Ally Hutley, chef and owner of Botanica alongside of Botanica alongside her husband Brett. And it's this idea that informs the entire menu at gourmet takeaway store, Botanica.

The glass cabinet inside the store holds a selection of luscious breakfast options from 6-9am on weekdays, think overnight oats, fresh fruit salads, chia pudding and breakfast crumble, before being swapped out for a rotating roster of salads. Of the seven salads available on any given day, 3-4 will always be gluten free, and all will be either vegetarian or vegan. But in the spirit of not excluding anyone, Ally says their wares are 'plant based' not vegetarian. Any of these salads would be perfect to pick up on the way home and served alongside a juicy steak.

The lavish display of cakes which tempts passers-by from the window all happen to be gluten-free, but they are just as much of a treat for all comers, whether you're avoiding gluten or not. They're emphatically not health-cakes (no avocado masquerading as chocolate here), but they do allow for everyone to have a choice, regardless of allergies or aversions. Truly, everyone is catered to here.

Shop 9/1 Enogerra Terrace, Red Hill

https://www.google.com/maps/place/Botanica+Real+Food/@-27.452544,153.004113,15z/data=!4m2!3m1!1s0x0:0x479e774053a7b107?sa=X&ei=TFaCVbKOFsr08QWMyoPoDw&ved=0CH0Q_BIwCg

http://www.botanicarealfood.com.au/

(07) 3367 3334

Mon to Fri: 6am-6pm
Sat & Sun: 9am-5pm