



ETHNO-BOTANICAL VEGAN & VEGETARIAN CUISINE



OPEN DAILY FOR LUNCH AND DINNER

12h00 - 14h30 & 18h00 - 22h30



We have air-conditioned room, Wifi and a selection of products made in Laos

It is possible to order the food from our sister restaurant L'Eléphant Français,
if someone on the table don't feel to go green ;)

Thank you for your understanding
Enjoy your meal



10% government taxes will be added



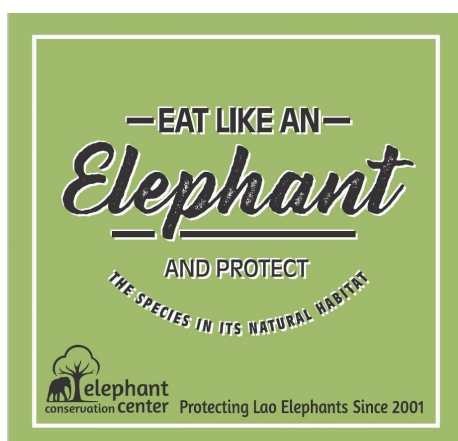
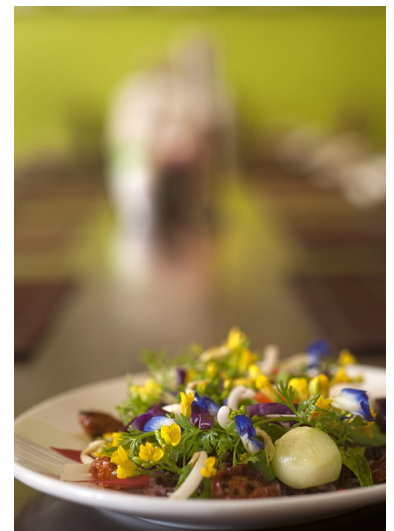
With Lao cuisine focusing on raw vegetable, leaves & herb ingredients as well as meat and fish, it was a logical conclusion to open a restaurant with a menu concentrating solely on the botanical aspect of local food!

In 2011, Diana von Cranach of Puri Ganesha Villas, Bali together with the owners of L'ÉLÉPHANT RESTAURANT opened just next door L'ÉLÉPHANT VERT to propose the first ethno-botanical 'living' cuisine restaurant in Southeast Asia.

L'ÉLÉPHANT VERT serves 4 Ethno-botanical 'rawfully good' set menus focusing on the Southeast Asian flavors to propose you a very different dining experience.

Those 4 set menu dishes are prepared so that important enzymes and nutrients are not destroyed by cooking (nothing heated above 115 Fahrenheit), they contain practically no carbohydrates and are cooked with healthy fats from nuts and seeds. We know where all the ingredients come from and how they are grown.

As a sister restaurant of L'Éléphant French Restaurant, we could not let aside a selection of Vegetarian dishes suitable for Cheese Lovers.



Elephants in many evolutionary forms have walked the planet for around 60 million years, but were only joined by the first humans around 4 million years ago. Herbivores from the outset, elephants are the best living example to show us that consuming large amounts of green, natural foods everyday really does help the immune system to deal with possible chronic illness, provide more energy and ultimately increase longevity.

Together with the Elephant Conservation Center of Xayaboury, we are happy to propose you an "Eat like an Elephant" set menu based on those beloved and emblematic animals way to eat. A Menu based on what Elephants use to eat ! For every purchased menu, a 2 dollars donation will go to the ECC.





ETHNO-BOTANICAL Set Menus



Lunch = 120.000 kip / Dinner = 150.000 kip

Greeny Set ^A

ELIXIR

Chorawphyll & Garden Greens

SOUP

Tomato broth with sprouts & chopped vegetables salad

STARTER

Lao mushroom & baby eggplant laap

MAIN

Vegetables & green curry noodles with sweet chili sauce

DESSERT

Fruit Crumble + Herbal tea

Eden Set ^B

ELIXIR

Turmeric, Lime, Tamarind & Palm Sugar

SOUP

Warm miso, green onions, ginger & marinated Tofu

STARTER

Seasonal vegetable tower with pepper leaves & peanut dressing

MAIN

Garden of Eden salad

DESSERT

Carrot & cashew kheer + Herbal tea

The Blast Set ^C

ELIXIR



Bee blast

SOUP

Lao market greens

STARTER

Mixed mushroom & peanut tart with honey & lemongrass dressing

MAIN

Seasonal vegetable rolls with 3 sauces: sesame & cashew, green, baby eggplant

DESSERT

Pineapple carpaccio with Rosella sorbet, lime zest and Thai basil sprinkle + Herbal tea

Beegan Set ^D

ELIXIR



Bee pollen, green & mint

SOUP

Seasonal Lao mushroom & coriander mousse

STARTER

Tomato carpaccio, lime zest & vanilla dressing

MAIN

Warm Laska curry with herbs & vegetables noodles, green papaya condiment

DESSERT

Chocolate with Coco Bean & Fruit Slice + Herbal tea



VEGETARIAN CUISINE





EAT LIKE AN ELEPHANT



Set Menu

120.000 kip ★

And support their
conservation

Soupe au potiron cuite dans un lait de noix de coco avec citronnelle et galangal

Pumpkin soup cooked in coconut milk with lemongrass and galangal



Légumes Façon du Pays

(chou, haricots verts, bamboo, liseron d'eau, gingembre et graines de sésame)

Vegetables local style

(cabbage, green beans, bamboo, morning glory, ginger, lemongrass and sesame seeds)

+

Salade de tofu

(tofu, soja, citronnelle, feuille de kaffir, galangal, poudre de riz gluant et jus de citron)

Tofu salad

(tofu, bean sprouts, lemongrass, kaffir leave, galangal, rice powder and lemon juice)

+

Riz sauté aux légumes (carotte, haricot vert et maïs)

Fried rice with vegetables (carrot, green beans and corn)



Beignets de banane au sucre de canne caramélisé et dés de fruits

Banana fritters in sugarcane caramel syrup with diced mixed fruit

★If you purchase this menu, 2 USD will be donated to the Elephant Conservation Centre of Xayaboury



❖ VEGETARIAN ❖

Set Menu

180.000 kip

Soupe de Cresson Légèrement Parfumée à la Menthe

Watercress Soup Lightly Mint Flavored

Ou/Or

Méli-Mélo de Salades à la Crème de Roquefort

Mixed Vegetable Salad with Roquefort Cream Dressing



Lasagnes de Pleurottes au Cumin et aux Légumes

Cumin Flavoured Oyster Mushroom and Vegetable Lasagna

Ou/Or

Penne à la Crème et aux Champignons, Parfumées à la Coriandre

Penne in Cream Sauce with Vegetables and Mushrooms, Coriander Perfumed

Ou/Or

Gratin d'Aubergines à la Provençale et à la Feta

Baked Eggplants in Tomato Sauce with Feta Cheese



Crème Caramel à la Vanille de Bourbon

Crème Caramel

Ou/Or

Salade de Fruits Frais du Pays au Sirop à la Citronnelle

Fresh Fruit Salad with Lemongrass Syrup



SOUPS

Cappucino Froid aux Légumes Verts <i>Cold Green Vegetable Cappucino</i>	55 000
Velouté de Potiron à la Crème de Coco <i>Pumpkin Soup and Coconut Cream</i>	50 000
Soupe de Cresson Légèrement Parfumée à la Menthe et ses Croûtons <i>Watercress Soup, flavored with Mint served with Croûtons</i>	50 000
Velouté de Champignons du Pays <i>Creamy Luang Prabang Style Mushroom Soup</i>	50 000

SALADS

Salade de Carottes du Jardin aux Suprêmes d'Orange et Vinaigrette Citron Vert; Basilic Frais <i>Carrot Salad from Our Garden and Orange Suprêmes with Lime Vinaigrette and Fresh Basil</i>	M 45 000	L 60 000
Ratatouille Froide aux Champignons et son Bouquet de Mesclun <i>Cold Ratatouille with Mushrooms, a Mixed Green Salad</i>	M 50 000	L 65 000
Bouquet de Cresson à la Vinaigrette <i>Watercress Salad with French Vinaigrette Dressing</i>		40 000
Méli-Mélo de Salades à la Crème de Roquefort <i>Mixed Vegetable Salad with Roquefort Cream Dressing</i>	M 65 000	L 85 000
Tomates et Mozzarella de Buffle à l'Huile d'Olive et au Basilic Frais <i>Tomato and Buffalo Mozzarella in Olive Oil with Fresh Basil</i>	M 75 000	L 95 000



🌿 PASTA 🌿

Capellini faits maison (Spaghettis fins) — avec au choix :

Homemade Capellini (Thin Spaghettis) — with a sauce of your choice:

- ♦ Tomate et au Basilic - *Tomato Sauce and Basil* 70 000
- ♦ Champignons et Légumes à la crème, touche de Coriandre
Vegetables, Mushrooms, and Coriander in Cream Sauce 95 000

Lasagnes de Pleurotes au Cumin et aux Légumes 95 000
Cumin Flavored Oyster Mushroom and Vegetable Lasagna

Raviolis Farcis aux Champignons de Luang Prabang 95 000
Sauce à la Crème aux Fines Herbes
Home Made Raviolis, Stuffed with Local Mushrooms, and a Cream Sauce with Fresh Herbs

Tortellini farcis aux champignons du pays, sauce verte au basilic Thai 95 000
Tortellini, stuffed with lao mushrooms, Thai basil creamy green sauce

🌿 OTHERS 🌿

Camembert Pané à la Provençale sur son Lit de Salade Verte 100 000
Warm Breadcrumbed Camembert Provençale Style with a Green Salad

Quiche aux Epinards Lao et son bouquet de salade 55 000
Lao spinach quiche and green salad

Gratin d'Aubergines à la Provençale et à la Feta 95 000
Baked Eggplants in Tomato Sauce with Feta Cheese





Enjoy your Meal

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