

floret

NOURISHING THE MIND,
BODY & SOUL

at Palazzo San Niccolò

A Community encouraging each other through
Holistic Health, Vitality, the right Balance of Smartfood &
La Dolce Vita.



NF - nut free/senza noci, DF - dairy free/senza lattosio, VG - vegan
V - vegetarian, GF - gluten-free/senza glutine

***A seconda della disponibilità, questo prodotto potrebbe essere scongelato.
Per allergie e intolleranze alimentari rivolgersi al nostro personale.**

*Depending on availability, this product could be defrosted.
For allergies and food intolerances please refer to our staff.

I prezzi sono espressi in Euro / Prices are in Euro.

2,50€ Coperto / Cover Charge

GUACAMOLE

GF-VG-NF

Avocado / Pomodoro / Cipolotto / Lime / Nachos di Mais Blu

Avocado / Tomatoes / Spring Onion / Lime / Blue Corn Nachos
10,-

PATATE DOLCE

GF-NF-V

Patate Dolci con Maionese Sriracha

Sweet Potatoes w/ Sriracha Mayo
9,-

HALLOUMI

GF-NF-V

Formaggio Halloumi / Miele / Sesamo

Grilled Halloumi Cheese / Honey / Sesame
9,-

HUMMUS

NF-VG

Hummus / Olive Kalamata / Pita

Hummus / Kalamata Olives / Pita
9,-

MISO SALMON

NF-DF

Filetto di Salmone al Miso in crosta di Sesamo e Cocco / Riso Nero saltato in padella con Zenzero / Bok Choy / Sedano / Patate Dolci / Edamame e Curry Rosso Thai

Salmon Fillet in Miso marinate with Sesame & Coconut Crust / Black Rice stirfry with Ginger / Bok Choy / Celery / Sweet Potatoes / Edamame / Thai Red Curry
22,-

AMBER LEAVES

GF

Zucca speziata / Quinoa / Radicchio / Spinaci / Rucola / Pere / Parmigiano Noci / Vinaigrette all'Acero

Autumnal spiced Pumpkin / Quinoa / Red Chicory / Spinach / Rucola / Pears
Parmesan / Walnuts / Maple Vinaigrette
16,-

PROTEIN TABBOULEH

NF

Pollo speziato con yogurt & spezie Armene / Tabbouleh con Melograno
Patate Dolci / Olive Kalamata / Pita

Armenian marinated Chicken / Pomegranate Tabbouleh / Sweet Potatoes
Kalamata Olives / Pita
20,-



AVOCADO BREAD

Avocado / Erbe Fresche / Lime / Semi / Pane Integrale

Avocado / Fresh Greens / Seeds / Sourdough Bread

13,-

Aggiungi: Uova in Camicia (3)|Halloumi (3.5)|Salsiccia BEYOND (5)

Add: Poached Eggs (3)|Halloumi Cheese (3.5) / BEYOND Sausage (5)

BRUNCH LOVER

NF-V-GF

Uova strapazzate / Salsiccia BEYOND / Zucca speziata / Avocado

Valeriana

Scrambled Eggs / BEYOND Sausage / Autumnal spiced Pumpkin

Avocado / Valeriana

18,-

MUSHROOM BOURGUIGNON

NF-V

Bourguignon di Funghi / Uova in Camicia / Bietola su Panbrioche

o Pane Integrale

Slow-cooked Mushroom Bourguignon / Poached Eggs / Swiss Chard on

Brioche or Sourdough Bread

17,-

PASTRAMI BURGER

NF

Pastrami / Emmentaler / Senape Dijon / Cavolo Rosso sauté / Panino ai Semi

Pastrami / Swiss Cheese / Dijon Mustard / Sauteed Red Cabbage / Seeded Bun

18,-

BEYOND BURGER

BEYOND Burger* / Avocado / Emmentaler / Cipolla caramellata / Rucola

Maionese Sriracha / Panino ai Semi

Vegan BEYOND patty* / Avocado / Swiss Cheese / Caramelised Onion / Rucola

Sriracha Mayo / Seeded Bun

17,-

Abbiamo dolci ogni giorno, chiedete al nostro staff.

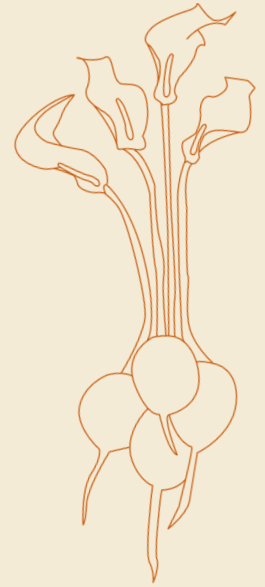
We have pastries & something sweet for you daily, ask our staff!

GRANOLA BOWL

floret Granola / Yogurt Greco / Pere & Prugne alla Canella / Miele

floret Granola / Greek Yogurt / Cinnamon roasted Pears & Prunes / Honey

12,-



COLD-PRESSED JUICES

DETOX

Ananas / Mela verde / Spinaci / Sedano / Cetrioli
Pineapple / Green Apple / Spinach / Celery / Cucumber

ENERGY

Mela / Limone / Zenzero
Apple / Lemon / Ginger

VITAMINA

Carote / Finocchio / Mela / Curcuma fresca / Pepe Nero
Carrots / Fennel / Apple / Fresh Turmeric / Black Pepper

250ml 6.00 | 500ml 9.00



SMOOTHIES

BLUEBERRY GLOW

Mirtilli / Cacao / Avocado / Acqua di Cocco
Blueberries / Cacao / Avocado / Coconut Water
10,-

MANGO LASSI

Mango / Greek Yogurt / Honey
Mango / Yogurt Greco / Miele
8,-

LIMONATA

Menta / Lime / Miele / Acqua Frizzante
Mint / Lime / Honey / Sparkling Water
5,-

COCONUT WATER

Acqua di Cocco / Michelberger Fountain of
Youth 520ml
7,-

SPREMUTA

Freshly squeezed Orange Juice
5,-

GALVANINA ICED TEA

Tè alla Pesca o Limone / Cola
Peach or Lemon Iced Tea / Bio Cola
5,-

NOAM BEER

natural, unfiltered lager
7,-

ACQUA / WATER

3,-

REFRESHMENTS

BOUCHE ORGANIC KOMBUCHA

EARLY BIRD

Fermented Infusion of Sencha, Darjeeling Tea,
Bergamot Oil

HYBISKUS

Fermented infusion of Jasmine, Orange, Hibiscus
Blossom

LEMONDROP

Fermented Infusion of Sencha and Assam Tea
7,-

SIP SLOOOOW

ESPRESSO

2.5,-

DOPPIO

4,-

AMERICANO

4,-

CAPPUCCINO

4,-

ICED COFFEE LATTE

4,-

SHAKERATO

4.5,-

MATCHA LATTE

6,-

PRANA CHAI LATTE

Sticky Chai con Tè nero, spezie intere, zenzero e miele

Award-winning sticky chai blend with premium black tea,
whole spices, ginger & pure honey

6,-

KUSMI TEA SELECTION

4.5,-

HOT WATER REFILL +1.00

LATTE DI RISO / AVENA O SOIA

RICE MYLK / OAT MYLK / SOY MYLK +1.00



BOOOOZE.

BIANCO

SAUVIGNON 8 | 35

VERMENTINO 8 | 35

RIBOLLA GIALLA 8 | 35

BOLLICINE & ROSATO

PROSECCO 7 | 32

FRANCIACORTA | 45

ROSATO 8 | 35

ROSSO

SANGIOVESE 7 | 32

CILIEGIOLO 8 | 35

COCKTAILS 12

BLOODY MARY

MIMOSA

ESPRESSO MARTINI

***INTERNATIONAL COCKTAILS ON REQUEST 12,-**