

floret at Palazzo San Niccolò

floret

NOURISHING THE MIND,  
BODY & SOUL

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

# sharing is caring.

## GUACAMOLE

GF-VG-NF

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

Avocado / Tomatoes / Spring Onion / Lime / Blue Corn Nachos

10,-

## PATATE DOLCI

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

10,-

# botanical cocktails.

## RUM DEL SOL

Rum Bianco infuso al Miele, Cannella, Vaniglia & Fiori di Ibisco / Lime

Zucchero di Cocco / Soda

White Rum infused with Honey, Cinnamon, Vanilla & Hibiscus flowers / Lime

Coconut Sugar / Soda

## GREEN TEA SERENITY

Vodka infusa al Tè di Gelsomino / Matcha / Succo di Limone / Simple Syrup

Vodka infused with Jasmin Green / Matcha / Lemon Juice / Simple Syrup

## WHISPERING LAVENDER

Tequila infusa con Lavanda & Peperoncino / Cointreau / Lime / Spremuta d'Arancia

Tequila infused with Lavender and Chilli / Cointreau / Lime / Fresh Orange Juice

## BERRY MULE

Gin infuso con Frutti di Bosco, Passionfruit e Cannella / Lime / Ginger Beer

Gin infused with Berries, Passionfruit, and Cinnamon / Lime / Ginger Beer

15,-

# smartfood.

\*dishes that are balanced & nourishing using the best of Mother Nature, superfoods and high quality ingredients.

## VITAMIN POWER BOWL

V-GF

Avocado / Zucca Hokkaido con Cannella / Halloumi / Insalata / Barbabietola fresca

Melograno / Sedano / Mandorle Tostate / Vinaigrette ai Lamponi

Avocado / Cinnamon Hokkaido Pumpkin / Halloumi / Fresh Greens / Raw Beetroot / Pomegranate

Celery / Toasted Almonds / Raspberry Vinaigrette

16,-

## CITRUS OMEGA BOWL

GF-DF-NF

Salmone Affumicato / Arancia / Pompelmo / Quinoa / Melograno / Radicchio / Finocchio

Olive Kalamata / Tahini al Limone / Olio Evo alla Menta

Smoked Salmon / Oranges / Grapefruit / Quinoa / Pomegranate / Chicory

Fennel / Kalamata Olives / Lemon-Tahini / Mint Oil

18,-

## MISO SALMON

NF-DF

Salmone al Miso in Crosta di Sesamo e Cocco / Riso Venere con Bok Choy / Sedano

Patate Dolci / Mais / Edamame / Curry Rosso Thai al Cocco

Miso Salmon fillet with Coconut & Sesame / Black Rice mixed with Bok Choy / Celery

Sweet Potatoes / Corn / Edamame / Thai Red Coconut Curry

22,-

## MAPLE CHICKEN PITA

NF-GF

Pollo allo Sciroppo d'Acero / Pita / Avocado / Patate Dolci

Insalata con Mais / Finocchio / Piselli / Radicchio & Arancia

Maple-glazed Chicken / Pita / Avocado / Patate Dolci

Side Salad with Corn / Fennel / Peas / Red Chicory / Orange

20,-

## BBQ PULLED PORK BURGER

NF

BBQ Pulled Pork / Emmentaler / Avocado / Jalapeños / Rucola / Panino al Carbone e Sesamo

BBQ Pulled Pork / Emmentaler / Avocado / Jalapeños / Rucola / Charcoal-Sesame Bun

17,-

## BEYOND GOURMET BURGER

NF-V

BEYOND Burger\* / Groviera / Spinaci / Funghi Pleurotus / Aioli ai Funghi

Cipolla Caramellata / Bun ai Semi

BEYOND Burger\* / Gruyère / Spinach / Oyster Mushrooms / Mushroom-Aioli

Caramelised Onion / Seeded Bun

18,-



## cold-pressed juices.

270ml 7.00 | 500ml 9.50

### 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*



## gastronomic kombucha.

ORGANIC. FAIR TRADE. RAW & REAL. NO SWEETENERS.  
NO ADDITIVES. JUST PURE FLAVOR & LÖV.

### No 1

Moringa / Zenzero / Menta  
*Moringa / Ginger / Mint*

### No 2

Mirtilli / Lavanda  
*Blueberry / Lavender*

### No 3

Mandarino / Curcuma e Pepe  
*Mandarino / Curcuma e Pepe*

330ml Bottle 8.5,-

### BAYA

Açai / Zenzero e Passiflora  
*Açai / Ginger & Passionflower*

330ml Can 7.5,-

### TROPICAL

Rooibos / Mango e Ibisco  
*Rooibos / Mango & Hibiscus*





## coffee & more.

**ESPRESSO** 2.5,-

**DOPPIO** 4,-

**CAPPUCCINO** 4.5,-

**AMERICANO** 4,-

**ICED COFFEE LATTE** 4.5,-

**ORZO / GINSENG / DECAF** 3,-

**SHAKERATO** 4.5,-

**KUSMI TEA** 4.5,-

HOT WATER REFILL +1.00,-

## refreshments.

**LIMONATA** 5,-

Lime / Menta / Miele / Acqua frizzante

Lime / Mint / Honey / Sparkling Water

**SPREMUTA D'ARANCIA** 5,-

*freshly squeezed Orange Juice*

**COCONUT WATER** 7,-

*Acqua di Cocco*

Michelberger Fountain of Youth 520ml

**NOAM BEER** 7,-

*Lager ricca di probiotici, prodotta in Baviera*

Probiotic, rich Lager brewed in Bavaria

## sip *sloow*.

### **SAYURI MATCHA**

*Ceremonial Grade*

9,-

### **PRANA CHAI LATTE**

*Tè Nero, Spezie, Zenzero e Miele*

*BlackTea, whole Spices, Ginger & Honey*

6,-

Bring the magic home - grab a pack of PRANA

Chai: Ask our tribe!

**ALMOND / RICE MYLK / OAT MYLK / SOY MYLK**  
+1.00 you can order your drinks Iced or Hot

Latte Vegetale: Mandorla / Riso / Avena / Soia  
+1.00

*Love our Cups just as much as we do?  
Ask our tribe!*

**BURGIO.**

## SIP SLOOOW & MINDFUL 6,-



### SEA HERBAL TEA BLEND

Melissa / Tiglio / Lavanda / Camomilla  
Lemon Balm / Tilia / Lavender / Chamomile

- \* Lenitivo / Rilassante
- \* Soothing / Relaxing

### ORGANIC CACAO HUSK

100% puro e naturale / Bucce di Cacao  
100% pure & natural / Cacao Husks

- \* Cioccolatoso / Morbido / Avvolgente
- \* Chocolatey / Smooth / Cocooning

### ORGANIC LEMON VERBENA

- \* Rinfrescante, Disintossicante, Digestivo
- \* Refreshing, Detoxing, Digestive

### AGROS HERBAL TEA BLEND

Tè di Montagna / Calendula / Cedrina / Erba  
Luigia / Melissa / Mentastro Verde / Poggio  
Mountain Tea / Marigold / Lemon Verbena  
Lemon Balm / Pennyroyal

- \* Rinvigorente & Rinfrescante
- \* Rejuvenating & Refreshing

### FOREST HERBAL TEA BLEND

Cinorrodo / Salvia / Tè di montagna / Issopo  
Dittamo di Creta / Malva / Finocchio  
Rose Hip / Sage / Mountain Tea / Hyssop  
Cretan Dittany / Mallow / Fennel

- \* Potenziente per la Salute / Difensivo
- \* Health Boosting & Defensive



WHOLE LEAF LOOSE  
100% NATURAL PRODUCT  
NATURALLY CAFFEINE FREE.

ETHICALLY HARVESTED,  
PROCESSED AND PACKED BY HAND.



## vino.

### WHITE

SAUVIGNON | cantina buzzinelli 8 | 35

VERMENTINO | cantina otis 8 | 35

RIBOLLA GIALLA | cantina buzzinelli 8 | 35

### RED

SANGIOVESE | cantina Luiano 7 | 32

CILIEGIOLO | cantina casa alle vacche 8 | 35

### SPARKLING

PROSECCO | cuvee extra dry cantina ca' venanzio 7 | 32

FRANCIACORTA | cantina tenuta Ambrosini | 45

CHAMPAGNE | 120

### ROSÉ

ROSATO | cantina cerasuolo d'Abruzzo 8 | 35

## digestives. 5,-

GRAPPA MORBIDA

LIMONCELLO

SAMBUCA

AMARO MONTENEGRO

AMARO DEL CAPO



## Cold-Pressed Juice Cleanse.

*Vivi un viaggio rigenerante con il nostro programma di depurazione a base di succhi estratti a freddo, progettato per supportare i naturali processi di disintossicazione del tuo corpo e dare una pausa al sistema digestivo. Le nostre miscele ricche di nutrienti forniscono vitamine, minerali e antiossidanti essenziali, offrendo un modo pratico per aumentare l'assunzione di frutta e verdura. Integrare questi succhi nella tua routine può aiutarti a sentirti più fresco ed energico. Ricorda, è importante accompagnare la depurazione con cibi integrali nutrienti e un'adeguata idratazione per mantenere il benessere generale.*



Experience a revitalizing journey with our cold-pressed juice cleanse, designed to support your body's natural detoxification processes and give your digestive system a break. Our nutrient-rich blends provide essential vitamins, minerals, and antioxidants, offering a convenient way to increase your intake of fruits and vegetables. Incorporating these juices into your routine can help you feel refreshed and energized. Remember, it's important to complement your juice cleanse with nourishing whole foods and adequate hydration to maintain overall well-being.

### **1 DAY JUICE CLEANSE**

6 x 500ml Juices

55,-

### **2 DAY JUICE CLEANSE**

12 x 500 ml Juices

105,-

### **3 DAY JUICE CLEANSE**

18 x 500 ml Juices

160,-

Ask our tribe or order online via  
[flocet-bar.com](https://flocet-bar.com)