

floret at Palazzo San Niccolò



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,-

HALLOUMI

GF-NF-V

Formaggio Halloumi / Miele / Sesamo

Grilled Halloumi Cheese / Honey / Sesame

9,-

PATATE DOLCI

GF-NF-V

Patate Dolci con Maionese Sriracha

Sweet Potatoes w/ Sriracha Mayo

9,-

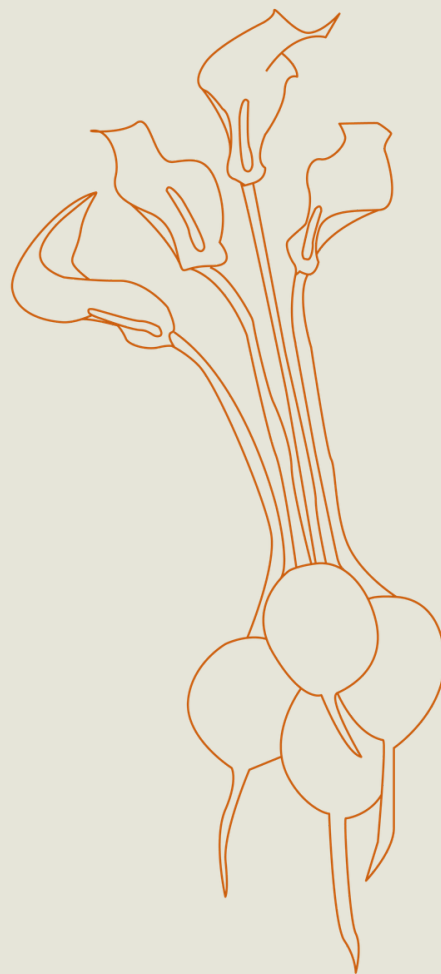
HUMMUS

NF-VG

Hummus / Olive Kalamata / Pita

Hummus / Kalamata Olives / Pita

10,-



Great to order all & share,
especially with a few drinks!
Sip & Share. That's the vibe.

sip slooow.

sip slooow.

sip slooow.

AVOCADO BREAD

VG-NF

Pane Integrale / Avocado / Lime / Valeriana / Semi / Ravanelli

Sourdough Bread / Avocado / Babyleaf Lettuce / Seeds / Radish

13,-

aggiungi più felicità: uova in camicia (3) / uova strapazzate (4)

halloumi (3.5) / salsiccia Beyond (5) / feta (3.5)

add more happiness: poached eggs (3) / scrambled eggs (4)

halloumi (3.5) / beyond sausage (5) / feta (3.5)

BURRATA BREAD

v

Stracciatella / Pomodoro Heirloom / Datterini / Olive Kalamata / Basilico / Mandorle / Rucola

Pane Integrale

Stracciatella / Heirloom Tomato / Rainbow Datterini / Kalamata Olives / Basil / Almonds / Rucola

Toasted Sourdough

17,-

BEYOND BURGER

VG / NF

BEYOND Burger* / Emmentaler / Avocado / Jalapeños / Sriracha Mayo

Rucola / Panino al Carbone e Sesamo

BEYOND Burger / Emmentaler / Avocado / Jalapeños / Rucola / Sriracha

Mayo / Charcoal-Sesame Bun

17,-

Aggiungi Patate
Dolci?
Add Sweet Potato?
+9,-

GREEK-CHICKEN PITA

NF

Pollo stile Greco / Pita / Tzatziki / Patate Dolci / Feta / Zucchine

Olive Kalamata / Valeriana

Greek-style Chicken / Pita / Tzatziki / Patate Dolci / Feta

Courgette / Kalamata Olives / Valeriana

18,-

smartfoood.

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

SUMMER BREEZE

NF-V-GF

Halloumi / Pesche / Quinoa / Avocado / Datterini / Cetriolo / Insalata / Passionfruit Vinaigrette

Halloumi / Peaches / Quinoa / Avocado / Datterini / Basil / Cucumber / Seasonal Greens
Passionfruit Vinaigrette
18,-

WATERMELON-MEZZE

NF-V

Anguria / Feta / Cetriolo / Menta / Olive Kalamata / Rucola / Pita

Watermelon / Feta / Cucumber / Mint / Kalamata Olives / Rucola / Pita
14,-

MISO SALMON

NF-DF

Filetto di Salmone al Miso con Cocco & Sesamo / Riso Nero con Bok Choy, Ananas, Sedano, Mais, Edamame, Salsa Thai al Cocco

Miso Salmon fillet with Coconut & Sesame / Black Rice with Bok Choy, Pineapple, Celery, Corn, Edamame / Thai Red Coconut Curry
22,-

BRUNCH LOVER

NF-V-GF

Uova Strapazzate / Salsiccia Beyond / Avocado / Tztaziki / Datterini / Valeriana

Scrambled Eggs / Beyond Sausage / Avocado / Tzatziki / Datterini / Valeriana
18,-

NF - senza frutta a guscio, DF - senza latticini, VG - vegano, V - vegetariano,
LF - senza lattosio GF - preparato senza glutine ma potrebbe non essere adatto a
celiaci

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

NF - nut free, DF - dairy free, VG - vegan, V - vegetarian,
GF - prepared without gluten, but not suitable for
people with celiac disease.

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

Coperto 2.50€

2.50€ Cover Charge

for the sweethearts.



Abbiamo dolci ogni giorno, chiedete al nostro staff.

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

GRANOLA BOWL

GF-V

Yogurt Greco / floret Granola / Pesche al forno & fresche / Passionfruit / Miele

Greek Yogurt / floret Granola / Baked & Fresh Peaches / Passionfruit / Honey

12,-

PANCAKE MIGNON

Pancake Mini / Crème Fraîche / Frutti Rossi / Sciroppo d'Acero

Mini Pancakes / Sour Cream / Forest Berries / Maple Syrup

12,-

superfood smoothies.

BLUEBERRY GLOW

Mirtilli / Cacao / Avocado / Acqua di Cocco

Blueberries / Cacao / Avocado / Coconut Water

10,-

MANGO LASSI

Mango/ Yogurt Greco / Miele

Mango / Greek Yogurt / Honey

8,-

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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.

330ml 8.5,-

No 1

Moringa / Zenzero / Menta
Moringa / Ginger / Mint

No 2

Mirtilli / Lavanda
Blueberry / Lavender

BAYA

Açaí / Zenzero e Passiflora
Açaí / Ginger & Passionflower

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,-

sip *sloooow*.

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!

SAYURI HOJICHA

Hojicha & Housemade Coconut Syrup

7,-

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

MichelbergerFountain of Youth 520ml

NOAM BEER 7,-

Lager ricca di probiotici, prodotta in Baviera

Probiotic, rich Lager brewed in Bavaria

LEMONAID

Bio & fairtrade realizzate con ingredienti naturali.

Ogni bottiglia sostiene progetti sociali e comunità agricole nei Paesi produttori

Organic, fair-trade soft drinks made with natural ingredients. Every bottle supports social initiatives and farming communities in the countries where the ingredients are grown

Yerba Mate / Yerba Mate (sparkling)

Frutto della Passione / Passionfruit

Arancia Rossa / Blood Orange

6,-

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

BURGIO.

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

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



brunchy cocktails. 12,-

BLOODY MARY

MIMOSA

ESPRESSO MARTINI

RICHIEDI IL TUO COCKTAIL INTERNAZIONALE PREFERITO
ASK FOR YOUR FAVE INTERNATIONAL COCKTAILS

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 | cantina ca' venanzio 7 | 32

FRANCIACORTA | tenuta Ambrosini | 45

CHAMPAGNE | 120

ROSÉ

ROSATO | cantina Jasci | 35

