

La Terrazza di
LUISAVIAROMA
by

floret

NOURISHING THE MIND,
BODY & SOUL

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



We use the freshest seasonal ingredients, carefully sourced from sustainable, high-quality suppliers who share our passion for flavor, quality & the planet.

sharing is caring.

GUACAMOLE VG-GF-NF

Avocado / Pico de Gallo / Coriandolo / Nachos di Mais Blu
Avocado / Pico de Gallo / Cilantro / Blue Corn Nachos

10,-

HUMMUS VG-NF

Hummus / Olive Kalamata / Sesamo / Pita
Hummus / Kalamata Olives / Sesame / Pita

10,-

HALLOUMI V-GF-NF

Formaggio Halloumi / Miele / Sesamo
Halloumi Cheese / Honey / Sesame

10,-

PATATE DOLCI NF-GF

Patate Dolci al forno / Paprika affumicata / Sriracha Mayo
Roasted Sweet Potato Wedges / Smoked Paprika / Sriracha Mayo

9,-

*Maionese Vegana disponibile / Vegan Mayo available +0.50,-

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

sip slooow.

sip slooow.

sip slooow.

always a good idea.

AVOCADO BREAD ^{VG-NF}

Pane Integrale / Avocado / Lime / Valeriana / Semi / Ravanelli
Sourdough Bread / Avocado / Babyleaf Lettuce / Seeds / Radish
13,-

add more happiness

uova in camicia / *poached eggs* 3,-
uova strapazzate / *scrambled eggs* 4,-
formaggio halloumi / *halloumi cheese* 3.5,-
feta / *vegan feta* 3.5,-

BURRATA BREAD ^V

Burrata / Pesto di Zucchine / Datterini / Fragole / Basilico / Rucola / Semi di Girasole / Pane Integrale
Burrata / Zucchini Pesto / Cherry Tomatoes / Strawberries / Basil / Rucola / Sunflower Seeds / Toasted Sourdough
17,-

BRUNCH WAFFLES ^{NF-VGF}

Waffle di grano saraceno e Piselli / Avocado / Uova in Camicia / Asparagi / Bietola / Salsa Bearnaise ai Funghi
Savoury Pea Waffles / Avocado / Poached Eggs / Asparagus / Swish Chard / Mushroom Bearnaise
18,-

buurgers & co.

CAESER BURGER ^{NF}

Pollo allo Zafferano & Limone / Avocado / Lattuga Romana / Salsa Caesar / Parmigiano / Panino ai Semi
Lemon & Saffron Chicken / Avocado / Romaine Lettuce / Caesar Dressing / Parmesan / Seeded Bun
17,-

BEYOND BURGER ^{NF-V}

BEYOND Burger* / Doppio Cheddar / Avocado / Rucola / Funghi Pleurotus / Maionese al Tartufo
BEYOND Burger* / Double Cheddar / Avocado / Rucola / Oyster Mushrooms / Truffled Mayo
17,-

ISLAND SMOKE WRAP ^{NF}

Pulled Pork BBQ* / Formaggio / Jalapenos / floret Coleslaw / Piadina
BBQ Pulled Pork / Cheese / Jalapenos / floret Coleslaw / Wrap
16,-

*Questo piatto non può essere modificato / Please note this dish cannot be modified

Aggiungi Patate
Dolci?
Add Sweet Potato?
+6,-

Mayo Vegan
Cheddar Vegan
+0.50,-

smartfoood.

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

SPRING BREEZE NF-V-GF

Halloumi / Asparagi / Fragole / Patate Dolci / Piselli* / Cetriolo / Quinoa / Barbabietola
Insalata / Vinaigrette ai Lamponi*

Halloumi / Asparagus / Strawberries / Sweet Potatoes / Peas / Cucumber / Quinoa
Beetroot / Seasonal Leaves / Raspberry Vinaigrette

18,-

MEDITERRANEO DF-GF-NF

Carote & Melanzane arrosto / Feta / Ceci speziati / Porri e Bietole
Chimichurri al Lime & Yogurt / Hummus di Barbabietola

Roasted Carrots & Eggplant / Feta / Spiced Roasted Chickpeas / Leek & Swiss Chard
Lime-Yogurt Chimichurri / Beetroot Hummus

18,-

add more happiness

uova in camicia / *poached eggs* 3,-
formaggio halloumi / *halloumi cheese* 3.5,-
Pollo marinato / *spiced chicken* 6,-
feta / *vegan feta* 3.5,-
avocado 4,-

MISO SALMON DF-NF

Filetto di Salmone* al Miso con Cocco & Sesamo / Riso Nero con Bok Choy, Ananas, Sedano e Piselli,
Salsa Thai al Cocco

Miso Salmon fillet with Coconut & Sesame / Black Rice with Bok Choy, Pineapple, Celery & Peas
Thai Coconut Sauce

22,-

SATAY SOBA DF

Pollo Satay / Noodles di Soba / Zucchine / Carote / Edamame* / Peperoncino fresco, Menta e Coriandolo
Satay Chicken / Soba Noodles / Courgette / Carrots / Edamame / Fresh Chilli, Mint & Coriandolo

20,-

sip slooow.

sip slooow.

sip slooow.

for the sweethearts.

GRANOLA BOWL GF-V

12,-

Yogurt Greco / floret Granola / Fragole / Kiwi / Miele

Yogurt Greco / floret Granola / Strawberries / Kiwi / Honey

Opzione Vegana: BIOGURT Yogurt di Cocco

Vegan Option: BIOGURT Coconut Yogurt

+2.00,-

floret CHEESECAKE GF-V

La nostra Cheesecake cruda allo Yogurt Greco a base di Cocco e Biscotti senza glutine

Our Classic Raw Greek Yogurt Cheesecake with a Coconut & gluten-free Cookie base

9,-

**ask the tribe for the toppings of the day / *per i topping del giorno, chiedi al tribe!*

superfood smoothies.

BEAUTIFY 10,-

Mirtilli* / Avocado / Proteine VG / Latte di Riso / Cannella

Blueberries* / Avocado / VG Protein / Rice Mylk / Cinnamon

MANGO LASSI 8,-

Mango* / Yogurt Greco / Lime / Miele

Mango / Greek Yogurt / Lime / Honey

GREEN SPIRIT 10,-

Avocado / Banana / Spirulina / Menta / Spinaci / Latte di Riso

Avocado / Banana / Spirulina / Mint / Spinach / Rice Mylk

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



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

270ml 8.50

RUBY ROOTS *VEGGIES ONLY

carota / barbabietola / finocchio / limone / zenzero
carrot / beetroot / fennel / lemon / ginger

GREEN GLOW *VEGGIES ONLY

cetriolo / sedano / spinaci / finocchio / limone / zenzero
cucumber / celery / spinach / fennel / lemon / ginger

gastronomic kombucha. 330ml Bottle | 8.5,-

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

BAYA

Açai / Zenzero e Passiflora
Açai / Ginger & Passionflower

TROPICAL

Rooibos / Mango / Ibisco
Rooibos / Mango / Hibiscus



refreshments.

LIMONATA

Lime / Menta / Miele / Acqua frizzante
Lime / Mint / Honey / Sparkling Water

6,-

SPREMUTA D'ARANCIA

freshly squeezed Orange Juice

5,-

COCONUT WATER

Acqua di Cocco
Michelberger Fountain of Youth 520ml

7,-

NOAM BEER

Lager ricca di probiotici, prodotta in Baviera
Probiotic rich Lager brewed in Bavaria

8,-

GALVANINA

Tè Bio - Pesca / Limone / Cola
Organic Iced Tea - Peach / Lemon / Cola

5,-



sip slooow.

sip slooow.

sip slooow.



coffee & more.

ESPRESSO 2.5,-

DOPPIO 4,-

CAPPUCCINO 4,-

CAPPUCCINO GRANDE 4.5,-
for those who need a little extra

AMERICANO 4,-

FLAT WHITE 5,-

ICED COFFEE LATTE 4.5,-

ORZO / GINSENG / DECAF 3,-

SHAKERATO 4.5,-

KUSMI TEA 4.5,-
HOT WATER REFILL +1.00,-

COFFEE TONIC 5.5,-

specialties.

SAYURI MATCHA

Ceremonial grade HIKARI
9,-

SAYURI HOJICHA

Hojicha & Housemade Coconut Syrup
7,-

MANGO MATCHA

Ceremonial grade HIKARI / Mango / Latte
11,-

SUNRISE SHAKERATO

Spremuta d'Arancia / Caffè Doppio / Sciroppo alla vaniglia
Fresh Orange Juice / Double Shot Espresso / Housemade Vanilla Syrup
7,-

CACAO & MACA

Una miscela energizzante di
Cacao e radice di Maca
An energising blend of
Cacao Powder & Maca Root
5,-

PRANA CHAI LATTE

Tè Nero, Spezie, Zenzero e Miele
Black Tea, Whole Spices, Ginger & Honey
Bring the magic home grab a pack of
PRANA Chai: Ask our tribe!
6,-

HIBISCO & ROSE LATTE

Acqua di Rose, Infuso di Ibisco / Latte
Hibiscus & Rose Water
6,-

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

RICE MYLK / OAT MYLK / ALMOND / COCONUT MYLK +1.00
Riso / Avena / Mandorla / Cocco +1.00
you can order your drinks Iced or Hot

Housemade Bourbon Vanilla Syrup + 1.00
Housemade Coconut Sugar Syrup + 1.00

Rhoeco Wellness Tea 6,-



AGROS HERBAL TEA BLEND

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

- * Rinvigorente & Rinfrescante
- * Rejuvenating & Refreshing

SEA HERBAL TEA BLEND

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

- * Lenitivo / Rilassante
- * Soothing / Relaxing

ORGANIC LEMON VERBENA

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

ORGANIC CACAO HUSK

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

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



WHOLE LEAF LOOSE
100% NATURAL PRODUCT
NATURALLY CAFFEINE FREE.

ETHICALLY HARVESTED,
PROCESSED AND PACKED BY HAND.



mocktails. 12,-

BERRY JASMINE

Frutti di Bosco / Tè al Gelsomino / Arancia / Miele

Forest Berries / Jasmine Tea / Orange / Honey

add vodka +3,-

BLOOMY DREAMS

Fragole / Ibisco / Sciroppo di Zucchero di Cocco / Latte di Cocco

Strawberries / Hibiscus / Coconut Sugar Syrup / Coconut Mylk

add rum or whiskey +3,-

GREEN BREEZE

Mela / Basilico / Cetriolo / Ginger Beer

Apple / Basil / Cucumber / Ginger Beer

add gin +3,-

*RICHIEDI IL TUO COCKTAIL INTERNAZIONALE PREFERITO
ASK FOR YOUR FAVE INTERNATIONAL COCKTAILS 12,-*

vino.

WHITE

SAUVIGNON | cantina buzzinelli 8 | 35

VERMENTINO | cantina otis 8 | 35

RIBOLLA GIALLA | cantina buzzinelli 8 | 35

SPARKLING

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

FRANCIACORTA | cantina tenuta Ambrosini | 45

CHAMPAGNE | 120

RED

SANGIOVESE | cantina Luiano 7 | 32

CILIEGIOLO | cantina casa alle vacche 8 | 35

ROSÉ

ROSATO | cantina cerasuolo d'Abruzzo 8 | 35

SHARE YOUR HAPPY MOMENTS WITH US:

Condividi i tuoi momenti felici con noi:

@floret_tribe

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

115,-

3 DAY JUICE CLEANSE

18 x 500 ml Juices

170,-

Ask our tribe or order online
via floret-bar.com