

A photograph of a rose branch with several green leaves and a single, fully bloomed yellow rose. The branch is positioned diagonally across the frame, starting from the bottom left and extending towards the top right. The background is a plain, light gray.

LA TERRAZZA LUISAVIAROMA

**DON'T EAT LESS, EAT
BETTER.**

**OUR MISSION IS TO
SPREAD MINDFULNESS,
WELLNESS AND INSPIRE
OUR TRIBE TO LIVE
CONSCIOUSLY**

food is life.
live your wellness.

FOOD

sharing is caring

GUACAMOLE // 9€

w/ Blue Corn Nachos

VG, GF, NF

HALLOUMI // 8€

Chilli Honey & Sesame

GF, NF

SWEET POTATOES // 6€

w/ Fresh Herb Mayo or Tahini

VG, GF, NF

HUMMUS // 9€

Pita, Kalamata Olives, Basil EVO

VG, NF

CAULIFLOWER // 6€

5-Spices, Mixed Seeds, Herbs and Tahini

VG, NF, GF



PRIMAVERA // 14€

VG, GF, NF

Market Greens, 5-Spice Cauliflower,
Quinoa, Celery, Strawberries, Avocado,
Kalamata Olives, Herb Dressing

RUBY BEANS // 12€

VG, GF

Borlotti-Edamame & White Beans,
Fennel, Apple, Celery, Carrot,
Rucola, Spinach, Feta, Walnuts, Red
French Dressing

Vegan? Swap to Violife Feta

THAI GREEN SALMON // 18€

GF, DF

Coconut-Sesame crusted Miso Salmon
fillet, Thai Green Curry, Black Rice Stir fry
with Bok Choy, Edamame, Celery,
Cashew Crumble

CHICKEN SHAWARMA // 16€

V, NF

Bio Shawarma style Chicken, Roasted
Fennel, Tzatziki, Pita, Tomatoes, fresh
Fennel, Oranges & Kalamata Olives Salad

ORZ8 // 12€

V, NF

Creamy Tomato Barley cooked Risotto style,
Burrata, Rucola, Sunflower Seeds

POKE BOWL // 16€

GF, DF

Raw Salmon, Wakame*, Edamame*,
Avocado, Pineapple, Nut Mix,
Black Rice

Pita 1.50

Avocado 3€

Bio Shawarma Chicken 4€

Grilled Halloumi 2.5€

Greek Feta (classic or VG) 2€

Bio Poached Eggs 2€

extras

smartfood

AVOCADO BREAD // 11€

Avocado, Lime, Seeds, Toasted
Sourdough Bread

*Toasted floret

Nut & Seed Bread 1.5€

EXTRAS YOU CAN ADD:

Bio Poached Eggs 2€

Feta (classic or vegan) 2€

Grilled Halloumi 2.5€

Raw Salmon 4€

Burrata 4€

BEYOND BURGER // 14€

V, NF

BEYOND Patty*, Avocado, Cheddar,
Caramelised Onion, Fresh Herb-Mayo,
Rucola, Charcoal-Sesame Bun

* Plant Based, 20g Protein Free of Soy,
GMO & gluten *VG Cheddar available

BURRATA BREAD // 13€

Burrata, Balsamic Strawberries,
Tomatoes, Basil EVO, Sunflower Seeds,
Rucola, Toasted Sourdough Bread

THE E E V S

GRANOLA BOWL // 12€

GF

floret Granola, Banana, Strawberries, Dark Chocolate

Choose between:

Greek Yogurt

Vegan Almond Yogurt

Vegan Coconut Yogurt

CARROT CAKE // 8€

VG, GF

with Walnuts & Vegan Orange Cinnamon
Chantilly

BANANA BREAD // 6€

GF, DF

baked with just a little coconut sugar and
ripe bananas

GREEK YOGURT CHEESECAKE// 8€

GF

Coconut & Cashew Base

Choose between:

Forest Berry Sauces

Mango Sauce

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

*Depending on availability, this product could be defrosted.

*For allergies and food intolerances please refer to our staff.

*2,00€ Cover Charge

sipping slow.
one thought
at a time.

DRINKS

cold-pressed juices.

250ml | 500 ml
5.50€ | 8.50€

DETOX

pineapple / green apple / spinach / celery / cucumber

ENERGY

apple / lemon / ginger

VITAMINA

carrots / fennel / apple / fresh turmeric / black pepper

CLEANSE

celery

VITALITY SHOT 75ml

fresh turmeric / ginger / lemon / black pepper

smoothies.

BEAUTIFY // 10€

Coconut Milk / Frozen Berries / Banana / Vegan Protein Powder

MANGO LASSI // 8€

Mango / Greek Yogurt / Lime

GREEN SPIRIT // 8€

Avocado / Banana / Spirulina / Mint / Spinach /
Coconut Milk

forêt cocktails

// 12€

HONEYBOO

Bourbon Whiskey, Apricot Juice, Honey,
Lemon, Egg White

ESPRESSO MARTINI

Espresso, Kahlua, Vodka, Maple Syrup

BLOODY MARY

Specify how spicy you like it

RUM & CHAI *served hot

PRANA Chai, Rum, Coconut Milk, Dark Chocolate

YOU CAN REQUEST

YOUR FAVE INTERNATIONAL COCKTAILS

floret LIMONATA 5€

lime / mint / sweetener / sparkling water

FRESH ORANGE JUICE 5€

BOUCHE ORGANIC KOMBUCHA 7€

Orange-Hibiscus / Lemon / Sencha-Bergamot

GALVANINA ORGANIC COLA 4.5€

GALVANINA ORGANIC ICED TEA 4.5€

peach / lemon

NOAM BEER 7€

100% natural, non-filtered, non-pasteurised, high in probiotics and great for your gut health

COCONUT WATER 7€

Michelberger Fountain of Youth 520ml

- Naturally isotonic, it rehydrates you in a way that is in balance with your body
- Loaded with essential electrolytes (magnesium, calcium, sodium & potassium)
- Helps increase your metabolism and full of cytokinins
- Anti-viral & Anti-fungal, feeds friendly bacteria inside your gut

refreshments

BURGIO.

Discover our new cups & mugs supplied by BURGIO. (burgio-online.com)

Hand-made in Italy. LOVE them as much as we do?

Ask our tribe for more Info!

specialties. // 4.5€

CHAI TEA LATTE

PRANA Chai is handmade and blended in Melbourne from all natural ingredients.

100% Australian quality honey blended with black tea and whole spices

MATCHA LATTE

Antioxidant, boosts the Metabolism, Detoxifies, Rich in Vitamins

GOLDEN MYLK

Anti-Inflammatory, Boosts Immunity & a powerful Antioxidant

BEETROOT & ROSE LATTE

Rose water, Beetroot powder
Great for blood circulation, heart health and glowing skin

CACAO & MACA

Glowing Skin, High in Iron and Magnesium. Energising and great for you Immunity

KUSMI TEA SELECTION 4.5€

MINTY GINGER 4.5€
ginger, mint, lemon

coffee.

ESPRESSO 2.5€

DOPPIO 4€

AMERICANO 4€

CAPPUCCINO 3.5€

ICED COFFEE LATTE 3.5€

Vegan Mylk +0.50,-

iced or hot?

RHOECO GREEK TEA

ORGANIC & SUSTAINABLE // 5€

URBAN

Rose Hip, Rosemary, Sage, Melissa, Thyme

CACAO HUSK

An herbal tea that maintains all the chocolatey taste and beneficial properties of the beloved cocoa while providing zero calories. Plus, it's packed with antioxidants, vitamins and minerals, a natural mood enhancer, and a mild uplifting effect, meaning you can skip the coffee and indulge in a cup of cocoa husk tea.

ARGOS

Mountain tea, Calendula, Verbena, Lemon balm,
Mint

MOUNTAIN

Greek mountain tea blend- Full-bodied tisane
with earthy notes and distinctive lemon hints.

SEA

Melissa, Tilia, Lavender, Chamomile.
Soft & sweet flavour with a subtle woody
aftertaste

herbal tea

WHITE

SAUVIGNON 8€ | 35€
BUZZINELLI COLLIO

VERMENTINO 8€ | 35€
TENUTA MONTAUTO

RIBOLLA GIALLA 8€ | 35€
BUZZINELLI / VENDEMMIA

ROSÉ

STACCIONE 7€ | 32€
TENUTA MONTAUTO

SPARKLING

PROSECCO 7€ | 32€
CÀ VENANZIO, CUVEÈ EXTRA DRY

FRANCIACORTA | 45€
TENUTA AMBROSINI

RED

SANGIOVESE 7€ | 32€
LE FILIGARE

CILIEGIOLO 8€ | 35€
MONTAUTO

wine not?