

La Terrazza di
LUISAVIAROMA
by



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, and the planet.

sharing is caring.

GUACAMOLE VG-GF-NF

Avocado / Pomodorini / Cipolotto / Coriandolo / Nachos di Mais Blu

Avocado / Pico de Gallo / Cilantro / Blue Corn Nachos

10,-

HUMMUS VG-NF

Hummus / Olive Kalamata / Pita / Paprika affumicata

Hummus / Kalamata Olives / Pita / Smoked Paprika

10,-

HALLOUMI V-GF-NF

Formaggio Halloumi / Miele / Pesche / Sesamo

Halloumi Cheese / Honey / Peaches / Sesame

10,-

PATATE DOLCI VG-NF

Patate Dolci al forno / Paprika affumicata / Maionese Sriracha

Roasted Sweet Potato Wedges / Smoked Paprika / Sriracha Mayo

9,-

comfoort.

AVOCADO BREAD VG-NF

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

Sourdough Bread / Avocado / Babyleaf Lettuce / Seeds / Radish

floret Pane al Grano Saraceno / floret GF Bread +2.00

13,-

BURRATA BREAD

Pesto di Pomodorini Secchi e Fagioli Cannellini / Burrata / Datterini / Rucola / Pesche al

Forno con Miele e Aceto Balsamico / Semi di Girasole / Pane Integrale

Sun-Dried Tomato & Cannellini Bean Pesto / Burrata / Datterini / Balsamic Honey

Peaches / Rucola / Sunflower Seeds / Sourdough Bread

17,-

BEYOND BURGER V-NF

BEYOND Burger* / Avocado / Doppio Emmentaler / Rucola / Jalapeños

Sriracha Mayo / Panino al Carbone e Sesamo

Vegan BEYOND patty / Avocado / Double Swiss Cheese / Rucola*

Jalapeños / Sriracha Mayo / Charcoal-Sesame Bun

17,-

add more
happiness
aggiungi piu felicità

uova in camicia / *poached eggs* 3,-
uova strapazzate / *scrambled eggs* 4,-
formaggio halloumi / *halloumi cheese* 3.5,-
salmone affumicato / *smoked salmon* 4.5,-
pollo alla senape & miele / *dijon-honey chicken* 5,-
feta / *feta vegan* 3.5,-

smartfoood.

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

MISO SALMON DF *served cold / servito freddo*

Salmone al Miso in Crosta di Sesamo e Cocco / Riso Venere con Bok Choy / Cetrioli
Wakame / Edamame / Mango / Anacardi allo Sciroppo d'Acero / Salsa con Soia & Sriracha
Salmon fillet in Miso Marinade with Coconut & Sesame / Black Rice mixed with Bok Choy
Cucumber / Wakame / Edamame / Mango / Maple Cashew Nuts / Sriracha-Soy Dressing
22,-

SUMMER SEABASS PITA NF

Branzino / Pita / Tzatziki / Patate novelle / Feta / Rucola / Datterini, Cetrioli, Menta
Seabass / Pita / Tzatziki / Baby Potatoes / Feta / Rucola / Datterini, Cucumber, Mint
20,-

ROYAL CAESAR NF-GF

Pollo alla Senape & Miele / Lattuga Romana, Indivia e Spinaci / Daikon / Avocado / Patate
Dolci / Parmigiano / Aneto / Salsa Caesar
Dijon-Honey Chicken / Romaine, Indive & Spinach / Daikon / Avocado / Sweet Potatoes
Parmesan / Dill / Caesar Dressing
20,-

SUN&SOUL NF-V

Pesche al Forno con Miele e Aceto Balsamico / Halloumi / Datterini / Cetrioli / Sedano
Quinoa / Rucola / Spinaci / Valeriana / Ravanelli / Vinaigrette
Honey Balsamic Baked Peaches / Halloumi / Datterini / Cucumber / Celery / Quinoa /
Fresh Greens Radish / Summer Vinaigrette
16,-

BENEDICT WAFFLES GF-NF

Waffles di Patate Dolci / Uova in Camicia / Spinaci saltati / Salmone Affumicato / Dragoncello
Salsa Hollandaise
Sweet Potato Waffles / Wilted Spinach / Poached Eggs / Smoked Salmon / Hollandaise / Tarragon
17,-

add more
happiness
aggiungi piu felicità

uova in camicia / *poached eggs* 3,-
uova strapazzate / *scrambled eggs* 4,-
formaggio halloumi / *halloumi cheese* 3.5,-
salmone affumicato / *smoked salmon* 4.5,-
pollo alla senape & miele / *dijon-honey chicken* 5,-
feta / *feta vegan* 3.5,-

for the sweethearts.

GRANOLA BOWL GF-V

Yogurt Greco / floret Granola / Pesche / Pompelmo / Cioccolato Fondente / Miele

Greek Yogurt / floret Granola / Grapefruit / Peaches / Dark Chocolate / Honey

12,-

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 con Mango

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

served with Mango

9,-

superfood smoothies.

BEAUTIFY 10,-

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

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

GLOW x AVASH COLLAGEN 13,-

Lamponi* / Pesche / Yogurt di Cocco / AVASH Collagen

Raspberries / Peaches / Coconut Yogurt / AVASH Collagen*

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.



cold-pressed juices.

250ml 6.50 | 500ml 9.00

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

VITALITY SHOT 0.75ml | 4.00

zenzero / limone / curcuma fresca / pepe nero
fresh turmeric / ginger / lemon / 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

330ml Bottle | 8.5,-

No 2

Mirtilli / Lavanda
Blueberry & Lavender

BAYA

Açaí / Zenzero e Passiflora
Açaí / Ginger & Passionflower

SUNNY

Pera / Fiori d'Arancio
Pear / Orange Blossom

TROPICAL

Rooibos / Mango e Ibisco
Rooibos / Mango & Hibiscus

330ml Can | 7.5,-



refreshments.

LIMONATA

Lime / Menta / Dolcificante / Acqua frizzante

Lime / Mint / Sweetener / Sparkling Water

5,-

ROSE LEMONADE

Acqua di Rose / Limone / Miele / Acqua Frizzante

Rose Water / Lemon / Honey / Sparkling Water

8,-

SPREMUTA D'ARANCIA

freshly squeezed Orange Juice

5,-

COCONUT WATER

Acqua di Cocco

Michelberger Fountain of Youth 520ml

7,-

MONOTEE

Tè freddo biologico con ingredienti naturali e senza additivi.

Organic Iced Tea with natural ingredients and no additives.

Frutti di Bosco / *Wildberry*

Lemongrass Mela-Menta / *Lemongrass Apple-Mint*

Maté e Pesca / *Mate Peach*

6,-

NOAM BEER

Lager ricca di probiotici, prodotta in Baviera.

Probiotic rich Lager brewed in Bavaria

7,-

GALVANINA

Tè Bio Pesca / Limone / Cola

Organic Iced Tea (Peach, Lemon) / Cola

5,-



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,-

sip *sloooow*.

SAYURI MATCHA
Ceremonial Grade Matcha
6,-

COCCO MATCHA
Matcha Ceremoniale SAYURI / Acqua di Cocco Bio
Sayuri Ceremonial Grade Matcha / Organic Coconut Water
10,-

RASPBERRY MATCHA LATTE
Raspberries / Sayuri Matcha / Milk*
Lamponi / Sayuri Matcha / Latte*
9,-

BEETROOT & ROSE LATTE
Acqua di Rose, Polvere di Barbabietola
Beetroot Powder & Rose Water
5,-

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,-

GOLDEN MYLK
Una miscela che fortifica l'immunità con Curcuma, Cannella, Pepe Nero e Noce Moscata
An immunity boosting blend with Turmeric, Cinnamon, Black Pepper & Nutmeg
6,-

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

BURGIO.

RICE MYLK / OAT MYLK / MANDORLA / COCONUT MYLK +1.00
you can order your drinks Iced or Hot

Latte Vegetale / Riso / Avena / Cocco +1.00
Housemade Bourbon Vanilla Syrup + 0.50

cocktails. 15,-

SPICY MANGO MARGARITA

Tequila infusa ai Pepi / Cointreau / Mango / Spezia Tajin / Lime
Tequila infused with Pepper / Cointreau / Mango / Tajin Spice / Lime

SECRET GARDEN

Vodka infusa al Cetriolo & Basilico / Succo di Limone / Olio EXTRA VIRGO al
 Limone / Tonic Water
*Cucumber & Basil Infused Vodka / Lemon Juice / EXTRA VIRGIN Lemon Oil
 Tonic Water*

RASPBERRY-VANILLA MARTINI

Vodka infusa con Lamponi & Fiori di Ibisco / Lime / Sciroppo di Vaniglia
Vodka infused with Raspberries & Hibiscus / Lime / Vanilla Syrup

MATCHA MULE

Gin infuso al Lime & Menta / Matcha / Ginger Beer
Gin infused with Lime and Mint / Matcha / Ginger Beer

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

vino.

WHITE

SAUVIGNON 8 | 35

VERMENTINO 8 | 35

RIBOLLA GIALLA 8 | 35

SPARKLING

PROSECCO 7 | 32

FRANCIACORTA | 45

RED

SANGIOVESE 7 | 32

CILIEGIOLO 8 | 35

ROSÉ

ROSATO 8 | 35

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

54,-

2 DAY JUICE CLEANSE

12 x 500 ml Juices

108,-

3 DAY JUICE CLEANSE

18 x 500 ml Juices

162,-

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