

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. 15,-

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

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

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