

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,-

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

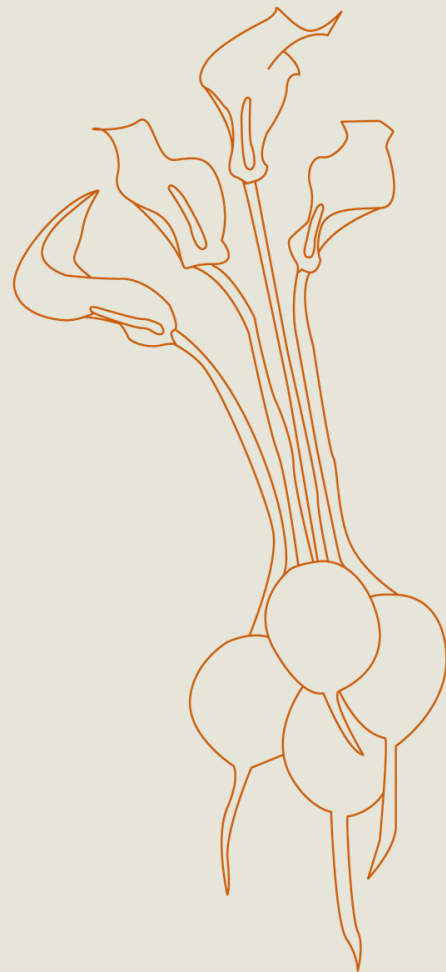
NF-VG

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)
salmone affumicato (5) / halloumi (3.5) / salsiccia Beyond (5) / feta (3.5)
add more happiness: poached eggs (3) / scrambled eggs (4)
smoked salmon (5) / halloumi (3.5) / beyond sausage (5) / feta (3.5)

BURRATA BREAD

v

Burrata / Pesto di Cannellini & Pomodorini Secchi / Datterini / Fragole / Rucola / Semi di Girasole
Pane Integrale
Burrata / Sundried Tomato & Bean Pesto / Cherry Tomatoes / Strawberries / Rucola
Sunflower Seeds / Toasted Sourdough
17,-

EGGS ROYALE

NF

Brioche Bread / Uova in Camicia / Avocado / Spinaci saltati / Salmone Affumicato
Salsa Hollandaise
Panbrioche / Poached Eggs / Avocado / wilted Spinach / Smoked Salmon / Hollandaise
18,-

floret BURGER

NF

Scegli la tua proteina / Choose your protein

BEYOND Burger **vegan*
BBQ Pulled Pork
Pollo allo Sciroppo d'Acero / Maple-Chicken

servito con Emmentaler / Avocado / Cipolla Caramellata / Jalapeños
Rucola / Panino al Carbone e Sesamo
served with Emmentaler / Avocado / Caramelised Onion / Jalapeños / Rucola
Charcoal-Sesame Bun
17,-

Aggiungi Patate
Dolci?
Add Sweet Potato?
+9-

smartfood.

*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 / Barbabietola / Insalata Vinaigrette ai Lamponi*

Halloumi / Asparagus / Strawberries / Sweet Potatoes / Peas / Cucumber / Beetroot

Seasonal Leaves / Raspberry Vinaigrette

18,-

TAHINI GARDEN

GF-NF

Zucchine / Sedano / Kiwi / Finocchio / Ceci speziati / Quinoa / Feta / Menta / Insalata Kalamata Olives / Tahini

Courgette / Celery / Kiwi / Fennel / Spiced Chickpeas / Quinoa / Feta / Mint / Fresh Greens

Kalamata Olives / Tahini

16,-

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,-

BRUNCH LOVER

NF-V

Uova Strapazzate / Salsiccia Beyond / Datterini, Cetriolo & Feta / Avocado / Valeriana

Scrambled Eggs / Beyond Sausage / Cherry Tomatoes, Cucumber & Feta / Avocado

Babyleaf Lettuce

18,-

MAPLE CHICKEN PITA

NF-DF

Pollo allo Sciroppo d'Acero / Pita / Avocado / Patate Dolci / Pico de Gallo all'Ananas & Mais

Maple-glazed Chicken / Pita / Avocado / Patate Dolci / Pico de Gallo with Ananas & Corn

20,-

aggiungi più felicità: halloumi (3.5)

add more happiness: halloumi (3.5)

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 / Cioccolato Fondente / Fragole / Kiwi / Miele
Greek Yogurt / floret Granola / Dark Chocolate / Strawberries / Kiwi / 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,-



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.

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.

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

Açai / Zenzero e Passiflora
Açai / 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 *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!

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
Michelberger Fountain of Youth 520ml*

NOAM BEER 7,-

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



*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



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
floret-bar.com