

floret

NOURISHING THE MIND,
BODY & SOUL

FOOD IS LIFE.
LIVE YOUR WELLNESS.

FALL MENU

SHARING IS CARING.

GUACAMOLE 9€

Avocado / Pico de Gallo / Cilantro / Blue Corn Nachos

VG - GF - NF

HALLOUMI 8€

Roasted Halloumi Cheese / Honey / Sesame

GF - NF - V

HUMMUS 9€

Hummus / Kalamata Olives / EVO / Seed Mix / Pita

VG-NF

SWEET POTATOES 8€

Roasted Sweet Potato Wedges / Truffle Mayo or Tahini

V-GF-NF

PITA & OLIVES 5€

Pita / Kalamata Olives

V-DF-NF

NF - nut free, DF - dairy free, VG - vegan, V - vegetarian, LF - lactose free

GF - prepared without gluten but not suitable for celiac disease

*Depending on availability, this product could be defrosted.

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

*2,50€ Cover Charge

FUJI QUINOA BOWL 14€

GF-NF

Roasted Miso Pumpkin & Apple / Kale / Spinach / Red Cabbage /
Quinoa / Feta / Sunflower Seeds / Fuji Apple Vinaigrette

FINCA 16€

GF-NF-DF

South American Style Chicken / Arepas / Farm Style Sweet Potato,
Beans, Corn Stew / Guacamole / Nachos /

*Vegeterian Option with Roasted Halloumi Cheese

SURFISTA 20€

GF-DF

Coconut crusted Miso Sea Bass fillet / Black Rice Ginger Stir Fry with
Bok Choy / Carrots / Celery / Spring Onion / Housemade Ponzu
Sauce / Nut Crumble

SALMON UDON 19€

DF

Miso Salmon fillet in Coconut & Sesame Crust / floret Green Miso
Pesto Udon Stir Fry with Bok Choy / Red Cabbage / Broccoli /
Toasted Almonds / Pomegranate

COCO-BEET CURRY 13€

VG-GF-NF

Vegeterian Beetroot & Sweet Potato Curry with Coconut and
Pineapple Black Rice / Pita

POKE BOWL 16€

GF-DF

Raw Salmon / Edamame / Wakame / Avocado / Pineapple /
Spicy Nut Mix / Black Rice / Soy Sauce

Marinated Roasted Chicken 4.00

Grilled Halloumi 3.50

Pita / Arepas 1.50

Raw Salmon 4.50

Avocado 3.00

Greek Feta (classic or VG) 3.00

Bio Poached Eggs 2.50

Kalamata Olives 4.00

COMFORT ZONE 15€

V-NF-GF

Corn & Spring Onion Waffles / Avocado Cream / Miso
Roasted Pumpkin / Sautéed Kale

AVOCADO BREAD 12€

Avocado / Lime / Babyleaf Lettuce / Seeds /
Toasted Sourdough Bread

EXTRAS YOU CAN ADD:

Bio Poached Eggs 2.50€

Raw Salmon 4.50€

Grilled Halloumi 3.50€

Greek Feta (classic or VG) 3.00€

BEYOND Sausage 5.50€

BEYOND BURGER 15€

V-NF

BEYOND Patty*/ Avocado / Cheddar / Red Cabbage / Caramelised
Onion / Truffle Mayo / Charcoal-Sesame Bun

* Plant Based, 20g Protein Free of Soy, GMO & Gluten

*VG Cheddar Available

GRANOLA BOWL 12€

GF

floret Granola / Roasted Cinnamon Pears / Dark Chocolate / Honey

Choose between:

Greek Yogurt

Vegan Almond Yogurt

Vegan Coconut Yogurt

APPLE BANANA BREAD 6€

GF

baked with just a little coconut sugar and ripe bananas & apples

GREEK YOGURT CHEESECAKE 8€

GF

Coconut & Cashew Base

Choose between:

Blueberry Sauce

Roasted Cinnamon Pears



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€

Frozen Blueberries / Banana / Vegan Protein Powder / Rice Mylk

MANGO LASSI| 8€

Mango / Greek Yogurt / Lime

GREEN SPIRIT| 8€

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

floret LIMONATA 5€

Lime / Mint / Sweetener / Sparkling Water

BOUCHE ORGANIC KOMBUCHA 7€

EARLYBIRD: Fermented Infusion of Sencha, Darjeeling Tea, Sugar, Bergamot Oil & Peel, Kombucha Cultures

HYBISKUS: Fermented infusion of Jasmine, Orange, Orange Pekoe Tea, Hibiscus Blossom, Lime, Kombucha Cultures

LEMONDROP: Fermented Infusion of Sencha and Assam Tea, Sugar, Kombucha Cultures

MONOTEA - Organic Iced Tea 5€

- White Tea Elderflower
- Wild Berry
- Lemongrass - Apple Mint
- Green Tea Ginger

COCONUT WATER 7€

Michelberger Fountain of Youth 520ml

FRESH ORANGE JUICE 5€

GALVANINA ORGANIC ICED TEA 4.5€

peach / lemon

GALVANINA ORGANIC COLA 4.5€

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 | 5.00€

URBAN

Rose Hip, Rosemary, Sage, Melissa, Thyme

SEA

Melissa, Tilia, Lavender, Chamomile.

Soft & sweet flavour with a subtle woody aftertaste

FOREST

Mountain Tea, Dittany, Fennel, Sage,
Hyssop, Mallow, Rose Hip

ARGOS

Mountain Tea, Calendula, Verbena,
Lemon balm, Mint

HERBAL TEA.

COCKTAILS. | 12.00€

A WARM HUG * served hot

Vodka infused with Pears & Apples / Cacao /
Rice Mylk / Chestnut Jam /

ORIENTAL ELIXIR

Campari / Vermouth infused with Turmeric, Ginger &
Chilli / Fresh Pomegranate Juice

LONDON GREEN

Gin infused with Lemon & Lime / Fresh Grape & Celery
Juice

MOCKTAILS. | 9.00€

BACK TO BEETS

Beetroot / Pineapple / Blueberries / Ginger Beer

CITRUSTWIST

Fresh Grapefruit / Orange / Honey / Lemongrass

BEER.

NOAM BEER 7€

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

YOU CAN REQUEST YOUR FAVE INTERNATIONAL COCKTAILS

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?