

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.



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

GF-VG-NF

Avocado / Pomodoro / Cipolotto / 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,-

Great to order all & share —  
especially with a few drinks!  
**Sip & Share. That's the vibe.**

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,-  
feta / *feta vegan* 3.5,-



## comfoort.

### AVOCADO BREAD

VG-NF

Pane Integrale / Avocado / Lime / Valeriana / Semi / Ravanelli  
Sourdough Bread / Avocado / Babyleaf Lettuce / Seeds / Radish  
13,-

### BURRATA BREAD

NF-V

Pesto di Pomodorini Secchi e Fagioli Cannellini / Burrata / Datterini  
Rucola / Pane Integrale  
Sun-Dried Tomato & Cannellini Bean Pesto / Burrata / Rainbow Cherry  
Tomatoes / Rucola / Sourdough Bread  
17,-

### PASTRAMI BURGER

NF

Pastrami / Emmentaler / Senape Dijon / Crauti / Panino ai Semi  
Pastrami / Swiss Cheese / Dijon Mustard / Sauerkraut / Seeded Bun  
18,-

### BEYOND BURGER

V-NF

BEYOND Burger\* / Avocado / Emmentaler / Jalapeño / Rucola / Maionese  
Sriracha / Panino al Carbone e Sesamo  
Vegan BEYOND patty\* / Avocado / Swiss Cheese / Jalapeño / Rucola  
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,-  
feta / *feta vegan* 3.5,-

## smartfoood.

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

### SHAKSHUKA

NF-V

floret Shakshuka / Uova in Camicia / Feta / Spinaci / Pita

floret Shakshuka / Poached Eggs / Feta / Spinach / Pita

17,-

### BRUNCH LOVER

NF-V-GF

Uova strapazzate / Salsiccia BEYOND / Patate Dolci / Avocado / Datterini / Valeriana

Scrambled Eggs / BEYOND Sausage / Sweet Potatoes / Avocado / Cherry Tomatoes / Valeriana

18,-

### PROTEIN TABBOULEH

NF

Pollo speziato con yogurt & spezie Armene / Couscous Tabbouleh / Hummus / Olive

Kalamata / Pita

Armenian marinated Chicken / Couscous Tabbouleh / Hummus / Kalamata Olives / Pita

20,-

### MISO SALMON

NF-DF

Filetto di Salmone al Miso in crosta di Sesamo & Cocco / Riso Nero saltato in padella

con Zenzero, Bok Choy / Sedano / Piselli / Edamame e Curry Rosso Thai

Salmon Fillet in Miso marinade with Sesame & Coconut Crust / Black Rice stirfry with

Ginger / Bok Choy / Celery / Peas / Edamame / Thai Red Curry

22,-

### BLOOM BOWL

GF-NF-V

Carciofi Arrosto / Quinoa / Piselli / Mela / Rucola / Spinaci / Valeriana /

Asparagi / Patate Dolci / Parmigiano / Vinaigrette allo Sciroppo d'Acero

Roasted Artichokes / Quinoa / Peas / Apple / Fresh Greens / Asparagus / Sweet

Potatoes / Parmesan / Maple Vinaigrette

17,-

add more  
happiness  
aggiungi più felicità

uova in camicia / *poached eggs* 3,-

petto di pollo marinato / *marinated chicken* 5,-

formaggio halloumi / *halloumi cheese* 3.5,-

feta / *feta vegan* 3.5,-

avocado 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 / Fragole / Pompelmo /  
Cioccolato Fondente / Miele

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

12,-

Opzione Vegana: BIOGURT Yogurt di Cocco

Vegan Option: BIOGURT Coconut Yogurt

+1.00,-

## superfood smoothies.

### BLUEBERRY GLOW

Mirtilli / Cacao / Avocado / Acqua di Cocco

Blueberries / Cacao / Avocado / Coconut Water

10,-

### MANGO LASSI

Mango / Greek Yogurt / Honey

Mango / Yogurt Greco / Miele

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.

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*

## gastronomic kombucha.

ORGANIC. FAIR TRADE. RAW & REAL. NO SWEETENERS.  
 NO ADDITIVES. JUST PURE FLAVOR & LÖV.

### No 1

Moringa / Zenzero / Menta  
*Moringa / Ginger / Mint*

### No 3

Mandarino / Curcuma e Pepe  
*Tangerine / Turmeric & Pepper*

330ml Bottle | 8.5,-

### BAYA

Açai / Zenzero e Passiflora  
*Açai / Ginger & Passionflower*

### No 2

Mirtilli / Lavanda  
*Blueberry & Lavender*

### TROPICAL

Rooibos / Mango e Ibisco  
*Rooibos / Mango & Hibiscus*

### SUNNY

Pera / Fiori d'Arancio  
*Pear / Orange Blossom*

330ml Can | 7.5,-





## coffee & more.

**ESPRESSO** 2.5,-

**DOPPIO** 4,-

**CAPPUCCINO** 4,-

**AMERICANO** 4,-

**ICED COFFEE LATTE** 4,-

**ORZO / GINSENG / DECAF** 3,-

**SHAKERATO** 4.5,-

**KUSMI TEA** 4.5,-

HOT WATER REFILL +1.00,-

## refreshments.

**LIMONATA** 5,-

Lime / Menta / Dolcificante / Acqua frizzante

Lime / Mint / Sweetener / 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*

6,-

**PRANA CHAI LATTE**

*Tè Nero, Spezie, Zenzero e Miele*

*Black Tea, Whole Spices, Ginger & Honey*

6,-

Bring the magic home—grab a pack of PRANA  
Chai: Ask our tribe!

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

**BURGIO.**

**RICE MYLK / OAT MYLK / SOY MYLK +1.00**  
you can order your drinks Iced or Hot

Latte Vegetale / Riso / Avena / Soia +1.00



cocktails. 12,-

**BLOODY MARY**

**MIMOSA**

**ESPRESSO MARTINI**

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

vino.

**WHITE**

**SAUVIGNON 8 | 35**

**VERMENTINO 8 | 35**

**RIBOLLA GIALLA 8 | 35**

**RED**

**SANGIOVESE 7 | 32**

**CILIEGIOLO 8 | 35**

**SPARKLING**

**PROSECCO 7 | 32**

**FRANCIACORTA | 45**

**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](https://floret-bar.com)