

floret

NOURISHING THE MIND,  
BODY & SOUL

at Palazzo San Niccolò

A Community encouraging each other through  
Holistic Health, Vitality, the right Balance of Smartfood &  
La Dolce Vita.



NF - nut free/senza noci, DF - dairy free/senza lattosio, VG - vegan  
V - vegetarian, GF - gluten-free/senza glutine

**\*A seconda della disponibilità, questo prodotto potrebbe essere scongelato.  
Per allergie e intolleranze alimentari rivolgersi al nostro personale.**

\*Depending on availability, this product could be defrosted.  
For allergies and food intolerances please refer to our staff.

I prezzi sono espressi in Euro / Prices are in Euro.

2,50€ Coperto / Cover Charge

**GUACAMOLE**

GF-VG-NF

Avocado / Pomodoro / Cipolotto / Lime / Nachos di Mais Blu

Avocado / Tomatoes / Spring Onion / Lime / Blue Corn Nachos  
10,-

**PATATE DOLCE**

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  
9,-

**MISO SALMON**

NF-DF

Filetto di Salmone al Miso in crosta di Sesamo e Cocco / Riso Nero saltato in padella con Zenzero / Bok Choy / Sedano / Patate Dolci / Edamame e Curry Rosso Thai

Salmon Fillet in Miso marinate with Sesame & Coconut Crust / Black Rice stirfry with Ginger / Bok Choy / Celery / Sweet Potatoes / Edamame / Thai Red Curry  
22,-

**AMBER LEAVES**

GF

Zucca speziata / Quinoa / Radicchio / Spinaci / Rucola / Pere / Parmigiano Noci / Vinaigrette all'Acero

Autumnal spiced Pumpkin / Quinoa / Red Chicory / Spinach / Rucola / Pears  
Parmesan / Walnuts / Maple Vinaigrette  
16,-

**PROTEIN TABBOULEH**

NF

Pollo speziato con yogurt & spezie Armene / Tabbouleh con Melograno Patate Dolci / Olive Kalamata / Pita

Armenian marinated Chicken / Pomegranate Tabbouleh / Sweet Potatoes Kalamata Olives / Pita  
20,-



**AVOCADO BREAD**

Avocado / Erbe Fresche / Lime / Semi / Pane Integrale

Avocado / Fresh Greens / Seeds / Sourdough Bread

13,-

Aggiungi: Uova in Camicia (3)|Halloumi (3.5)|Salsiccia BEYOND (5)

Add: Poached Eggs (3)|Halloumi Cheese (3.5) / BEYOND Sausage (5)

**BRUNCH LOVER**

NF-V-GF

Uova strapazzate / Salsiccia BEYOND / Zucca speziata / Avocado

Valeriana

Scrambled Eggs / BEYOND Sausage / Autumnal spiced Pumpkin

Avocado / Valeriana

18,-

**HALLOUMI MUSHROOM BRIOCHE**

NF-V

Funghi, Cavolo Nero & Porro saltato con Salsa al Vino Bianco

Formaggio Halloumi / Melograno / Pan Brioche

Mushrooms, Kale & Leek in White Wine Sauce / Halloumi Cheese

Pomegranate / Brioche

17,-

**PASTRAMI BURGER**

NF

Pastrami / Emmentaler / Senape Dijon / Cavolo Rosso sauté / Panino ai Semi

Pastrami / Swiss Cheese / Dijon Mustard / Sauteed Red Cabbage / Seeded Bun

18,-

**BEYOND BURGER**

BEYOND Burger\* / Avocado / Emmentaler / Cipolla caramellata / Rucola

Maionese Sriracha / Panino ai Semi

Vegan BEYOND patty\* / Avocado / Swiss Cheese / Caramelised Onion / Rucola

Sriracha Mayo / Seeded Bun

17,-

Abbiamo dolci ogni giorno, chiedete al nostro staff.

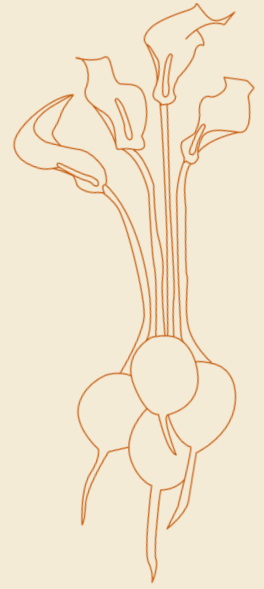
We have pastries & something sweet for you daily, ask our staff!

**GRANOLA BOWL**

floret Granola / Yogurt Greco / Pere & Prugne alla Canella / Miele

floret Granola / Greek Yogurt / Cinnamon roasted Pears & Prunes / Honey

12,-



## COLD-PRESSED JUICES

### **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

250ml 6.00 | 500ml 9.00



## 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,-

### **LIMONATA**

Menta / Lime / Miele / Acqua Frizzante  
Mint / Lime / Honey / Sparkling Water  
5,-

### **COCONUT WATER**

Acqua di Cocco / Michelberger Fountain of  
Youth 520ml  
7,-

### **SPREMUTA**

Freshly squeezed Orange Juice  
5,-

### **GALVANINA ICED TEA**

Tè alla Pesca o Limone / Cola  
Peach or Lemon Iced Tea / Bio Cola  
5,-

### **NOAM BEER**

natural, unfiltered lager  
7,-

### **ACQUA / WATER**

3,-

## REFRESHMENTS

### **BOUCHE ORGANIC KOMBUCHA**

#### **EARLY BIRD**

Fermented Infusion of Sencha, Darjeeling Tea,  
Bergamot Oil

#### **HYBISKUS**

Fermented infusion of Jasmine, Orange, Hibiscus  
Blossom

#### **LEMONDROP**

Fermented Infusion of Sencha and Assam Tea  
7,-

SIP SLOOOOW

**ESPRESSO**

2.5,-

**DOPPIO**

4,-

**AMERICANO**

4,-

**CAPPUCCINO**

4,-

**ICED COFFEE LATTE**

4,-

**SHAKERATO**

4.5,-

**MATCHA LATTE**

6,-

**PRANA CHAI LATTE**

Sticky Chai con Tè nero, spezie intere, zenzero e miele

Award-winning sticky chai blend with premium black tea,  
whole spices, ginger & pure honey

6,-

**KUSMI TEA SELECTION**

4.5,-

HOT WATER REFILL +1.00

**LATTE DI RISO / AVENA O SOIA**

**RICE MYLK / OAT MYLK / SOY MYLK +1.00**



BOOOOZE.

BIANCO

**SAUVIGNON** 8 | 35

**VERMENTINO** 8 | 35

**RIBOLLA GIALLA** 8 | 35

BOLLICINE & ROSATO

**PROSECCO** 7 | 32

**FRANCIACORTA** | 45

**ROSATO** 8 | 35

ROSSO

**SANGIOVESE** 7 | 32

**CILIEGIOLO** 8 | 35

COCKTAILS 12

**BLOODY MARY**

**MIMOSA**

**ESPRESSO MARTINI**

**\*INTERNATIONAL COCKTAILS ON REQUEST 12,-**