

La Terrazza di
LUISAVIAROMA
by



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 & the planet.

sharing is caring.

GUACAMOLE VG-GF-NF

Avocado / Pomodorini / Cipolotto / Coriandolo / Nachos di Mais Blu

Avocado / Pico de Gallo / Cilantro / Blue Corn Nachos

10,-

HUMMUS VG-NF

Hummus / Olive Kalamata / Pita

Hummus / Kalamata Olives / Pita

10,-

HALLOUMI V-GF-NF

Formaggio Halloumi / Miele / Sesamo

Halloumi Cheese / Honey / Sesame

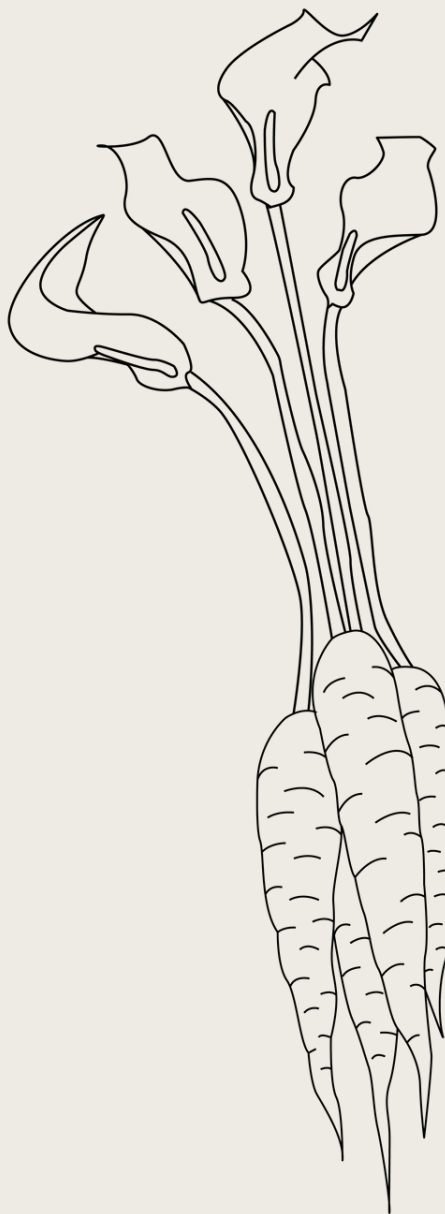
10,-

PATATE DOLCI VG-NF-GF

Patate Dolci al forno / Paprika affumicata / Maionese al Tartufo

Roasted Sweet Potato Wedges / Smoked Paprika / Truffled Mayo

9,-



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

sip slooow.

sip slooow.

sip slooow.

comfoort.

AVOCADO BREAD VG-NF

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

add more happiness

uova in camicia / *poached eggs* 3,-
 uova strapazzate / *scrambled eggs* 4,-
 formaggio halloumi / *halloumi cheese* 3.5,-
 feta (classic or vegan) 3.5,-
 burrata 4,-

BRUNCH WAFFLES GF-V

Waffle di Zucca & Grano Saraceno / Uova in camicia / Spinaci / Funghi / Salsa Olandese
 al Tartufo
*Pumpkin Buckwheat Waffles / Poached Eggs / Mushrooms / Wilted Spinach / Truffled
 Hollandaise Sauce*
 18,-

BURRATA BREAD V-NF

Pesto di Pomodori Secchi con Fagioli / Burrata / Cachi al Balsamico / Rucola / Pane Integrale
Sundried Tomato Pesto with Beans / Burrata / Balsamic Persimmons / Rucola / Sourdough Bread
 17,-

AUTUMN FRENCH TOAST V-NF

Panbrioche French Toast alla Zucca / Pere, Mele e Zucca Butternut al forno con Cannella / Salsa alla vaniglia / Uvetta
Panbrioche Pumpkin French Toast/ Oven-roasted cinnamon Pears, Apples, Butternut Squash / Vanilla Sauce / Raisins
 17,-

BEYOND BURGER V-NF

BEYOND Burger* / Avocado / Doppio Emmentaler / Rucola / Maionese al Tartufo / Panino al
 Carbone e Sesamo
Vegan BEYOND patty / Avocado / Double Swiss Cheese / Rucola / Truffled Mayo*
Charcoal-Sesame Bun
 17,-



sip slooow.

sip slooow.

sip slooow.

smartfoood.

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

MISO SALMON ^{DF}

22,-

Salmone al Miso in Crosta di Sesamo e Cocco / Riso Venere con Bok Choy / Mais / Carote
Sedano / Thai Curry Rosso al Cocco con Patate Dolci
*Miso Salmon fillet with Coconut & Sesame / Black Rice with Bok Choy / Corn / Carrot /
Celery / Thai Red Coconut Curry with Sweet Potatoes*

CHICKEN FAJITA PITA ^{NF}

20,-

Pollo speziato / Peperoni / Avocado / Sour Cream / Mais / Patate Dolci / Pita
Chicken Fajita / Peppers / Avocado / Sour Cream / Corn / Sweet Potato / Pita

HARVEST BOWL ^V

18,-

Zucca al Gochujang & Miele / Quinoa / Barbabietola / Carote / Feta / Ceci / Pere / Melograno
Cavolo Nero / Erbe fresche / Semi di Girasole / Vinaigrette alla Mela Arrosto e Balsamico
*Honey Gochujang Roasted Pumpkin / Quinoa / Beetroot / Carrots / Feta / Chickpeas / Pears
Pomegranate / Kale / Fresh Herbs / Sunflower Seeds / Roasted Apple & Balsamic Dressing*

Add organic spiced Chicken Breast / Aggiungi Petto di Pollo (bio) speziato +6,-*

MUSHROOM STROGANOFF ^{NF}

18,-

Patata al Forno / Stroganoff di Funghi / Cavolo Nero / Halloumi / Cipolla croccante
Jacket Potato / Mushroom Stroganoff / Kale / Halloumi / Crispy Onion

FALAFEL BLOOM ^{NF-DF-V}

16,-

Falafel di Ceci e Couscous al Forno / Salsa Tartara / Insalata di Erbe Fresche con Pere,
Uva e Semi di Girasole
*Baked Chickpea & Couscous Falafel Patties / Tartar Sauce / Fresh Herb Salad with
Pears, Grapes & Sunflower Seeds*

Add Halloumi / Aggiungi Halloumi +3.5,-

sip slooow.

sip slooow.

sip slooow.

for the sweethearts.

GRANOLA BOWL GF-V

Yogurt Greco / floret Granola / Oven roasted cinnamon Apples, Pears, Raisins & Chocolate

Greek Yogurt / floret Granola / Oven roasted cinnamon Apples, Pears, Raisins & Chocolate

12,-

Opzione Vegana: BIOGURT Yogurt di Cocco

Vegan Option: BIOGURT Coconut Yogurt

+2.00,-

floret CHEESECAKE GF-V

La nostra Cheesecake cruda allo Yogurt Greco a base di Cocco e Biscotti senza glutine con Coulis di Frutti Rossi

Our Classic Raw Greek Yogurt Cheesecake with a Coconut & gluten-free Cookie base, served with Forest Berry Coulis

9,-

superfood smoothies.

BEAUTIFY 10,-

Mirtilli* / Avocado / Proteine VG / Latte di Riso / Cannella

Blueberries / Avocado / VG Protein / Rice Mylk / Cinnamon*

MANGO LASSI 8,-

Mango / Yogurt Greco / Lime / Miele

Mango / Greek Yogurt / Lime / Honey

GREEN SPIRIT 10,-

Avocado / Banana / Spirulina / Menta / Spinaci / Latte di Riso

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

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

vitality shot.

4.50

zenzero / limone / curcuma fresca / pepe nero
ginger / lemon / 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

TROPICAL

Rooibos / Mango e Ibisco
Rooibos / Mango & Hibiscus

SUNNY

Pera / Fiori d'Arancio
Pear / Orange Blossom

330ml Can | 7.5,-



refreshments.

LIMONATA

Lime / Menta / Miele / Acqua frizzante

Lime / Mint / Honey / Sparkling Water

6,-

SPREMUTA D'ARANCIA

freshly squeezed Orange Juice

5,-

COCONUT WATER

Acqua di Cocco

Michelberger Fountain of Youth 520ml

7,-

NOAM BEER

Lager ricca di probiotici, prodotta in Baviera.

Probiotic rich Lager brewed in Bavaria

7,-

GALVANINA

Tè Bio - Pesca / Limone / Cola

Organic Iced Tea - Peach / Lemon / Cola

5,-



sip slooow.

sip slooow.

sip slooow.



coffee & more.

ESPRESSO 2.5,-

DOPPIO 4,-

CAPPUCCINO 4,-

CAPPUCCINO GRANDE 4.5,-
for those who need a little extra

AMERICANO 4,-

FLAT WHITE 5,-

ICED COFFEE LATTE 4.5,-

ORZO / GINSENG / DECAF 3,-

SHAKERATO 4.5,-

KUSMI TEA 4.5,-
HOT WATER REFILL +1.00,-

specialities.

SAYURI MATCHA

Ceremonial grade HIKARI
9,-

SAYURI HOJICHA

Hojicha & Housemade Coconut Syrup
7,-

BEETROOT & ROSE LATTE

Acqua di Rose, Polvere di Barbabietola
Beetroot Powder & Rose Water
5,-

CACAO & MACA

Una miscela energizzante di
Cacao e radice di Maca
An energising blend of
Cacao Powder & Maca Root
5,-

PRANA CHAI LATTE

Tè Nero, Spezie, Zenzero e Miele
Black Tea, Whole Spices, Ginger & Honey
Bring the magic home grab a pack of
PRANA Chai: Ask our tribe!
6,-

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

BURGIO.

RICE MYLK / OAT MYLK / MANDORLA / COCONUT MYLK +1.00

Riso / Avena / Mandorla / Cocco +1.00
you can order your drinks Iced or Hot

Housemade Bourbon Vanilla Syrup + 1.00
Housemade Coconut Sugar Syrup + 1.00

SIP SLOOOOW & MINDFUL 6,-



ORGANIC LEMON VERBENA

- * Rinfrescante, Disintossicante, Digestivo
- * Refreshing, Detoxing, Digestive

AGROS HERBAL TEA BLEND

Tè di Montagna / Calendula / Cedrina / Erba
Luigia / Melissa / Mentastro Verde / Poleggio
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

SEA HERBAL TEA BLEND

Melissa / Tiglio / Lavanda / Camomilla
Lemon Balm / Tilia / Lavender / Chamomile

- * Lenitivo / Rilassante
- * Soothing / Relaxing

CHRISTMAS HERBAL TEA BLEND

Arancia / Tè di Montagna / Zenzero
Cannella / Cedrina / Salvia / Issopo
Cinorrodo / Cardamomo / Chiodo di Garofano
Orange Peel / Mountain Tea / Ginger
Cinnamon / Lemon Verbena / Sage / Hyssop
Rose hip / Cardamom / Clove

- * 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



WHOLE LEAF LOOSE
100% NATURAL PRODUCT
NATURALLY CAFFEINE FREE.

ETHICALLY HARVESTED,
PROCESSED AND PACKED BY HAND.

mocktails. 12,-

JASMINE DREAM

Frutti di Bosco / Tè al Gelsomino / Arancia / Miele

Forest Berries / Jasmine Tea / Orange / Honey

add vodka +3,-

PEAR & CHOC

Pera / Cioccolato Fondente / Sciroppo di Vaniglia Bourbon / Ginger Beer / Rosmarino

Pear / Dark Chocolate / Bourbon Vanilla Syrup / Ginger Beer / Rosemary

add rum or whiskey +3,-

GRAPESnTONIC

Uva / Cetriolo / Acqua Tonica / Melograno

Grapes / Cucumber / Tonic Water / Pomegranate

add gin +3,-

RICHIEDI IL TUO COCKTAIL INTERNAZIONALE PREFERITO

ASK FOR YOUR FAVE INTERNATIONAL COCKTAILS 12,-

vino.

WHITE

SAUVIGNON 8 | 35

VERMENTINO 8 | 35

RIBOLLA GIALLA 8 | 35

SPARKLING

PROSECCO 7 | 32

FRANCIACORTA | 45

RED

SANGIOVESE 7 | 32

CILIEGIOLO 8 | 35

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

55,-

2 DAY JUICE CLEANSE

12 x 500 ml Juices

115,-

3 DAY JUICE CLEANSE

18 x 500 ml Juices

170,-

Ask our tribe or order online via
floret-bar.com