

**La Terrazza di  
LUISAVIAROMA  
by floret**



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



NOURISHING THE MIND,  
BODY & SOUL

## APPETIZERS

### GUACAMOLE 9

Avocado Cream with Pico de Gallo,  
Cilantro & Blue Corn Nachos  
VG - GF - NF

### HUMMUS 9

Creamy Hummus with Kalamata Olives,  
Pita Bread & mixed SuperSeeds  
VG - NF

### BAKED FETA 9

Baked Feta with Cherry Tomatoes,  
Kalamata Olives & Chilli-Oregano Honey  
V - GF - NF

### SWEET POTATOES 8

Roasted Sweet Potato Wedges with  
Tahini or Sriracha Mayo  
VG - GF - NF

### HALLOUMI 8

Griddled Halloumi with Chilli-Oregano  
Honey & Sesame  
V - GF - NF

## COMFORT

### CARIBBEAN CHICKEN & WAFFLES 18

Caribbean style Chicken / Sweet Potato Coconut  
Waffles / Corn, Mango, Basil, Cherry Tomatoes,  
Jalapenos / Avocado Cream  
GF - DF - NF

### BEYOND BURGER 15

A plant-based burger patty with over 20g protein with  
Avocado Cream / Cheddar / Caramelised Onion  
Rucola / Sriracha Mayo and Charcoal-Sesame Bun  
V - NF

### PLANTED GREEK BURGER 15

PLANTED Pulled Greek Protein / Pico de Gallo  
Gherkins / Crunchy Lettuce / Courgette / Tzatziki  
Beetroot Bun  
V - NF

### AVOCADO BREAD 12

Toasted Sourdough Bread with Avocado Cream  
Lime / Rucola & mixed SuperSeeds  
V - NF - DF  
floret GF Bread +2.00  
\*SEE EXTRAS

## SMARTFOOD

### SPRING BREEZE 16

Asparagus / Strawberry / Avocado / Quinoa /  
Courgette / Celery / Almonds / Chicory  
Rucola / Lemon & Honey Vinaigrette  
V - GF

### UMAMI BLOOM SALAD 16

PLANTED Pulled Hoisin Protein /  
Green Apple / Cucumber / Edamame  
Snow Peas / Carrots / Bok Choy / Mixed Greens  
Wakame / Soy-Tahini Dressing  
VG - NF

### PASSIONFLOWER 16

Tabbouleh with Millet / Hummus  
Halloumi Cheese with Passionfruit  
Pita

### THAI GREEN SALMON 20

Miso Salmon fillet in Sesame & Coconut Crust  
Black Rice Ginger Stir Fry with Snow Peas / Bok  
Choy / Pineapple / Celery / Thai Green Curry  
GF - NF

### POKE BOWL 16

Raw Salmon / Edamame / Wakame  
Avocado / Pineapple / Honey-Chilli Nut Mix  
Black Rice / Soy Sauce

## EXTRAS

Caribbean Chicken 4.00  
Griddled Halloumi 3.50  
PLANTED Protein 4.00  
Raw Salmon 4.50

Bio Poached Eggs 2.50  
Greek Feta (or VG) 3.00  
Avocado 3.00  
Pita 1.50



NOURISHING THE MIND,  
BODY & SOUL

---

## SWEETEN YOUR DAY

---

### **floret CHEESECAKE 8**

Our classic Greek Yogurt Cheesecake  
with a Coconut, Cashew, Tahini base  
with fresh Mango & Lime

*V - GF*

### **COCONUT CAKE 8**

served with Coconut Yogurt or Cream

*V - NF - GF*

### **GRANOLA BOWL 12**

Greek Yogurt with floret Granola,  
Cinnamon roasted Pears, Banana & Honey

Choose between:

Greek Yogurt / VG Almond Yogurt /  
VG Coconut Yogurt

### **STRAWBERRIES & CREAM 8**

Always a good Idea

*V - GF - NF*

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





NOURISHING THE MIND,  
BODY & SOUL

## COFFEE

**ESPRESSO 2.5**

**DOPPIO 4**

**AMERICANO 4**

**CAPPUCCINO 3.5**

**ICED CAFE LATTE 3.5**

**CAFE SHAKERATO 4**

**GINSENG 3**

**ORZO 3**

**DECAF 3**

## TEA

**MINTY GINGER 4.5**

Ginger / Mint / Lemon

**KUSMI TEA SELECTION 4.5**

*HOT WATER REFILL 1*

**RHOECO GREEK TEA 5**

**URBAN**

Rose Hip, Rosemary, Sage, Melissa, Thyme

**SEA**

Melissa, Tilia, Lavender, Chamomile

**FOREST**

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

**ARGOS**

Mountain Tea, Calendula, Verbena, Lemon balm, Mint

## SPECIALTIES

**CHAI LATTE 5**

PRANA Chai is handmade and blended in Melbourne from all natural ingredients. 100% Australian quality honey blended with black tea and whole spices.

**BEETROOT & ROSE LATTE 5**

Rose water / Beetroot powder

Great for Blood Circulation / Heart Health / Glowing Skin

**CACAO & MACA 5**

Glowing Skin / High in Iron and Magnesium / Energising and great for Immunity

**GOLDEN MYLK 5**

Anti-Inflammatory / Boosts Immunity / Antioxidant

**MATCHA LATTE 5**

Antioxidant / Boosts the Metabolism / Detoxifies

**CACAUZITA Ceremonial Cacao 8.5**

Cacao Paste / Rose Water / Cardamom / Oat Milk

Ethically sourced & inspired by Mesoamerica's traditional drinks, gently roasted, and stone-ground into a paste. We invite you to sip slowly and mindfully.

Naturally low in Sugar / High in Fiber / Source of Minerals / Energy Booster / Natural Mood Elevator / Boosts Serotonin

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

You can order your drinks iced or hot

