La Terrazza di
LUISAVIAROMA
by

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 & the planet.

sharing is caring.

GUACAMOLE VG-GF-NF
Avocado / Pico de Gallo / Coriandolo / Nachos di Mais Blu
Avocado / Pico de Gallo / Cilantro / Blue Corn Nachos
10,-

HUMMUS VG-NF
Hummus / Ceci tostati al Sommacco / Sesamo / Pita
Hummus / Sumac-roasted Chickpeas / Sesame / Pita
10,-

HALLOUMI V-GF-NF
Formaggio Halloumi / Miele / Sesamo
Halloumi Cheese / Honey / Sesame
10,-

PATATE DOLCI NF-GF
Patate Dolci al forno / Paprika affumicata / Maionese Sriracha
Roasted Sweet Potato Wedges / Smoked Paprika / Sriracha Mayo
9,-
*Maionese Vegana disponibile / Vegan Mayo available +0.50,-

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

sip ***slooow.*** *sip* ***slooow.*** *sip* ***slooow.***

always a good idea.

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 / **vegan feta** 3.5,-

GOAT CHEESE BREAD V

Formaggio di Capra / Cipolla Caramellata / Pere Poché al Vermouth Rosso / Noci / Rucola / Pane Integrale
Goat's Cheese / Caramelised Onion / Pears Poached in Red Vermouth / Walnuts / Rucola / Sourdough Bread
17,-

BEYOND BURGER NF-V

BEYOND Burger*/ Doppio Cheddar / Avocado / Spinaci / Cipolla caramellata / Maionese alla Sriracha
Panino ai Semi
BEYOND Burger* / Double Cheddar / Avocado / Spinach / Caramelised Onion / Sriracha Mayo
Seeded Bun
17,-
***Vuoi aggiungere patate dolci?** / Add Sweet Potato? + 9,-*
Mayo Vegan / Cheddar Vegan +0.50,-

BRUNCH WAFFLE NF-GF-V

Waffle al Grano Saraceno / Avocado / Uova in Camicia / Zucca Butternut affumicata / Salsa Olandese
Savoury Buckwheat Maple Waffle / Avocado / Poached Eggs / Butternut Squash with Smoked Paprika / Hollandaise
17,-

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.

Coperto 2.50€

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.

2.50€ Cover Charge

smartfooood.

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

AMBER LEAVES NF-V

Zucca Hokkaido al Miso / Radicchio / Spinaci / Quinoa / Barbabietola / Pera / Parmigiano Sedano / Melograno / Vinaigrette all'Acero

Miso Hokkaido Pumpkin / Chicory / Spinach / Quinoa / Beetroot / Pear / Parmesan / Celery Pomegranate / Ancient Grain Mustard Maple Vinaigrette

18,-

MISO SALMON DF-NF

Filetto di Salmone*al Miso con Cocco & Sesamo / Riso Nero con Bok Choy / Broccoli / Sedano Mais / Patate Dolci / Salsa Thai al Cocco

Miso Salmon fillet with Coconut & Sesame / Black Rice with Bok Choy / Broccoli / Celery / Mais Sweet Potato / Thai Red Coconut Curry

22,-

CHICKEN TERIYAKI SOBA DF

Pollo Teriyaki / Noodles di Soba / Carote / Cavolo Nero / Patata Dolce / Salsa al Miso e Zenzero Anacardi Tostati

Chicken Teriyaki / Soba Noodles / Rainbow Carrots / Kale / Sweet Potato / Ginger-Miso Dressing / Toasted Cashew Nuts

22,-

COUSCOUS MEDITERRANEO V-NF

Couscous con Radicchio / Arance / Mela Arrosto / Funghi / Melagrano / Feta / Mix di Erbe Aromatiche Fresche / Vinaigrette all'Arancia e Peperoncino

Couscous with Red Chicory / Oranges / Roasted Apple / Mushrooms / Pomegranate / Feta Fresh Herb Mix / Orange & Chilli Vinaigrette

14,-

add more happiness

uova in camicia / ***poached eggs*** 3,-
formaggio halloumi / ***halloumi cheese*** 3.5,-
Pollo marinato / **spiced chicken** 6,-
feta / **vegan feta** 3.5,-
avocado 4,-

for the sweethearts.

GRANOLA BOWL GF-V
12,-
Yogurt Greco / Granola Floret / Pere al Forno con Cannella / Frutti di Bosco / Cioccolato Fondente
Yogurt Greco / floret Granola / Roasted Cinnamon Pears / Forest Berries / Dark Chocolate
Opzione Vegana: BIOGURT Yogurt di Cocco
Vegan Option: BIOGURT Coconut Yogurt
+2.00,-

BASQUE CHEESECAKE
8,-

SWEET POTATO DARK CHOCOLATE BROWNIES
8,-

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

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cold-pressed juices.

270ml 7.50 | 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

gastronomic kombucha. *330ml Bottle | 8.5,-*

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

No 1
Moringa / Zenzero / Menta
Moringa / Ginger / Mint

No 2
Mirtilli / Lavanda
Blueberry / Lavender

BAYA
Açai / Zenzero e Passiflora
Açai / Ginger & Passionflower

TROPICAL
Rooibos / Mango / Ibisco
Rooibos / Mango / Hibiscus



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
8,-

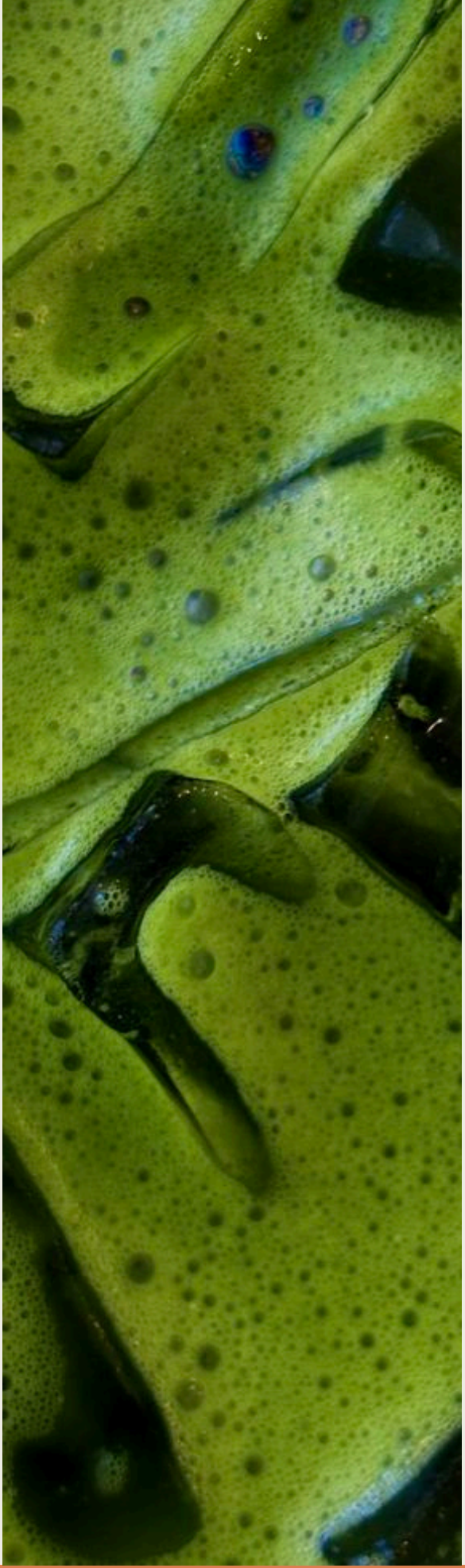
GALVANINA
Tè Bio - Pesca / Limone / Cola
Organic Iced Tea - Peach / Lemon / Cola
5,-

LEMONAID
Bio & fairtrade realizzate con ingredienti naturali. Ogni bottiglia sostiene progetti sociali e comunità agricole nei Paesi produttori

Organic, fair-trade soft drinks made with natural ingredients. Every bottle supports social initiatives and farming communities in the countries where the ingredients are grown

Yerba Mate / Yerba Mate (sparkling)
Frutto della Passione / Passionfruit

6,-



sip **slooow.** sip **slooow.** sip **slooow.**

floret

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,-

COFFEE TONIC 5.5,-

specialties.

CEREMONIAL MATCHA LATTE
Ceremonial grade Yokiro
9,-

SAYURI HOJICHA LATTE
Hojicha & Housemade Coconut Syrup
7,-

ROOIBOS & HONEY LATTE
Naturally caffeine-free
6,-

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!

RICE MYLK / OAT MYLK / ALMOND / 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

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NOURISHING THE MIND, BODY & SOUL

mocktails. 12,-

BERRY JASMINE
Frutti di Bosco / Tè al Gelsomino / Arancia / Miele
Forest Berries / Jasmine Tea / Orange / Honey
add vodka +3,-

BLOOMY DREAMS
Barbabietola/ Ibisco / Sciroppo di Zucchero di Cocco / Latte di Cocco
Beetroot / Hibiscus / Coconut Sugar Syrup / Coconut Mylk
add rum or whiskey +3,-

GREEN BREEZE
Mela / Pera / Sedano / Ginger Beer
Apple / Pear / Celery / Ginger Beer
add gin +3 ,-

RICHIEDI IL TUO COCKTAIL INTERNAZIONALE PREFERITO
ASK FOR YOUR FAVE INTERNATIONAL COCKTAILS 12,-

vino.

WHITE

SAUVIGNON | cantina buzzinelli 8 | 35

VERMENTINO | cantina otis 8 | 35

RIBOLLA GIALLA | cantina buzzinelli 8 | 35

RED

SANGIOVESE | cantina Luiano 7 | 32

CILIEGIOLO | cantina casa alle vacche 8 | 35

SPARKLING

PROSECCO | cuvee extra dry cantina ca' venanzio 7 | 32

FRANCIACORTA | cantina tenuta Ambrosini | 45

CHAMPAGNE | 120

ROSÉ

ROSATO |cantina cerasuolo d'Abruzzo 8 | 35

SHARE YOUR HAPPY MOMENTS WITH US:
Condividi i tuoi momenti felici con noi:

@floret_tribe

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**