



floret

NOURISHING THE MIND,
BODY & SOUL

FOOD IS LIFE.
LIVE YOUR WELLNESS.

FALL MENU



GUACAMOLE 9€

Avocado / Pico de Gallo / Cilantro / Blue Corn Nachos

VG - GF - NF

HALLOUMI 8€

Roasted Halloumi Cheese / Honey / Sesame

GF - NF - V

HUMMUS 9€

Hummus / Kalamata Olives / EVO / Seed Mix / Pita

VG-NF

SWEET POTATOES 8€

Roasted Sweet Potato Wedges / Sweet Chilli Mayo or Tahini

VG-GF-NF

PITA & OLIVES 5€

Pita / Kalamata Olives

VG-DF-NF

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

FUJI QUINOA BOWL 14€

GF-NF

Roasted Miso Pumpkin / Roasted Apple / Kale / Spinach / Red Cabbage
Quinoa / Feta / Sunflower Seeds / Fuji Apple Vinaigrette

FINCA 16€

GF-NF-DF

South American Style Chicken / Arepas / Farm Style Sweet Potato,
Beans, Corn Stew / Guacamole / Blue Corn Nachos
*Vegeterian Option with Roasted Halloumi Cheese

MEDITERRANEO 20€

Marinated Seabass in Walnut & Sesame Crust / Mediterranean-style
Couscous with Tomato / Kalamata Olives / Eggplant / Bell Pepper /
Feta / Tzatziki / Pita

THAI RED SALMON 20€

GF-DF

Miso Salmon fillet in Coconut & Sesame Crust / Black Rice Ginger
Stir Fry with Sweet Potatoes / Corn / Bok Choy / Red Cabbage /
Thai Red Coconut Curry

POKE BOWL 16€

GF-DF

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

EXTRAS

MARINATED ROASTED CHICKEN 4.00

GRILLED HALLOUMI 3.50

PITA / AREPAS 1.50

RAW SALMON 4.50

AVOCADO 3.00

GREEK FETA (CLASSIC OR VG) 3.00

BIO POACHED EGGS 2.50

KALAMATA OLIVES 4.00

COMFORT ZONE 16€

GF-NF-V

Spinach & Corn Waffle / Avocado Cream / Wilted Spinach and Kale /
Sweet Potatoes / Poached Eggs

AVOCADO BREAD 12€

Avocado / Lime / Babyleaf Lettuce / Seeds / Toasted Sourdough Bread

EXTRAS

BIO POACHED EGGS 2.50

RAW SALMON 4.50

GRILLED HALLOUMI 3.50

GREEK FETA (CLASSIC OR VG) 3.00

BEYOND BURGER 15€

V-NF

BEYOND Patty*/ Avocado / Cheddar / Red Cabbage / Caramelised
Onion / Sweet Chilli Mayo / Charcoal-Sesame Bun

* Plant Based, 20g Protein Free of Soy, GMO & Gluten

*VG Cheddar Available

COMFORT

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GRANOLA BOWL 12€

GF

floret Granola / Roasted Pears and Apples / Dark Chocolate

Choose between:

Greek Yogurt

Vegan Almond Yogurt

Vegan Coconut Yogurt

floret BANANA BREAD 6€

GF

Plant-based Cinnamon Whipped Cream

ORANGE CAKE 8€

GF

Plant-based Cinnamon Whipped Cream / Chilli-Honey Nuts

GREEK YOGURT CHEESECAKE 8€

GF

Coconut & Cashew Base

Choose between:

Blueberry Sauce

Roasted Pears



SIPPING SLOW
ONE THOUGHT
AT A TIME.

DRINKS

cold-pressed juices.

250ml | 500 ml
5.50€ | 8.50€

DETOX

pineapple / green apple / spinach / celery / cucumber

ENERGY

apple / lemon / ginger

VITAMINA

carrots / fennel / apple / fresh turmeric / black pepper

CLEANSE

celery

VITALITY SHOT .75ml

fresh turmeric / ginger / lemon / black pepper

smoothies.

BEAUTIFY| 10€

Frozen Blueberries / Banana / Vegan Protein Powder / Rice Mylk

MANGO LASSI| 8€

Mango / Greek Yogurt / Lime

GREEN SPIRIT| 8€

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

refreshments.

floret LIMONATA 5€

Lime / Mint / Sweetener / Sparkling Water

BOUCHE ORGANIC KOMBUCHA 7€

EARLYBIRD: Fermented Infusion of Sencha, Darjeeling Tea, Sugar, Bergamot Oil & Peel, Kombucha Cultures

HYBISKUS: Fermented infusion of Jasmine, Orange, Orange Pekoe Tea, Hibiscus Blossom, Lime, Kombucha Cultures

LEMONDROP: Fermented Infusion of Sencha and Assam Tea, Sugar, Kombucha Cultures

COCONUT WATER 7€

Michelberger Fountain of Youth 520ml

FRESH ORANGE JUICE 5€

GALVANINA ORGANIC ICED TEA 4.5€

peach / lemon

GALVANINA ORGANIC COLA 4.5€

specialties. | 5€

CHAI TEA LATTE

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

MATCHA LATTE

Antioxidant / Boosts the Metabolism / Detoxifies / Rich in Vitamins

GOLDEN MYLK

Anti-Inflammatory / Boosts Immunity / Powerful Antioxidant

BEETROOT & ROSE LATTE

Rose water / Beetroot powder
Great for Blood Circulation / Heart Health and Glowing Skin

CACAO & MACA

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

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

ICED OR HOT? ICED OR HOT? ICED OR HOT? ICED OR HOT?

Discover our new cups & mugs supplied by **BURGIO**
Hand-made in Italy. LOVE them as much as we do?
Ask our tribe for more Info!

coffee.

ESPRESSO 2.5€

DOPPIO 4€

AMERICANO 4€

CAPPUCCINO 3.5€

ICED COFFEE LATTE 3.5€

CAFFE SHAKERATO 4€

GINSENG 3€

ORZO 3€

DECAF 3€

RICE MYLK / OAT MYLK / SOY MYLK +0.50,-

ICED OR HOT?

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TEA

MINTY GINGER 4.5€

Ginger / Mint / Lemon

KUSMI TEA SELECTION 4.5€

RHOECO GREEK TEA

ORGANIC & SUSTAINABLE | 5.00€

URBAN

Rose Hip, Rosemary, Sage, Melissa, Thyme

SEA

Melissa, Tilia, Lavender, Chamomile.

Soft & sweet flavour with a subtle woody aftertaste

FOREST

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

ARGOS

Mountain Tea, Calendula, Verbena, Lemon balm, Mint

floret COCKTAILS. | 15.00€

A WARM HUG * served hot

Vodka infused with Pears & Apples / Cacao /
Rice Mylk / Chestnut Jam /

BONITA

Rum infused with Cinnamon and Bourbon Vanilla /
Fresh Orange Juice / Cacao

MATCHA MULE

Gin infused with Lime and Mint / Matcha / Ginger Beer

**YOU CAN REQUEST YOUR FAVE
INTERNATIONAL COCKTAILS 12€**

MOCKTAILS. | 9.00€

FRUITBEER

Blueberries / Pineapple / Pears / Ginger Beer

CITRUSTWIST

Fresh Grapefruit / Orange / Honey / Lemongrass

BEER.

NOAM BEER 7€

100% natural, non-filtered, non-pasteurised, high in
probiotics and great for your gut health

BOOZE

BOOZE

BOOZE

BOOZE

BOOZE

WHITE

SAUVIGNON 8€ | 35€

BUZZINELLI COLLIO

VERMENTINO 8€ | 35€

TENUTA MONTAUTO

RIBOLLA GIALLA 8€ | 35€

BUZZINELLI / VENDEMMIA

ROSÉ

STACCIONE 7€ | 32€

TENUTA MONTAUTO

SPARKLING

PROSECCO 7€ | 32€

CÀ VENANZIO, CUVEÈ EXTRA DRY

FRANCIACORTA | 45€

TENUTA AMBROSINI

RED

SANGIOVESE 7€ | 32€

LE FILIGARE

CILIEGIOLO 8€ | 35€

MONTAUTO