

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.

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 / Paprika affumicata

Hummus / Kalamata Olives / Pita / Smoked Paprika

10,-

HALLOUMI V-GF-NF

Formaggio Halloumi / Timo / Miele / Sesamo

Halloumi Cheese / Thyme / Honey / Sesame

9,-

PATATE DOLCI VG-GF-NF

Patate Dolci al forno / Paprika affumicata / Romesco o Maionese al Tartufo

Roasted Sweet Potato Wedges / Smoked Paprika / Romesco or Truffled Mayo

9,-

comfoooort

BEYOND BURGER V-NF

BEYOND Burger* / Avocado / Emmentaler / Cipolla caramellata

Maionese al Tartufo / Panino al Carbone e Sesamo

Vegan BEYOND patty / Avocado / Swiss Cheese / Caramelised*

Onion / Rucola / Truffled Mayo / Charcoal-Sesame Bun

17,-

AVOCADO BREAD VG-NF

Pane Integrale / Avocado / Lime / Rucola / Semi

Sourdough Bread / Avocado / Greens / Seeds

13,-

floret Pane al Grano Saraceno / floret GF Bread +2.00

BRUNCH BRIOCHE V-NF

Funghi & Porri in salsa cremosa al vino / Uova in camicia / Parmigiano / Spinaci / Panbrioche

Creamy Mushroom & Leek in wine sauce / Poached Eggs / Parmesan / Spinach / Brioche

17,-

extras:

uova in camicia / *poached eggs* 3,-

uova strapazzate / *scrambled eggs* 4,-

formaggio halloumi / *halloumi cheese* 3.5,-

feta / *feta vegan* 3.5,-

smartfood

**dishes that are balanced yet nourishing using the best of Mother nature, superfoods and quality ingredients.*

MISO SALMON NF

Salmone al Miso in Crosta di Sesamo e Cocco / Riso Nero / Zenzero / Patate Dolci
Bok Choy / Sedano / Edamame / Thai Curry al Cocco
Salmon fillet in Miso, Sesame & Coconut Crust / Black Rice Stirfry with Ginger
Sweet Potatoes / Bok Choy / Celery / Edamame / Thai Yellow Coconut Curry
22,-

FALAFEL NF-GF-V

Falafel con Erbe fresche, Ceci, Miglio e Lenticchie / Carote al Miele & Peperoncino
Rucola / Yogurt al Lime e Menta
*Falafel patties with fresh Herbs, Chickpeas, Lentils & Millet / Chilli & Honey
roasted Carrots / Rucola / Pomegranate / Lime & Mint Yogurt*
17,-

MELA ZANI GF-V-NF

Melanzane Affumicate al Pomodoro e Sesamo / Cavolo Nero / Sedano / Mela Verde /
Arancia Rossa / Feta / Aneto / Menta / Melograno / Vinaigrette al Prosecco
*Smokey Tomato-Sesame Eggplants / Kale / Celery / Green Apple / Blood Orange / Feta
Dill / Mint / Pomegranate / Prosecco-Vinaigrette*
18,-

ROMESCO CHICKEN NF

Pollo con Romesco / Tabbouleh al Melograno / Avocado / Patate arroste con Miele e Sriracha
Romesco Chicken / Pomegranate Tabbouleh / Avocado / Honey-Sriracha Potatoes
20,-

AMBER LEAVES NF-V

Zucca al Miso / Quinoa / Rucola / Radicchio / Spinaci / Pere pochè alla cannella / Noci / floret Vinaigrette
*Miso Pumpkin / Quinoa / Rucola / Red Chicory / Spinach / Cinnamon poached Pears / Walnuts
floret Vinaigrette*
16,-

EXTRAS / AGGIUNTE:

uova in camicia / *poached eggs* 3,-|petto di pollo / chicken breast 5,-
formaggio halloumi / *halloumi cheese* 3.5,|avocado 3.5,-|feta 3.5,- |romesco 3,-

sweet but healthy

**dishes that are balanced yet nourishing using the best of Mother nature, superfoods and quality ingredients.*

GRANOLA BOWL GF-V

Yogurt Greco / floret Granola / Pere alla cannella / Frutti Rossi / Cioccolato

Greek Yogurt / floret Granola / poached cinnamon Pears / Forest Berries / Chocolate

12,-

Vegano? Scegli tra Yogurt al Cocco o Mandorla!

Vegan? Choose between Coconut or Almond Yogurt! +1.00,-

floret CHEESECAKE GF-V

La nostra classica Cheesecake allo Yogurt Greco a base di Cocco & Anacardi con Salsa di Frutti Rossi

Our classic Greek Yogurt Cheesecake with a Coconut & Cashew Base with Forest Berries

9,-

PANCAKE MIGNON V-NF

Mini Pancakes / Pura di Zucca speziata / Pere alla cannella / Crema / Cioccolato

Mini Pancakes / Spiced gingerbread Pumpkin Cream / poached cinnamon Pears / Cream / Chocolate

12,-

DOLCE DEL GIORNO / CAKE OF THE DAY

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 celiac disease.

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

2.50€ Cover Charge

cold-pressed juices

250ml 6.00 | 500ml 9.00

DETOX

ananas / mela verde / spianci / sedano / cetrioli
pineapple / green apple / spinach / celery / cucumber

ENERGY

mela / limone / zenzero
pineapple / green apple / spinach / celery / cucumber

VITAMINA

carote / finocchio / mela / curcuma fresca / pepe nero
carrots / fennel / apple / fresh turmeric / pepe nero

0.75ml | 4.00

VITALITY SHOT

zenzero / limone / curcuma fresca / pepe nero
fresh turmeric / ginger / lemon / black pepper

refreshments

LIMONATA

Lime / Menta / Dolcificante / Acqua frizzante
Lime / Mint / Sweetener / Sparkling Water
5,-

SPREMUTA

freshly squeezed Orange Juice
5,-

COCONUT WATER

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

GALVANINA

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

smoothies

500ml

BEAUTIFY

Frutti di Bosco / Banana / Proteine VG / Latte di Riso*
Berries / Banana / VG Protein / Rice Mylk*
10,-

MANGO LASSI

Mango / Yogurt Greco / Lime
Mango / Greek Yogurt / Lime
8,-

COFFEE DATE

Burro d'Arachidi / Espresso / Banana / Cannella
Cacao / Latte di Avena
Peanut Butter / Espresso / Banana / Cinnamon
Cacao / Oat Mylk
10,-

GREEN SPIRIT

Avocado / Banana / Spirulina
Spinaci / Menta / Latte di Riso
Avocado / Banana / Spirulina / Mint
Spinach / Rice Mylk
9,-

bouche kombucha

7,-

HYBISKUS

Gelsomino / Arancia / Fiore di Ibisco / Lime
Jasmine / Orange / Hibiscus Blossom / Lime

LEMONDROP

Tè Sencha / Assam
Tea Sencha / Assam

EARLY BIRD

Tè Nero / Tè Verde / Olio & Scorza di Bergamotto
Black Tea / Green Tea / Bergamot Oil & Peel

NOAM BEER

100% naturale, non filtrata,
non pastorizzata, ricca di probiotici
100% natural, non-filtered, non-pasteurised, high in
probiotics and great for your gut health
7,-

Coffee & Tea

ESPRESSO 2.5,-

DOPPIO 4,-

CAPPUCCINO 4.00,-

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

AMERICANO 4,-

ICED COFFEE LATTE 4.00,-

SHAKERATO 4.5,-

MINTY GINGER
Zenzero / Menta / Limone
Ginger / Mint / Lemon
5.5,-

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

ORZO / GINSENG / DECAF
3,-

Speciality

MATCHA LATTE
6,-

PRANA CHAI LATTE
Tè Nero, Spezie, Zenzero e Miele
Black Tea, Whole Spices, Ginger & Honey
6,-

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,-

GOLDEN MYLK
*Una miscela che migliora l'immunità con
Curcuma, Cannella, Pepe Nero e Noce Moscata*
An immunity boosting blend with
Turmeric, Cinnamon, Black Pepper and Nutmeg
6,-

beautiful stoneware cups by

BURGIO.

RICE MYLK / OAT MYLK / SOY MYLK +1.00
you can order your drinks Iced or Hot

Latte Vegetale / Riso / Avena / Soia +1.00

Cocktails 15,-

WARM YOUR HEART

Vodka infuso all'ibisco e Pere / Prosecco / Miele

Vodka infused with Hibiscus & Pears / Prosecco / Honey

SIESTA

Mezcal infusa al Cacao e Cannella / Liquore al Caffè / Spremuta di Arancia

Cocoa and Cinnamon Infused Mezcal / Coffee Liqueur / Orange Juice

MATCHA MULE

Gin infused with Lime and Mint / Matcha / Ginger Beer

Gin infuso al Lime & Menta / Matcha / Ginger Beer

RICHIEDI IL TUO COCKTAIL INTERNAZIONALE PREFERITO

ASK FOR YOUR FAVE NTERNATIONAL COCKTAILS 12,-

Sip Slooow

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