

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 / Olive Kalamata / Sesamo / Pita  
Hummus / Kalamata Olives / 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 / Sriracha Mayo  
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,-

### BURRATA BREAD V

Burrata / Pesto di Zucchine / Datterini / Fragole / Basilico / Rucola / Semi di Girasole / Pane Integrale  
Burrata / Zucchini Pesto / Cherry Tomatoes / Strawberries / Basil / Rucola / Sunflower Seeds / Toasted Sourdough  
17,-

### BRUNCH WAFFLES NF-VGF

Waffle di grano saraceno e Piselli / Avocado / Uova in Camicia / Asparagi / Bietola / Funghi / Salsa Bernaise  
Savoury Pea Waffles / Avocado / Poached Eggs / Asparagus / Swish Chard / Mushrooms / Bearnaise  
18,-

## buurgers & co.

### CAESER BURGER NF

Pollo allo Zafferano & Limone / Avocado / Lattuga Romana / Salsa Caesar / Parmigiano / Panino ai Semi  
Lemon & Saffron Chicken / Avocado / Romaine Lettuce / Caesar Dressing / Parmesan / Seeded Bun  
17,-

### BEYOND BURGER NF-V

BEYOND Burger\* / Doppio Cheddar / Avocado / Rucola / Funghi Pleurotus / Maionese al Tartufo  
BEYOND Burger\* / Double Cheddar / Avocado / Rucola / Oyster Mushrooms / Truffled Mayo  
17,-

### ISLAND SMOKE WRAP NF

Pulled Pork BBQ\* / Formaggio / Jalapenos / floret Coleslaw / Piadina  
BBQ Pulled Pork / Cheese / Jalapenos / floret Coleslaw / Wrap  
16,-

\*Questo piatto non può essere modificato / Please note this dish cannot be modified

Aggiungi Patate  
Dolci?  
Add Sweet Potato?  
+9,-

Mayo Vegan  
Cheddar Vegan  
+0.50,-

# smartfoood.

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

## SPRING BREEZE NF-V-GF

Halloumi / Asparagi / Fragole / Patate Dolci / Piselli\* / Cetriolo / Quinoa / Barbabietola  
Insalata / Vinaigrette ai Lamponi\*

Halloumi / Asparagus / Strawberries / Sweet Potatoes / Peas / Cucumber / Quinoa  
Beetroot / Seasonal Leaves / Raspberry Vinaigrette

18,-

## MEDITERRANEO DF-GF-NF

Carote & Melanzane arrosto / Feta / Ceci speziati / Porri e Bietole  
Chimichurri al Lime & Yogurt / Hummus di Barbabietola

Roasted Carrots & Eggplant / Feta / Spiced Roasted Chickpeas / Leek & Swiss Chard  
Lime-Yogurt Chimichurri / Beetroot Hummus

18,-

### 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,-

## MISO SALMON DF-NF

Filetto di Salmone\* al Miso con Cocco & Sesamo / Riso Nero con Bok Choy, Ananas, Sedano e Piselli,  
Salsa Thai al Cocco

Miso Salmon fillet with Coconut & Sesame / Black Rice with Bok Choy, Pineapple, Celery & Peas  
Thai Coconut Sauce

22,-

## SATAY SOBA DF

Pollo Satay / Noodles di Soba / Zucchine / Carote / Edamame\* / Peperoncino fresco, Menta e Coriandolo  
Satay Chicken / Soba Noodles / Courgette / Carrots / Edamame / Fresh Chilli, Mint & Coriandolo

20,-

*sip slooow.*

*sip slooow.*

*sip slooow.*

## for the sweethearts.

### **GRANOLA BOWL** GF-V

12,-

Yogurt Greco / floret Granola / Fragole / Kiwi / Miele

Yogurt Greco / floret Granola / Strawberries / Kiwi / Honey

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

Our Classic Raw Greek Yogurt Cheesecake with a Coconut & gluten-free Cookie base

9,-

*\*ask the tribe for the toppings of the day / \*per i topping del giorno, chiedi al tribe!*

## 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.

Coperto 2.50€

2.50€ Cover Charge



## 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*

270ml 8.50

### RUBY ROOTS \*VEGGIES ONLY

carota / barbabietola / finocchio / limone / zenzero  
*carrot / beetroot / fennel / lemon / ginger*

### GREEN GLOW \*VEGGIES ONLY

cetriolo / sedano / spinaci / finocchio / limone / zenzero  
*cucumber / celery / spinach / fennel / lemon / ginger*

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

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*

### 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,-



*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,-*

**COFFEE TONIC** 5.5,-

## specialties.

### **SAYURI MATCHA**

*Ceremonial grade HIKARI*  
9,-

### **SAYURI HOJICHA**

*Hojicha & Housemade Coconut Syrup*  
7,-

### **MANGO MATCHA**

*Ceremonial grade HIKARI / Mango / Latte*  
11,-

### **SUNRISE SHAKERATO**

*Spremuta d'Arancia / Caffè Doppio / Sciroppo alla vaniglia*  
*Fresh Orange Juice / Double Shot Espresso / Housemade Vanilla Syrup*  
7,-

### **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,-

### **HIBISCO & ROSE LATTE**

*Acqua di Rose, Infuso di Ibisco / Latte*  
*Hibiscus & Rose Water*  
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*



## mocktails. 12,-

### **BERRY JASMINE**

Frutti di Bosco / Tè al Gelsomino / Arancia / Miele

Forest Berries / Jasmine Tea / Orange / Honey

*add vodka +3,-*

### **BLOOMY DREAMS**

Fragole / Ibisco / Sciroppo di Zucchero di Cocco / Latte di Cocco

Strawberries / Hibiscus / Coconut Sugar Syrup / Coconut Mylk

*add rum or whiskey +3,-*

### **GREEN BREEZE**

Mela / Basilico / Cetriolo / Ginger Beer

Apple / Basil / Cucumber / 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**

### SPARKLING

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

**FRANCIACORTA | cantina tenuta Ambrosini | 45**

**CHAMPAGNE | 120**

### RED

**SANGIOVESE | cantina Luiano 7 | 32**

**CILIEGIOLO | cantina casa alle vacche 8 | 35**

### ROSÉ

**ROSATO | cantina cerasuolo d'Abruzzo 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](https://floret-bar.com)