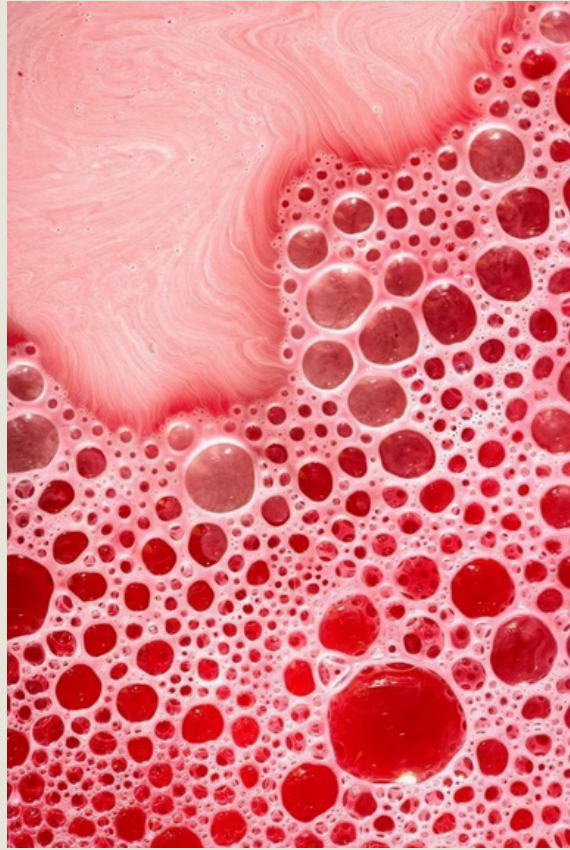


La Terrazza di  
**LUISAVIAROMA**  
by

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, and the planet.

# 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,-

## BABAGANOUSH VG-NF

Babaganoush di Melanzane / Prezzemolo / Pita  
 Eggplant Babaganoush / Parsley / Pita  
 10,-

## HALLOUMI V-GF-NF

Formaggio Halloumi / Miele / Sesamo  
*Halloumi Cheese / Honey / Sesame*  
 9,-

## PATATE DOLCI VG-NF

Patate Dolci al forno / Paprika affumicata / Maionese Sriracha  
*Roasted Sweet Potato Wedges / Smoked Paprika / Sriracha Mayo*  
 9,-

# comfoort.

## AVOCADO BREAD VG-NF

Pane Integrale / Avocado / Lime / Valeriana / Semi / Ravanelli  
*Sourdough Bread / Avocado / Babyleaf Lettuce / Seeds / Radish*  
*floret Pane al Grano Saraceno / floret GF Bread +2.00*  
 13,-

## BURRATA BREAD V

Pesto di Pomodorini Secchi e Fagioli Cannellini / Burrata / Datterini / Rucola / Semi di Girasole / Pane Integrale  
*Sun-Dried Tomato & Cannellini Bean Pesto / Burrata / Rainbow Datterini / Rucola / Sunflower Seeds /*  
*Sourdough Bread*  
 16,-

## BEYOND BURGER V-NF

BEYOND Burger\* / Avocado / Doppio Emmentaler / Rucola / Jalapeños / Sriracha Mayo / Panino al  
 Carbone e Sesamo  
*Vegan BEYOND patty\* / Avocado / Double Swiss Cheese / Rucola / Jalapeños / Sriracha Mayo*  
*Charcoal-Sesame Bun*  
 17,-

add more  
 happiness  
 aggiungi piu felicità

uova in camicia / *poached eggs* 3,-  
 uova strapazzate / *scrambled eggs* 4,-  
 formaggio halloumi / *halloumi cheese* 3.5,-  
 salmone affumicato / *smoked salmon* 4,-  
 feta / *feta vegan* 3.5,-

# smartfoood.

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

## MISO SALMON <sup>DF</sup>

Salmone al Miso in Crosta di Sesamo e Cocco / Rucola / Spinaci / Piselli / Datterini/ Finocchio  
Asparagi / Fragole / Mandorle / Quinoa / Salsa Green Goddess

*Salmon fillet in Miso, Sesame & Coconut Crust / Fresh Greens / Peas / Rainbow Datterini  
Fennel / Asparagus / Strawberries / Almonds / Quinoa / Green Goddess Dressing*

22,-

## SOL Y MARE <sup>NF</sup>

Filetto di Branzino / Asparagi / Feta / Menta / Patate Dolci / Avocado / Chimichurri

*Seabass fillet / Asparagus / Feta / Mint / Sweet Potatoes / Avocado / Chimichurri*

22,-

## BONITO <sup>NF-DF</sup>

Pollo con Pomodori, Olive e Peperoni alla Spagnola / Tabbouleh con Sedano, Mela Verde e  
Pomodorini Secchi / floret Couscous falafel / Tzatziki

*Spanish Tomato, Olive & Bell Pepper Chicken / Tabbouleh with Celery, Green Apple &  
Sundried Tomatoes / floret Couscous Patty / Tzatziki*

20,-

## SPRING BLOOM <sup>NF</sup>

Carciofi Arrosto / Patate al Burro e Parmigiano / Rucola / Piselli / Scaglie di Parmigiano / Mela  
Verde / Sedano / Vinaigrette al Miele

*Roasted Artichokes / Parmesan Butter Potatoes / Rucola / Peas / Parmesan / Green Apple /  
Celery / Honey Vinaigrette*

15,-

## BRUNCH WAFFLES <sup>GF - NF</sup>

Waffles di Patate Dolci / Uova in Camicia / Salmone Affumicato / Radicchio / Formaggio Fresco alle  
Erbe / Cetriolo

*Sweet Potato Waffles / Poached Eggs / Smoked Salmon / Red Chicory / Herbed Cream Cheese /  
Cucumber Ribbons*

17,-

**add more  
happiness**  
*aggiungi più felicità*

uova in camicia / *poached eggs* 3,-  
petto di pollo marinato / *marinated chicken* 5,-  
formaggio halloumi / *halloumi cheese* 3.5,-  
feta / *feta vegan* 3.5,-  
avocado 3.5,-

## for the sweethearts.

### GRANOLA BOWL <sup>GF-V</sup>

Yogurt Greco / floret Granola / Fragole / Pompelmo / Cioccolato Fondente / Miele  
*Greek Yogurt / floret Granola / Strawberries / Grapefruit / Dark Chocolate / Honey*

12,-

Opzione Vegana: BIOGURT Yogurt di Cocco

*Vegan Option: BIOGURT Coconut Yogurt*

+1.00,-

### floret CHEESECAKE <sup>GF-V</sup>

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

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

9,-

### SWEET POTATO BROWNIES <sup>GF-V</sup>

Brownies al Cioccolato Fondente e Patate Dolci, serviti con Fragole fresche

*Fudgy Dark Chocolate Brownies with Sweet Potatoes served with fresh Strawberries*

9,-

## 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*

### COFFEE DATE 10,-

Burro d'Arachidi / Espresso / Banana / Cannella / Cacao / Latte di Avena

*Peanut Butter / Espresso / Banana / Cinnamon / Cacao / Oat Mylk*

### 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.





## cold-pressed juices.

250ml 6.50 | 500ml 9.00

### 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*

### VITALITY SHOT 0.75ml | 4.00

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

## gastronomic kombucha.

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*

### No 3

Mandarino / Curcuma e Pepe  
*Tangerine / Turmeric & Pepper*

330ml Bottle | 8.5,-

### BAYA

Açaí / Zenzero e Passiflora  
*Açaí / Ginger & Passionflower*

### TROPICAL

Rooibos / Mango e Ibisco  
*Rooibos / Mango & Hibiscus*

### SUNNY

Pera / Fiori d'Arancio  
*Pear / Orange Blossom*

330ml Can | 7.5,-



## refreshments.

### LIMONATA

Lime / Menta / Dolcificante / Acqua frizzante

*Lime / Mint / Sweetener / Sparkling Water*

5,-

### SPREMUTA D'ARANCIA

*freshly squeezed Orange Juice*

5,-

### COCONUT WATER

Acqua di Cocco

*Michelberger Fountain of Youth 520ml*

7,-

### MONOTEE

Tè freddo biologico con ingredienti naturali e senza additivi.

*Organic Iced Tea with natural ingredients and no additives.*

Frutti di Bosco / *Wildberry*

Tè Bianco e Fiori di Sambuco / *White Tea Elderflower*

Maté e Pesca / *Mate Peach*

6,-

### NOAM BEER

*Lager ricca di probiotici, prodotta in Baviera.*

*Probiotic rich Lager brewed in Bavaria*

7,-

### GALVANINA

Tè Bio Pesca / Limone / Cola

*Organic Iced Tea (Peach, Lemon) / Cola*

5,-



## coffee & more.

**ESPRESSO** 2.5,-

**DOPPIO** 4,-

**CAPPUCCINO** 4,-

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

**AMERICANO** 4,-

**ICED COFFEE LATTE** 4,-

**ORZO / GINSENG / DECAF** 3,-

**SHAKERATO** 4.5,-

**KUSMI TEA** 4.5,-

HOT WATER REFILL +1.00,-

## sip slooow.

### SAYURI MATCHA

*Ceremonial Grade*

6,-

### PRANA CHAI LATTE

Tè Nero, Spezie, Zenzero e Miele

*Black Tea, Whole Spices, Ginger & Honey*

6,-

Bring the magic home—grab a pack of PRANA  
Chai: Ask our tribe!

### 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 fortifica l'immunità con  
Curcuma, Cannella, Pepe Nero e Noce Moscata

*An immunity boosting blend with  
Turmeric, Cinnamon, Black Pepper & Nutmeg*

6,-

Love our Cups just as much as we do?  
Ask our tribe!

# BURGIO.

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

Latte Vegetale / Riso / Avena / Soia +1.00



## RHOECO Tea *wellness in a mug.*

*Miscela di erbe di alta qualità, coltivate con pratiche sostenibili. Provenienti dal patrimonio naturale della Grecia, ogni prodotto è realizzato con ingredienti biologici ed ecologici, rispettando sia la natura che la tradizione. Goditi un'esperienza ricca di sapore, direttamente dalla coltivazione alla tazza.*

high-quality herbal blends rooted in sustainable practices. Inspired by Greece's natural heritage, each product is crafted with organic, eco-friendly ingredients, respecting both nature and tradition. Enjoy a mindful, flavorful experience from farm to cup.

### SEA

Lemon balm, Tilia, Lavender, Chamomile

*Melissa, Tiglio, Lavanda, Camomilla*

### CACAO HUSK

Pure, intense cacao flavour / Earthy aromas with a strong dark chocolate profile

*Gusto puro e intenso di cacao, con profilo aromatico terroso e note di cioccolato fondente*

### HIBISCUS GREEN TEA

Hibiscus, Green tea, Carrot, Turmeric, Mint

*Ibisco, Tè verde, Carota, Curcuma, Menta*

6,-



## cocktails. 15,-

### SPICY MANGO MARGARITA

Tequila infusa ai Pepi / Cointreau / Mango / Spezia Tajin / Lime

*Tequila infused with Pepper / Cointreau / Mango / Tajin Spice / Lime*

### BLUT & ROSSO

Campari / Bitter Rosso / Schiuma di Birra / Scorza d'Arancia / Bitter all'Arancia

*Campari / Red Vermouth / Beer Foam / Orange Zest / Orange Bitter*

### MATCHA MULE

Gin infuso al Lime & Menta / Matcha / Ginger Beer

*Gin infused with Lime and Mint / Matcha / Ginger Beer*

RICHIEDI IL TUO COCKTAIL INTERNAZIONALE PREFERITO 12,-

**ASK FOR YOUR FAVE INTERNATIONAL COCKTAILS**

## vino.

### WHITE

SAUVIGNON 8 | 35

VERMENTINO 8 | 35

RIBOLLA GIALLA 8 | 35

### RED

SANGIOVESE 7 | 32

CILIEGIOLO 8 | 35

### SPARKLING

PROSECCO 7 | 32

FRANCIACORTA | 45

### ROSÉ

ROSATO 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

54,-

### 2 DAY JUICE CLEANSE

12 x 500 ml Juices

108,-

### 3 DAY JUICE CLEANSE

18 x 500 ml Juices

162,-

Ask our tribe or order online via  
[floret-bar.com](https://floret-bar.com)