

floret at Palazzo San Niccolò



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

GF-VG-NF

Avocado / Pomodoro / Cipolotto / Lime / Nachos di Mais Blu

Avocado / Tomatoes / Spring Onion / Lime / Blue Corn Nachos

10,-

PATATE DOLCI

GF-NF-V

Patate Dolci con Maionese al Miso

Sweet Potatoes w/ Miso Mayo

9,-

HALLOUMI

GF-NF-V

Formaggio Halloumi / Miele / Sesamo

Grilled Halloumi Cheese / Honey / Sesame

9,-

HUMMUS

NF-VG

Hummus / Olive Kalamata / Pita

Hummus / Kalamata Olives / Pita

10,-

botanical cocktails.

BOTANICAL BLOOM FIZZ

Whiskey Infuso con Mele & Fichi / Zucchero di Canna / Bitter all'Arancia / Soda

Whiskey Infused with Apples & Figs / Brown Sugar / Orange Bitters / Soda

GREEN TEA SERENITY

Vodka infusa al Tè di Gelsomino / Matcha / Succo di Limone / Simple Syrup

Vodka infused with Jasmin Green / Matcha / Lemon Juice / Simple Syrup

WHISPERING LAVENDER

Tequila infusa con Lavanda & Peperoncino / Cointreau / Lime / Spremuta d'Arancia

Tequila infused with Lavender and Chilli / Cointreau / Lime / Fresh Orange Juice

BERRY MULE

Gin infuso con Frutti di Bosco, Passionfruit e Cannella / Lime / Ginger Beer

Gin infused with Berries, Passionfruit, and Cinnamon / Lime / Ginger Beer

15,-

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

MISO SALMON

NF-DF

Filetto di Salmone al Miso in crosta di Sesamo & Cocco / Riso Nero saltato in padella con Zenzero, Bok Choy / Sedano / Piselli / Edamame e Curry Rosso Thai

Salmon Fillet in Miso marinade with Sesame & Coconut Crust / Black Rice stirfry with Ginger / Bok Choy / Celery / Peas / Edamame / Thai Red Curry

22,-

PROTEIN TABBOULEH

NF

Pollo speziato con yogurt & spezie Armene / Couscous Tabbouleh / Hummus / Olive Kalamata / Pita

Armenian marinated Chicken / Couscous Tabbouleh / Hummus / Kalamata Olives / Pita

BLOOM BOWL

GF-NF-V

Carciofi Arrosto / Quinoa / Piselli / Mela / Rucola / Spinaci / Valeriana / Asparagi Patate Dolci / Parmigiano / Vinaigrette allo Sciroppo d'Acero

Roasted Artichokes / Quinoa / Peas / Apple / Fresh Greens / Asparagus / Sweet Potatoes / Parmesan / Maple Vinaigrette

17,-

BEYOND BURGER

V-NF

BEYOND Burger* / Avocado / Emmentaler / Jalapeño / Rucola / Maionese al Miso Panino al Carbone e Sesamo

Vegan BEYOND patty* / Avocado / Swiss Cheese / Jalapeño / Rucola Miso Mayo / Charcoal-Sesame Bun

17,-

PASTRAMI BURGER

NF

Pastrami / Emmentaler / Senape Dijon / Crauti / Panino ai Semi

Pastrami / Swiss Cheese / Dijon Mustard / Sauerkraut / Seeded Bun

18,-

BURRATA BREAD

NF-V

Pesto di Pomodorini Secchi e Fagioli Cannellini / Burrata / Datterini

Rucola / Pane Integrale

Sun-Dried Tomato & Cannellini Bean Pesto / Burrata / Rainbow Cherry Tomatoes / Rucola Sourdough Bread

17,-



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

gastronomic kombucha.

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

No 1

Moringa / Zenzero / Menta
Moringa / Ginger / Mint

No 3

Mandarino / Curcuma e Pepe
Tangerine / Turmeric & Pepper

330ml Bottle | 8.5,-

BAYA

Açaí / Zenzero e Passiflora
Açaí / Ginger & Passionflower

No 2

Mirtilli / Lavanda
Blueberry & Lavender

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

COCONUT WATER

Acqua di Cocco

Michelberger Fountain of Youth 520ml

GALVANINA ICED TEA

Peach or Lemon Iced Tea / Bio Cola

5,-

NOAM BEER

Lager ricca di probiotici, prodotta in Baviera

Probiotic, rich Lager brewed in Bavaria

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