

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.

## TO SHARE

### GUACAMOLE 9

Avocado / Pico de Gallo  
Cilantro / Blue Corn Nachos  
VG - GF - NF

### HUMMUS 9

Creamy Hummus / Kalamata Olives  
Pita Bread / Smoked Paprika / Sesame Seeds  
VG - NF

### SWEET POTATOES 8

Roasted Sweet Potato Wedges / Smoked  
Paprika / Tahini or Sriracha Mayo  
VG - GF - NF

### HALLOUMI 8

Griddled Halloumi with  
Chilli-Oregano Honey & Sesame  
V - GF - NF

## SMARTFOOD

### HYDRA 14

Watermelon / Feta / Cucumber / Kalamata Olives  
Celery / Sesame / Rucola / Mint /  
Fresh Citrus EVO & Herbs  
V - GF

### THAI RED SALMON 20

Miso Salmon fillet in Sesame & Coconut Crust  
Black Rice Ginger Stir Fry with Bok Choy /  
Courgette / Sweet Potatoes / Celery / Edamame  
and Thai Red Curry  
NF

### SHINE 16

Red Lentils / Quinoa / Apricots / Avocado /  
Walnuts / Datterini / Whipped Feta & Tahini  
Mixed Greens Forest Berry Vinaigrette  
V - GF

Caribbean Chicken 4  
Salmon crudo 4  
Avocado 3

## COMFORT

### AVOCADO BREAD 12

Toasted Sourdough Bread with Avocado Cream  
Lime / Fresh Greens & mixed SuperSeeds  
VG - NF - Dfloret GF Bread +2.0

### BEYOND BURGER 15

Vegan BEYOND Patty / Avocado / Cheddar  
Pickled Onion / Rucola / Sriracha Mayo  
Charcoal-Sesame Bun  
V - NF

### GREEK CHICKEN BURGER 15

Marinated Chicken Breast / Pico de Gallo  
Kalamata Olives / Crunchy Lettuce  
Courgette / Tzatziki / Beetroot Bun  
V - NF

### CARIBBEAN CHICKEN 18

Caribbean style Chicken / Avocado  
Sweet-Potato Arepas / Corn, Mango, Basil  
Cherry Tomatoes, Jalapenos / Fresh Herbs  
GF - DF - NF

### MEDITERRANEA 16

Miso Honey Eggplant / Couscous Tabbouleh  
Tzatziki / Feta / Kalamata Olives / Pita  
V - NF

### POKE BOWL 16

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

Poached Eggs 2.5  
Halloumi Cheese 3.5  
Greek Feta (or VG) 3  
Pita 1.5

EXTRAS



## **GRANOLA BOWL 12**

Greek Yogurt with floret Granola / Apricots / Banana / Honey

### **choose between:**

Greek Yogurt

VG Almond Yogurt

VG Coconut Yogurt

## **floret CHEESECAKE 8**

Our classic Greek Yogurt Cheesecake with a Coconut, Cashew, Tahini base

### choose between:

Mango & Lime

Forest Berry Sauce

## **WAFFLES 12**

Cinnamon Waffles / Sour Cream / Forest Berries / Maple Syrup

GF



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## COLD-PRESSED JUICES

250ml 6.00 | 500ml 9.00

### DETOX

pineapple / green apple / spinach  
celery / cucumber

### VITAMINA

carrots / fennel / apple /  
fresh turmeric / black pepper

### ENERGY

apple / lemon / ginger

0.75ml | 4.00

### VITALITY SHOT

fresh turmeric / ginger / lemon / black pepper

## SMOOTHIES

### BEAUTIFY 10

Frozen Berries / Banana  
Vegan Protein Powder / Rice Mylk

### COFFEE DATE 10

Oat Mylk / Espresso  
Peanut Butter / Banana

### GREEN SPIRIT 8

Avocado / Banana / Spirulina / Mint  
Spinach / Rice Mylk

### MANGO LASSI 8

Mango / Greek Yogurt / Lime

## REFRESHMENTS

### LIMONATA 5

Lime / Mint / Sweetener / Sparkling Water

### COCONUT WATER 7

Michelberger Fountain of Youth 520ml

### SPREMUTA 5

Freshly squeezed Orange Juice

### GALVANINA ICED TEA 4.5

Organic Tea, Peach or Lemon

### GALVANINA COLA 4.5

Organic Cola

### BOUCHE ORGANIC KOMBUCHA 7

#### EARLY BIRD

Fermented Infusion of Sencha, Darjeeling Tea,  
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,  
Kombucha Cultures

#### CHERRY

Fermented infusion, brewed with Cascara; the  
peel of the Coffee Cherry, Green Tea,  
Kombucha Cultures



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## COFFEE

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**ESPRESSO 2.5**

**DOPPIO 4**

**AMERICANO 4**

**CAPPUCCINO 3.5**

**ICED COFFEE LATTE 3.5**

**SHAKERATO 4.5**  
Espresso or Matcha

**GINSENG 3**

**ORZO 3**

**DECAF 3**

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## TEA

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**MINTY GINGER 5**  
Ginger / Mint / Lemon

**KUSMI TEA SELECTION 4.5**  
HOT WATER REFILL 1

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## SAYURI

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**MATCHA LATTE 5.5**  
An organic, ceremonial grade Matcha from Kagoshima with a creamy texture & bold flavour

**HOJICHA LATTE 5**  
A roasted Green Tea with a nutty flavour  
& low in caffeine

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## SPECIALTIES

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**PRANA CHAI LATTE 5.5**  
Award-winning sticky chai blend with premium black tea, whole spices, ginger & pure honey

**BEETROOT & ROSE LATTE 5**  
THE beauty latte with organic Beetroot Powder & Rose Water

**CACAO & MACA 5**  
An energising blend of Cacao Powder & Maca Root

**GOLDEN MYLK 5**  
An immunity boosting blend with Turmeric, Cinnamon, Black Pepper and Nutmeg

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



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## COCKTAILS

### HEARTBEET 15

Vodka infused with Beetroot / Apricot /  
Prosecco / Honey

### BONITA 15

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

### MATCHA MULE 15

Gin infused with Lime and Mint  
Ceremonial Grade Matcha /Ginger Beer

### ASK FOR YOUR

FAVE INTERNATIONAL COCKTAILS 12

## MOCKTAILS

### FRUITBEER 9

Berries / Lemon / Apple / Ginger Beer

### CITRUS TWIST 9

Fresh Grapefruit / Orange / Honey / Lemongrass

## BEER

### NOAM BEER 7

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

## WINE

### WHITE

SAUVIGNON 8 | 35

VERMENTINO 8 | 35

RIBOLLA GIALLA 8 | 35

### SPARKLING

PROSECCO 7 | 32

FRANCIACORTA | 45

RICHIEDI IL TUO COCKTAIL  
INTERNAZIONALE PREFERITO 12

### RED

SANGIOVESE 7 | 32

CILIEGIOLO 8 | 35

### ROSÉ

ROSATO 8 | 35