

floret at  
Palazzo San Niccolò



A Community encouraging each other through  
Holistic Health, Vitality, the right Balance of Smartfood &  
La Dolce Vita.

sharing is caring.

### **GUACAMOLE**

GF-VG-NF

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

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

10,-

### **HALLOUMI**

GF-NF-V

Formaggio Halloumi / Miele / Sesamo

Grilled Halloumi Cheese / Honey / Sesame

9,-

### **PATATE DOLCI**

GF-NF-V

Patate Dolci con Maionese Sriracha

Sweet Potatoes w/ Sriracha Mayo

9,-

### **HUMMUS**

NF-VG

Hummus / Olive Kalamata / Pita

Hummus / Kalamata Olives / Pita

10,-

## **botanical cocktails.** 15,-

### **RUM DEL SOL**

Rum Bianco infuso al Miele, Cannella, Vaniglia & Fiori di Ibisco / Lime Zuccherato di Cocco / Soda

White Rum infused with Honey, Cinnamon, Vanilla & Hibiscus flowers / Lime Coconut Sugar / 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

*sip slooow.*

*sip slooow.*

*sip slooow.*

## BURRATA BREAD

v

Burrata / Pesto di Cannellini & Pomodorini Secchi / Datterini / Fragole / Rucola / Semi di Girasole  
Pane Integrale

Burrata / Sundried Tomato & Bean Pesto / Cherry Tomatoes / Strawberries / Rucola  
Sunflower Seeds / Toasted Sourdough

17,-

## floret BURGER

NF

**Scegli la tua proteina / Choose your protein**

BEYOND Burger *\*vegan*

BBQ Pulled Pork

Pollo allo Sciroppo d'Acero / Maple-Chicken

servito con Emmentaler / Avocado / Cipolla Caramellata / Jalapeños

Rucola / Panino al Carbone e Sesamo

served with Emmentaler / Avocado / Caramelised Onion / Jalapeños / Rucola

Charcoal-Sesame Bun

17,-

Aggiungi Patate  
Dolci?  
Add Sweet Potato?  
+9-

ready for a hug  
on a plate?



# smartfood.

\*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 / Barbabietola / Insalata Vinaigrette ai Lamponi\*

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

18,-

## TAHINI GARDEN

GF-NF

Zucchine / Sedano / Kiwi / Finocchio / Ceci speziati / Quinoa / Feta / Menta / Insalata Kalamata Olives / Tahini

Courgette / Celery / Kiwi / Fennel / Spiced Chickpeas / Quinoa / Feta / Mint / Fresh Greens / Kalamata Olives / Tahini

16,-

## MISO SALMON

NF-DF

Salmone al Miso in Crosta di Sesamo e Cocco / Riso Venere con Bok Choy / Sedano Patate Dolci / Mais / Edamame / Curry Rosso Thai al Cocco

Miso Salmon fillet with Coconut & Sesame / Black Rice mixed with Bok Choy / Celery Sweet Potatoes / Corn / Edamame / Thai Red Coconut Curry

22,-

## MAPLE CHICKEN PITA

NF-DF

Pollo allo Sciroppo d'Acero / Pita / Avocado / Patate Dolci / Pico de Gallo all'Ananas & Mais Maple-glazed Chicken / Pita / Avocado / Patate Dolci / Pico de Gallo with Ananas & Corn

20,-

aggiungi più felicità: halloumi (3.5)

add more happiness: halloumi (3.5)



## 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.

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

330ml 8.5,-

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



## coffee & more.

**ESPRESSO** 2.5,-

**DOPPIO** 4,-

**CAPPUCCINO** 4.5,-

**AMERICANO** 4,-

**ICED COFFEE LATTE** 4.5,-

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

**SHAKERATO** 4.5,-

**KUSMI TEA** 4.5,-

HOT WATER REFILL +1.00,-

## sip *sloow*.

### **SAYURI MATCHA**

*Ceremonial Grade*

9,-

### **PRANA CHAI LATTE**

*Tè Nero, Spezie, Zenzero e Miele  
BlackTea, whole Spices, Ginger & Honey*

6,-

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

### **SAYURI HOJICHA**

*Hojicha & Housemade Coconut Syrup*

7,-

## refreshments.

### **LIMONATA** 5,-

*Lime / Menta / Miele / Acqua frizzante  
Lime / Mint / Honey / Sparkling Water*

### **SPREMUTA D'ARANCIA** 5,-

*freshly squeezed Orange Juice*

### **COCONUT WATER** 7,-

*Acqua di Cocco  
Michelberger Fountain of Youth 520ml*

### **NOAM BEER** 7,-

*Lager ricca di probiotici, prodotta in Baviera  
Probiotic, rich Lager brewed in Bavaria*



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

**BURGIO.**

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

Latte Vegetale: Mandorla / Riso / Avena / Cocco  
+1.00



**RICHIEDI IL TUO COCKTAIL INTERNAZIONALE PREFERITO  
ASK FOR YOUR FAVE INTERNATIONAL COCKTAILS**

## **vino.**

### **WHITE**

**SAUVIGNON | cantina buzzinelli 8 | 35**

**VERMENTINO | cantina otis 8 | 35**

**RIBOLLA GIALLA | cantina buzzinelli 8 | 35**

### **RED**

**SANGIOVESE | cantina Luiano 7 | 32**

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

### **SPARKLING**

**PROSECCO | cantina ca' venanzio 7 | 32**

**FRANCIACORTA | tenuta Ambrosini | 45**

**CHAMPAGNE | 120**

### **ROSÉ**

**ROSATO | cantina Jasci | 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

105,-

### **3 DAY JUICE CLEANSE**

18 x 500 ml Juices

160,-

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