

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.**



NOURISHING THE MIND,  
BODY & SOUL

## APPETIZERS

### GUACAMOLE 9

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

### HUMMUS 9

Creamy Hummus / floret Green Salsa  
Pita Bread / Smoked Paprika / Sesame Seeds  
VG - NF

### BAKED FETA 9

Baked Feta / Cherry Tomatoes  
Kalamata Olives / Spices / Chilli-Oregano Honey  
V - GF - 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

## COMFORT

### AVOCADO BREAD 12

Toasted Sourdough Bread with Avocado Cream  
Lime / Fresh Greens & mixed SuperSeeds  
VG- NF - DF  
**floret GF Bread +2.00**  
**\*SEE EXTRAS**

### BEYOND BURGER 15

Vegan BEYOND Patty / Avocado / Cheddar  
Caramelised Onion / Rucola / Secret Sauce  
Charcoal-Sesame Bun  
V - NF

### PLANTED GREEK BURGER 15

PLANTED Pulled Greek Protein / Pico de Gallo  
Gherkins / Crunchy Lettuce / Courgette  
Tzatziki / Beetroot Bun  
V - NF

## SMARTFOOD

### SPRING BREEZE 16

Asparagus / Strawberry / Avocado / Quinoa  
Courgette / Celery / Almonds / Chicory  
Rucola / Lemon & Honey Vinaigrette  
V - GF

### THAI GREEN SALMON 20

Miso Salmon fillet in Sesame & Coconut Crust  
Black Rice Ginger Stir Fry with  
Snow Peas / Bok Choy / Pineapple  
Celery / Thai Green Curry  
NF

### UMAMI BLOOM SALAD 16

PLANTED Pulled Hoisin Protein  
Green Apple / Cucumber / Edamame  
Snow Peas / Carrots / Bok Choy /  
Mixed Greens / Wakame / Soy-Tahini Dressing  
VG - NF

### CARIBBEAN CHICKEN 18

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

### PASSIONFLOWER 16

Tabbouleh with Millet / Hummus  
Halloumi Cheese with Passionfruit / Pita  
V - NF

### POKE BOWL 16

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

Caribbean Chicken 4  
PLANTED Protein 4  
Salmon crudo 4  
Avocado 3

## EXTRAS

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



---

## SWEETEN YOUR DAY

---

### **GRANOLA BOWL 12**

Greek Yogurt with floret Granola

Sour Cherries / Cinnamon roasted Plums / Dark Chocolate

*V - GF*

#### **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

Sour Cherries

Fresh Strawberries

*V - GF*

### **BANANA BREAD CHOCOLATE WAFFLE 10**

Cream / Banana / Passionfruit / Chocolate Flakes

*GF - NF*

### **STRAWBERRIES & CREAM 8**

Always a good Idea

*V - GF - NF*

NF - nut free, DF - dairy free, VG - vegan, V - vegetarian, GF - prepared without gluten but not suitable for celiac disease.

\*Depending on availability, this product could be defrosted.  
For allergies and food intolerances please refer to our staff.

2,50€ Cover Charge

## 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 Blueberries / Avocado  
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,  
Sugar, 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,  
Sugar, Kombucha Cultures



## COFFEE

**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**

## TEA

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

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

**RHOECO GREEK TEA 5.5**

**URBAN**  
Rose Hip, Rosemary, Sage, Melissa, Thyme

**SEA**  
Melissa, Tilia, Lavender, Chamomile

**FOREST**  
Mountain Tea, Dittany, Fennel, Sage,  
Hyssop, Mallow, Rose Hip

**ARGOS**  
Mountain Tea, Calendula, Verbena,  
Lemon balm, Mint

## SPECIALTIES

**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

**CACAUZITA Ceremonial Cacao 8.5**  
A natural mood & energy booster!  
Cacao Paste / Rose Water / Cardamom / Oat Mylk

**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

**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

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



NOURISHING THE MIND,  
BODY & SOUL

## COCKTAILS

### HEARTBEET 15

Vodka infused with Beetroot  
Strawberries / Prosecco

### 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

Blueberries / 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

### RED

SANGIOVESE 7 | 32

CILIEGIOLO 8 | 35

### ROSÉ

ROSATO 8 | 35