

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 & 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

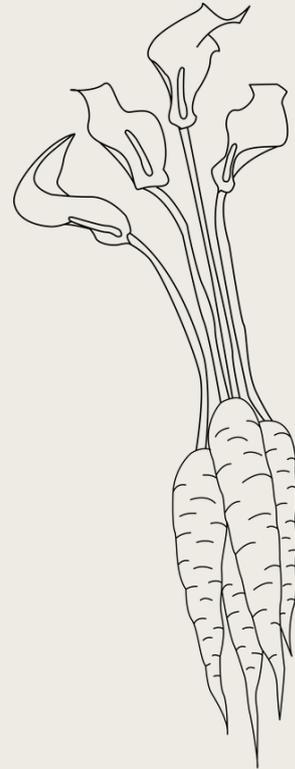
Hummus / Olive Kalamata / Pita
Hummus / Kalamata Olives / Pita
10,-

HALLOUMI V-GF-NF

Formaggio Halloumi / Miele / Sesamo
Halloumi Cheese / Honey / Sesame
10,-

PATATE DOLCI VG-NF-GF

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



Great to order all & share,
especially with a few drinks!
Sip & Share. That's the vibe.

sip slooow.

sip slooow.

sip slooow.

comfoort.

AVOCADO BREAD VG-NF

Pane Integrale / Avocado / Lime / Valeriana / Semi / Ravanelli
Sourdough Bread / Avocado / Babyleaf Lettuce / Seeds / Radish
 13,-

add more happiness

uova in camicia / *poached eggs* 3,-
 uova strapazzate / *scrambled eggs* 4,-
 formaggio halloumi / *halloumi cheese* 3.5,-
 vegan feta 3.5,-
 smoked salmon 5,-

BENEDICT BRIOCHE NF-V

Panbrioche / Uova in Camicia / Funghi / Spinaci & Bietola / Salsa Hollandaise
Panbrioche / Poached Eggs / Mushrooms / Spinach & Swiss Chard / Hollandaise
 18,-

floret BURGER V-NF

Scegli tra:

BBQ Pulled Pork
 Burger BEYOND *vegan
 Pollo allo Sciroppo d'Acero

Tutti i burger sono serviti con Panino al Carbone vegetale e Sesamo / Avocado / Doppio Cheddar / Cipolla Caramellata / Rucola / Maionese al Tartufo

*Cheddar & Mayo VG disponibile

Choose between:

BBQ Pulled Pork
 BEYOND Burger
 Maple Glazed Chicken

All burgers are served with a charcoal-sesame bun with Avocado / Double Cheddar / Caramelised Onion / Rucola / Truffled Mayo

*Vegan Cheddar & Mayo available

17,-



sip slooow.

sip slooow.

sip slooow.

smartfoood.

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

MISO SALMON DF

22,-

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

MAPLE CHICKEN & WAFFLES NF-GF

20,-

Pollo allo Sciroppo d'Acero su Waffle di Grano Saraceno con Avocado

Insalata con Mais / Finocchio / Piselli / Radicchio & Arancia

Maple-glazed Chicken on Sweet Potato Buckwheat Waffles with Avocado

Side Salad with Corn / Fennel / Peas / Red Chicory / Orange

VITAMIN POWER BOWL V-GF

16,-

Avocado / Zucca Hokkaido con Cannella / Halloumi / Insalata / Barbabietola fresca

Melograno / Sedano / Mandorle Tostate / Vinaigrette ai Lamponi

Avocado / Cinnamon Hokkaido Pumpkin / Halloumi / Fresh Greens / Raw Beetroot

Pomegranate / Celery / Toasted Almonds / Raspberry Vinaigrette

Aggiungi Petto di Pollo (bio*) speziato /Add organic spiced Chicken Breast 6,-

CITRUS OMEGA BOWL GF-DF-NF

18,-

Salmone Affumicato / Arancia / Pompelmo / Quinoa / Melograno / Radicchio / Finocchio

Olive Kalamata / Tahini al Limone / Olio Evo alla Menta

Smoked Salmon / Oranges / Grapefruit / Quinoa / Pomegranate / Chicory

Fennel / Kalmata Olives / Lemon-Tahini / Mint Oil

Versione Vegetariana? Nessun problema: sostituisci il salmone affumicato con halloumi. Yum!

Vegetarian version? No problem: swap the smoked salmon for halloumi. Yum!

sip slooow.

sip slooow.

sip slooow.

for the sweethearts.

GRANOLA BOWL GF-V

12,-

Yogurt Greco / floret Granola / Cioccolato Fondente

Susine alla Cannella / Miele

Greek Yogurt / floret Granola / Dark Chocolate / Cinnamon Plums / Honey

Opzione Vegana: BIOGURT Yogurt di Cocco

Vegan Option: BIOGURT Coconut Yogurt

+2.00,-

floret CHEESECAKE GF-V

9,-

La nostra Cheesecake cruda allo Yogurt Greco a base di Cocco e Biscotti

senza glutine con Coulis di Frutti Rossi

Our Classic Raw Greek Yogurt Cheesecake with a Coconut & gluten-free

Cookie base, served with Forest Berry Coulis

BRIOCHE BERRY FRENCH TOAST V

16,-

Panbrioche French Toast / Crème Fraîche / Frutti Rossi / Sciroppo d'Acero / Granola

Crunch

Brioche French Toast / Sour Cream / Forest Berries / Maple Syrup / Granola Crunch

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

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.

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

vitality shot.

4.50

zenzero / limone / curcuma fresca / pepe nero
ginger / lemon / 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

330ml Bottle | 8.5,-

No 2

Mirtilli / Lavanda
Blueberry / Lavender

BAYA

Açaí / Zenzero e Passiflora
Açaí / Ginger & Passionflower

330ml Can | 7.5,-

SUNNY

Pera / Fiori d'Arancio
Pear / Orange Blossom



refreshments.

LIMONATA

Lime / Menta / Miele / Acqua frizzante

Lime / Mint / Honey / Sparkling Water

6,-

SPREMUTA D'ARANCIA

freshly squeezed Orange Juice

5,-

COCONUT WATER

Acqua di Cocco

Michelberger Fountain of Youth 520ml

7,-

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,-



sip slooow.

sip slooow.

sip slooow.



coffee & more.

ESPRESSO 2.5,-

DOPPIO 4,-

CAPPUCCINO 4,-

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

AMERICANO 4,-

FLAT WHITE 5,-

ICED COFFEE LATTE 4.5,-

ORZO / GINSENG / DECAF 3,-

SHAKERATO 4.5,-

KUSMI TEA 4.5,-
HOT WATER REFILL +1.00,-

specialities.

SAYURI MATCHA

Ceremonial grade HIKARI
9,-

SAYURI HOJICHA

Hojicha & Housemade Coconut Syrup
7,-

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,-

PRANA CHAI LATTE

Tè Nero, Spezie, Zenzero e Miele
Black Tea, Whole Spices, Ginger & Honey
Bring the magic home grab a pack of
PRANA Chai: Ask our tribe!
6,-

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

BURGIO.

RICE MYLK / OAT MYLK / MANDORLA / COCONUT MYLK +1.00
Riso / Avena / Mandorla / Cocco +1.00
you can order your drinks Iced or Hot

Housemade Bourbon Vanilla Syrup + 1.00
Housemade Coconut Sugar Syrup + 1.00

SIP SLOOOOW & MINDFUL 6,-



AGROS HERBAL TEA BLEND

Tè di Montagna / Calendula / Cedrina / Erba
Luigia / Melissa / Mentastro Verde / Poggio
Mountain Tea / Marigold / Lemon Verbena
Lemon Balm / Pennyroyal

- * Rinvigorente & Rinfrescante
- * Rejuvenating & Refreshing

SEA HERBAL TEA BLEND

Melissa / Tiglio / Lavanda / Camomilla
Lemon Balm / Tilia / Lavender / Chamomile

- * Lenitivo / Rilassante
- * Soothing / Relaxing

ORGANIC LEMON VERBENA

- * Rinfrescante, Disintossicante, Digestivo
- * Refreshing, Detoxing, Digestive

ORGANIC CACAO HUSK

100% puro e naturale / Bucce di Cacao
100% pure & natural / Cacao Husks

- * Cioccolatoso / Morbido / Awvolgente
- * Chocolatey / Smooth / Cocooning



WHOLE LEAF LOOSE
100% NATURAL PRODUCT
NATURALLY CAFFEINE FREE.

ETHICALLY HARVESTED,
PROCESSED AND PACKED BY HAND.



mocktails. 12,-

JASMINE DREAM

Frutti di Bosco / Tè al Gelsomino / Arancia / Miele

Forest Berries / Jasmine Tea / Orange / Honey

add vodka +3,-

PEAR & CHOC

Pera / Cioccolato Fondente / Sciroppo di Vaniglia Bourbon / Ginger Beer / Rosmarino

Pear / Dark Chocolate / Bourbon Vanilla Syrup / Ginger Beer / Rosemary

add rum or whiskey +3,-

GRAPESnTONIC

Uva / Cetriolo / Acqua Tonica / Melograno

Grapes / Cucumber / Tonic Water / Pomegranate

add gin +3,-

RICHIEDI IL TUO COCKTAIL INTERNAZIONALE PREFERITO

ASK FOR YOUR FAVE INTERNATIONAL COCKTAILS 12,-

vino.

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

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

115,-

3 DAY JUICE CLEANSE

18 x 500 ml Juices

170,-

Ask our tribe or order online via
flore-bar.com