

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.

sharing is caring.

GUACAMOLE

GF-VG-NF

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

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

10,-

PATATE DOLCI

GF-NF-V

Patate Dolci con Maionese Sriracha

Sweet Potatoes w/ Sriracha 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,-



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

sip slooow.

sip slooow.

sip slooow.

AVOCADO BREAD

VG-NF

Pane Integrale / Avocado / Lime / Valeriana / Semi / Ravanelli

Sourdough Bread / Avocado / Babyleaf Lettuce / Seeds / Radish

13,-

aggiungi più felicità: uova in camicia (3) / uova strapazzate (4) /
salmone affumicato (5) / halloumi (3.5) / salsiccia Beyond (5) / feta (3.5)
add more happiness: poached eggs (3) / scrambled eggs (4) /
smoked salmon (5) / halloumi (3.5) / beyond sausage (5) / feta (3.5)

EGGS ROYALE

NF

English Muffin / Uova in Camicia / Avocado / Spinaci saltati / Salmone Affumicato

Salsa Hollandaise

English Muffin / Poached Eggs / Avocado / wilted Spinach / Smoked Salmon / Hollandaise

18,-

BRUNCH LOVER

NF-V

Uova Strapazzate su Panbrioche / Salsiccia Beyond / Pomodoro arrostito / Avocado / Valeriana

Scrambled Eggs on Brioche / Beyond Sausage / roasted Tomato / Avocado / Babyleaf Lettuce

18,-

BBQ PULLED PORK BURGER

NF

BBQ Pulled Pork / Emmentaler / Avocado / Jalapeños / Panino al Carbone e Sesamo

BBQ Pulled Pork / Emmentaler / Avocado / Jalapeños / Charcoal-Sesame Bun

17,-

BEYOND GOURMET BURGER

NF-V

BEYOND Burger* / Groviera / Spinaci / Funghi Pleurotus / Aioli ai Funghi

Cipolla Caramellata / Bun ai Semi

BEYOND Burger* / Gruyère / Spinach / Oyster Mushrooms / Mushroom-Aioli

Caramelised Onion / Seeded Bun

18,-

smartfoood.

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

VITAMIN POWER BOWL

V-GF

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

18,-

CITRUS OMEGA BOWL

GF-DF-NF

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 / Kalamata Olives / Lemon-Tahini / Mint Oil

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,-

floret CHICKEN BOURGUIGNON

NF-GF

Stufato di Pollo con Carote / Funghi / Zucca / Scalogno / Cavolo Nero servito su Patata Hasselback

Red Wine Stew with Chicken / Carrots / Mushrooms / Hokkaido Pumpkin / Sweet Potato / Shallots

and Kale served with Hasselback Potatoes

22,-

aggiungi più felicità: halloumi (3.5)

add more happiness: halloumi (3.5)

for the sweethearts.

Abbiamo dolci ogni giorno, chiedete al nostro staff.

We have pastries & something sweet for you daily, ask our staff.

GRANOLA BOWL

GF-V

Yogurt Greco / floret Granola / Cioccolato Fondente / Prugne al forno con Cannella / Miele

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

12,-

PANCAKE MIGNON

Mini Pancakes / Sour Cream / Forest Berries / Maple Syrup

Pancake Mini / Crème Fraîche / Frutti Rossi / Sciroppo d'Acero

12,-

superfood smoothies.

BLUEBERRY GLOW

Mirtilli / Cacao / Avocado / Acqua di Cocco

Blueberries / Cacao / Avocado / Coconut Water

10,-

MANGO LASSI

Mango/ Yogurt Greco / Miele

Mango / Greek Yogurt / Honey

8,-



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.

Coperto 2.50€

2.50€ Cover Charge



LA BIENFAITANCE



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

gastronomic kombucha.

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

No 1

Moringa / Zenzero / Menta
Moringa / Ginger / Mint

No 2

Mirtilli / Lavanda
Blueberry / Lavender

No 3

Mandarino / Curcuma e Pepe
Mandarino / Curcuma e Pepe

330ml Bottle 8.5,-

BAYA

Açaí / Zenzero e Passiflora
Açaí / Ginger & Passionflower

330ml Can 7.5,-

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,-

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

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!

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

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

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

BURGIO.

SIP SLOOOW & MINDFUL 6,-



ORGANIC LEMON VERBENA

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

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

FOREST HERBAL TEA BLEND

Cinorrodo / Salvia / Tè di montagna / Issopo
Dittamo di Creta / Malva / Finocchio
Rose Hip / Sage / Mountain Tea / Hyssop
Cretan Dittany / Mallow / Fennel

- * Potenziente per la Salute / Difensivo
- * Health Boosting & Defensive

SEA HERBAL TEA BLEND

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

- * Lenitivo / Rilassante
- * Soothing / Relaxing

ORGANIC CACAO HUSK

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

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



WHOLE LEAF LOOSE
100% NATURAL PRODUCT
NATURALLY CAFFEINE FREE.

ETHICALLY HARVESTED,
PROCESSED AND PACKED BY HAND.



brunchy cocktails. 12,-

BLOODY MARY

MIMOSA

ESPRESSO MARTINI

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 | cuvee extra dry cantina ca' venanzio 7 | 32

FRANCIACORTA | cantina tenuta Ambrosini | 45

CHAMPAGNE | 120

ROSÉ

ROSATO | cantina cerasuolo d'Abruzzo 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

105,-

3 DAY JUICE CLEANSE

18 x 500 ml Juices

160,-

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