

floret at Palazzo San Niccolò



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

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.

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) halloumi (3.5)

salsiccia Beyond (5) / pollo Caraibico (6) / burrata (4) / feta (3.5)

add more happiness: poached eggs (3) / scrambled eggs (4) halloumi (3.5)**beyond sausage (5) / caribbean chicken (6) / burrata (4) / feta (3.5)****BRUNCH LOVER**

NF-V

Uova Strapazzate / Salsiccia BEYOND / Zucca al Miso & Sciroppo d'Acero / Valeriana /

Avocado / Semi di Girasole

Scrambled Eggs / BEYOND Sausage / Miso & Maple roasted Pumpkin / Babyleaf Lettuce

Avocado / Sunflower Seeds

18,-

TRUFFLED BENEDICT

NF-V

English Muffins / Uova in Camicia / Spinaci saltati / Funghi / Hollandaise al

Tartufo / Dragoncello

English Muffins / Poached Eggs / wilted Spinach / Mushrooms / Truffled

Hollandaise / Tarragon

17,-

BEYOND BURGER

V-NF

BEYOND Burger* / Avocado / Emmentaler / Jalapeños / Rucola

Maionese Sriracha / Panino al Carbone e Sesamo

Vegan BEYOND patty* / Avocado / Swiss Cheese / Jalapeño / Rucola

Sriracha Mayo / Charcoal-Sesame Bun

17,-

PASTRAMI BURGER

NF

New York style Pastrami / Emmentaler / Senape Dijon / Crauti / Jalapeños / Burger ai Semi

New York style Pastrami / Swiss Cheese / Dijon Mustard / Sauerkraut/ Jalapeños / Seeded Bun

18,-

PUMPKIN AFFAIR

NF-V

Zucca al Miso & Sciroppo d'Acero / Halloumi / Rucola / Radicchio Rosso / Quinoa
Pera / Sedano / Melograno / Vinaigrette

Maple-Honey Pumpkin / Halloumi / Rucola / Red Chicory / Quinoa / Pear
Pomegranate / Celery / Vinaigrette

18,-

aggiungi più felicità: avocado (4) / Pollo Caraibo (6)
add more happiness: avocado (4) / Caribbean chicken (6)

CARIBBEAN CHICKEN PITA

NF

Pollo Caraibico / Avocado / Patate Dolci / Pico di Gallo all'Ananas / Pita

Mais con Burro Affumicato

Caribbean Chicken / Avocado / Sweet Potato / Pineapple Salsa / Pita

Corn with Smoked Butter

20,-

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,-

MUSHROOM STROGANOFF

V-NF

Patata al Forno / Stroganoff di Funghi / Halloumi / Cavolo Nero / Cipolla Croccante

Jacket Potato / Mushroom Stroganoff / Halloumi / Kale / Crispy Onion

18,-

BURRATA BREAD

V

Burrata / Seasonal Fruit / Rucola / Miele / Noci / Pane San Lorenzo

Burrata / Seasonal Fruit / Rucola / Honey / Walnuts / Sourdough Bread

17,-

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 / Pere & Prugne al forno con Cannella / Miele

Greek Yogurt / floret Granola / Cinnamon Plums & Pears / Honey

12,-

Opzione Vegana: BIOGURT Yogurt di Cocco

Vegan Option: BIOGURT Coconut Yogurt

+2.00,-

superfood smoothies.

BLUEBERRY GLOW

Mirtilli / Cacao / Avocado / Acqua di Cocco

Blueberries / Cacao / Avocado / Coconut Water

10,-

MANGO LASSI

Mango / Greek Yogurt / Honey

Mango/ Yogurt Greco/Miele

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.

Coperto 2.50€

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.

2.50€ Cover Charge



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

TROPICAL

Rooibos / Mango e Ibisco
Rooibos / Mango & Hibiscus

330ml Can 7.5,-

SUNNY

Pera / Fiori d'Arancio
Pear / Orange Blossom





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

7,-

PRANA CHAI LATTE

Tè Nero, Spezie, Zenzero e Miele

BlackTea, WholeSpices, Ginger& Honey

6,-

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

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

BURGIO.

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

Latte Vegetale / Riso / Avena / Soia +1.00

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 / Poleggio
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

CHRISTMAS HERBAL TEA BLEND

Arancia / Tè di Montagna / Zenzero
Cannella / Cedrina / Salvia / Issopo
Cinorrodo / Cardamomo / Chiodo di Garofano
Orange Peel / Mountain Tea / Ginger
Cinnamon / Lemon Verbena / Sage / Hyssop
Rose hip / Cardamom / Clove

- * 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 8 | 35

VERMENTINO 8 | 35

RIBOLLA GIALLA 8 | 35

RED

SANGIOVESE 7 | 32

CILIEGIOLO 8 | 35

SPARKLING

PROSECCO 7 | 32

FRANCIACORTA | 45

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
floreto-bar.com