

La Terrazza di
LUISAVIAROMA
by



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 / Pico de Gallo / Coriandolo / Nachos di Mais Blu

Avocado / Pico de Gallo / Cilantro / Blue Corn Nachos

10,-

HUMMUS VG-NF

Hummus / Ceci tostati al Sommacco / Sesamo / Pita

Hummus / Sumac-roasted Chickpeas / Sesame / Pita

10,-

HALLOUMI V-GF-NF

Formaggio Halloumi / Miele / Sesamo

Halloumi Cheese / Honey / Sesame

10,-

PATATE DOLCI NF-GF

Patate Dolci al forno / Paprika affumicata / Maionese Sriracha

Roasted Sweet Potato Wedges / Smoked Paprika / Sriracha Mayo

9,-

*Maionese Vegana disponibile / Vegan Mayo available +0.50,-

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

sip slooow.

sip slooow.

sip slooow.

always a good idea.

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,-
feta / *vegan feta* 3.5,-

GOAT CHEESE BREAD V

Formaggio di Capra / Cipolla Caramellata / Pere Poché al Vermouth Rosso / Noci / Rucola / Pane Integrale
Goat's Cheese / Caramelised Onion / Pears Poached in Red Vermouth / Walnuts / Rucola / Sourdough Bread
17,-

BEYOND BURGER NF-V

BEYOND Burger* / Doppio Cheddar / Avocado / Spinaci / Cipolla caramellata / Maionese alla Sriracha
Panino ai Semi
BEYOND Burger* / Double Cheddar / Avocado / Spinach / Caramelised Onion / Sriracha Mayo
Seeded Bun

17,-

Vuoi aggiungere patate dolci? / Add Sweet Potato? + 9,-

Mayo Vegan / Cheddar Vegan +0.50,-

BRUNCH WAFFLE NF-GF-V

Waffle al Grano Saraceno / Avocado / Uova in Camicia / Zucca butternut affumicata / Salsa Olandese
Savoury Buckwheat Maple Waffle / Avocado / Poached Eggs / Butternut Squash with Smoked Paprika / Hollandaise
17,-

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.

smartfoood.

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

AMBER LEAVES NF-V

Zucca Hokkaido al Miso / Radicchio / Spinaci / Quinoa / Barbabietola / Pera / Parmigiano
Sedano / Melograno / Vinaigrette all'Acero

Miso Hokkaido Pumpkin / Chicory / Spinach / Quinoa / Beetroot / Pear / Parmesan / Celery
Pomegranate Ancient Grain Mustard Maple Vinaigrette

18,-

MISO SALMON DF-NF

Filetto di Salmone*al Miso con Cocco & Sesamo / Riso Nero con Bok Choy / Broccoli / Sedano
Mais / Patate Dolci / Salsa Thai al Cocco

Miso Salmon fillet with Coconut & Sesame / Black Rice with Bok Choy / Broccoli / Celery / Mais
Sweet Potato / Thai Red Coconut Curry

22,-

CHICKEN TERIYAKI SOBA DF

Pollo Teriyaki / Noodles di Soba / Carote / Cavolo Nero / Patata Dolce / Salsa al Miso e Zenzero
Alghe / Anacardi Tostati

Chicken Teriyaki / Soba Noodles / Rainbow Carrots / Kale / Sweet Potato / Ginger Miso
Dressing / Seaweed / Toasted Cashew Nuts

22,-

COUSCOUS MEDITERRANEO V-NF

Couscous con Radicchio / Arance / Mela Arrosto / Funghi / Melagrano / Feta / Mix di Erbe Aromatiche
Fresche / Vinaigrette all'Arancia e Peperoncino

Couscous with Red Chicory / Oranges / Roasted Apple / Mushrooms / Pomegranate / Feta
Fresh Herb Mix / Orange & Chilli Vinaigrette

14,-

add more happiness

uova in camicia / *poached eggs* 3,-
formaggio halloumi / *halloumi cheese* 3.5,-
Pollo marinato / *spiced chicken* 6,-
feta / *vegan feta* 3.5,-
avocado 4,-

sip slooow.

sip slooow.

sip slooow.

for the sweethearts.

GRANOLA BOWL GF-V

12,-

Yogurt Greco / Granola Floret / Pere al Forno con Cannella / Frutti di Bosco / Cioccolato Fondente
 Yogurt Greco / floret Granola / Roasted Cinnamon Pears / Forest Berries / Dark Chocolate

Opzione Vegana: BIOGURT Yogurt di Cocco

Vegan Option: BIOGURT Coconut Yogurt

+2.00,-

BASQUE CHEESECAKE

8,-

SWEET POTATO DARK CHOCOLATE BROWNIES

8,-

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

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cold-pressed juices.

270ml 7.50 | 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. 330ml Bottle | 8.5,-

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

BAYA

Açaí / Zenzero e Passiflora
Açaí / Ginger & Passionflower

TROPICAL

Rooibos / Mango / Ibisco
Rooibos / Mango / Hibiscus



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

8,-

GALVANINA

Tè Bio - Pesca / Limone / Cola

Organic Iced Tea - Peach / Lemon / Cola

5,-

LEMONAID

Bio & fairtrade realizzate con ingredienti naturali.

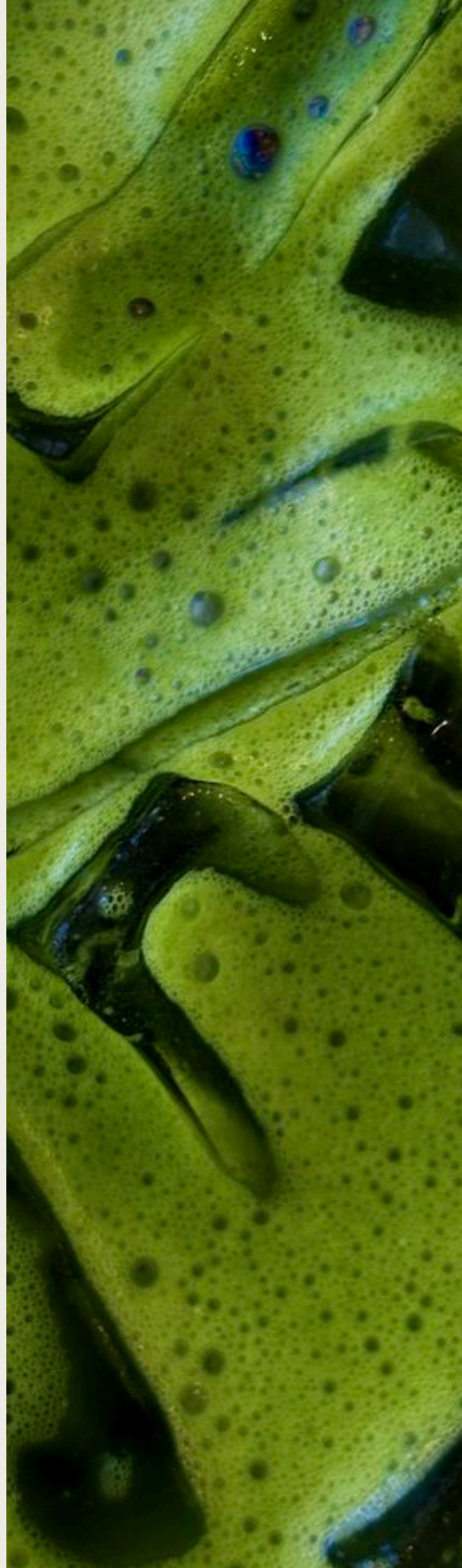
Ogni bottiglia sostiene progetti sociali e comunità agricole nei Paesi produttori

Organic, fair-trade soft drinks made with natural ingredients. Every bottle supports social initiatives and farming communities in the countries where the ingredients are grown

Yerba Mate / Yerba Mate (sparkling)

Frutto della Passione / Passionfruit

6,-



sip **sloooow.**

sip **sloooow.**

sip **sloooow.**



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,-

COFFEE TONIC 5.5,-

specialties.

CEREMONIAL MATCHA LATTE

Ceremonial grade Yokiro
9,-

SAYURI HOJICHA LATTE

Hojicha & Housemade Coconut Syrup
7,-

ROOIBOS & HONEY LATTE

Naturally caffeine-free
6,-

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!

RICE MYLK / OAT MYLK / ALMOND / 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*

mocktails. 12,-

BERRY JASMINE

Frutti di Bosco / Tè al Gelsomino / Arancia / Miele

Forest Berries / Jasmine Tea / Orange / Honey

add vodka +3,-

BLOOMY DREAMS

Barbabietola / Ibisco / Sciroppo di Zucchero di Cocco / Latte di Cocco

Beetroot / Hibiscus / Coconut Sugar Syrup / Coconut Mylk

add rum or whiskey +3,-

GREEN BREEZE

Mela / Pera / Sedano / Ginger Beer

Apple / Pear / Celery / Ginger Beer

add gin +3,-

*RICHIEDI IL TUO COCKTAIL INTERNAZIONALE PREFERITO
ASK FOR YOUR FAVE INTERNATIONAL COCKTAILS 12,-*

vino.

WHITE

SAUVIGNON | cantina buzzinelli 8 | 35

VERMENTINO | cantina otis 8 | 35

RIBOLLA GIALLA | cantina buzzinelli 8 | 35

SPARKLING

PROSECCO | cuvee extra dry cantina ca' venanzio 7 | 32

FRANCIACORTA | cantina tenuta Ambrosini | 45

CHAMPAGNE | 120

RED

SANGIOVESE | cantina Luiano 7 | 32

CILIEGIOLO | cantina casa alle vacche 8 | 35

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
115,-

3 DAY JUICE CLEANSE

18 x 500 ml Juices
170,-

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