

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 / Pico de Gallo / Coriandolo / Nachos di Mais Blu
Avocado / Pico de Gallo / Cilantro / Blue Corn Nachos

10,-

HUMMUS VG-NF

Hummus / Capperi / Foglie di Belga / Sesamo / Pita
Hummus / Capers / Endive / 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 al Basilico
Roasted Sweet Potato Wedges / Smoked Paprika / Basil Mayo

9,-

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

SUMMER CRUSH V-NF

Anguria / Tajin / Dip di Yogurt & Feta
Watermelon with Tajin / Feta & Yogurt Dip

9,-

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,-
burrata 4,-

SUMMER STRACCIATELLA BREAD ^v

Stracciatella / Pomodoro Heirloom / Datterini / Olive Kalamata / Basilico / Mandorle / Rucola / Pane Integrale
Stracciatella / Heirloom Tomato / Rainbow Datterini / Kalamata Olives / Basil / Almonds / Rucola / Toasted Sourdough
17,-

BEYOND BURGER ^{NF-V}

BEYOND Burger* / Doppio Cheddar / Avocado / Rucola / Maionese al Basilico / Cetriolini / Senape
BEYOND Burger* / Double Cheddar / Avocado / Rucola / Basil Mayo / Gherkins / Mustard
17,-

Aggiungi Patate Dolci? / Add Sweet Potato? + 9,-

Mayo Vegan / Cheddar Vegan +0.50,-

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.*

PEACH & HALLOUMI NF-V

Halloumi / Pesche / Quinoa / Datterini / Cetriolo / Basilico / Insalata / Tzatzilki agli Agrumi
Halloumi / Peaches / Quinoa / Datterini / Basil / Cucumber / Seasonal Greens / Citrus-Mint Tzatziki
18,-

HYDRA NF-V

Anguria / Feta / Cetriolo / Menta / Avocado / Olive Kalamata / Dip di Yogurt & Feta / Peperoncino / Pita
Watermelon / Feta / Cucumber / Mint / Avocado / Kalamata Olives / Feta & Yogurt Dip / Chilli / Pita
16,-

HONEY CAESER SALAD NF

Pollo al Miele / Avocado / Insalata Belga & Romana / Patate Dolci / Taccole / Mela Verde
Mais / Crostini Integrali / Salsa Caeser con Erbe Fresche / Parmigiano
Spiced Honey Chicken / Avocado / Romaine & Endive / Patate Dolci / Snow Peas
Green Apple / Corn / San Lorenzo Croutons / floret Dill-Caeser Dressing / Parmesan
20,-

MISO SALMON DF-NF

Filetto di Salmone* al Miso con Cocco & Sesamo / Riso Nero con Bok Choy, Ananas, Sedano e Piselli
Salsa Thai al Cocco
Miso Salmon fillet with Coconut & Sesame / Black Rice with Bok Choy, Pineapple, Celery, Corn,
Edamame / Thai Red Coconut Curry
22,-

MEDITERRANEA DF-NF

Melanzane all' Harissa / Ceci speziati / Carote al Miele & Sesamo / Salsa allo Yogurt di Cocco
Harissa Eggplant / Spiced Chickpeas / Sesame Honey Carrots / Coconut Yogurt Dressing
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 / floret Granola / Pesche al forno & fresche / Passionfruit / Miele
 Yogurt Greco / floret Granola / Baked & Fresh Peaches / Passionfruit / 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
 Our Classic Raw Greek Yogurt Cheesecake with a Coconut & gluten-free Cookie base

**ask the tribe for the toppings of the day / *per i topping del giorno, chiedi al tribe!*

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 7.00 | 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. 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

Açai / Zenzero e Passiflora
Açai / 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

Arancia Rossa / Blood Orange

6,-

IESSI

Sembra uno Spritz ma analcolico: fresco, frizzante e leggermente amaro, con note di arancia amara, zenzero, rabarbaro e ciliegia.

*Spritz but make it alcohol-free? Yes please!
fresh, sparkling and gently bitter, with notes of bitter orange, ginger, rhubarb and cher*

5.5,-



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,-

COFFEE TONIC 5.5,-

specialties.

SAYURI MATCHA

Ceremonial grade HIKARI
9,-

SAYURI HOJICHA

Hojicha & Housemade Coconut Syrup
7,-

MANGO MATCHA

Ceremonial grade HIKARI / Mango / Latte
11,-

SUNRISE SHAKERATO

Spremuta d'Arancia / Caffè Doppio / Sciroppo alla vaniglia
Fresh Orange Juice / Double Shot Espresso / Housemade Vanilla Syrup
7,-

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,-

HIBISCO & ROSE LATTE

Acqua di Rose, Infuso di Ibisco / Latte
Hibiscus & Rose Water
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

Lamponi / Ibisco / Sciroppo di Zucchero di Cocco / Latte di Cocco

Raspberry / Hibiscus / Coconut Sugar Syrup / Coconut Mylk

add rum or whiskey +3,-

GREEN BREEZE

Mela / Basilico / Cetriolo / Ginger Beer

Apple / Basil / Cucumber / 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

SHARE YOUR HAPPY MOMENTS WITH US:

Condividi i tuoi momenti felici con noi:

@floret_tribe

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