

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.

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 / Paprika affumicata

Hummus / Kalamata Olives / Pita / Smoked Paprika

10,-

HALLOUMI V-GF-NF

Formaggio Halloumi / Miele / Sesamo

Halloumi Cheese / Honey / Sesame

10,-

PATATE DOLCI VG-NF

Patate Dolci al forno / Paprika affumicata / Maionese Jalapeños & Erbe Fresche

Roasted Sweet Potato Wedges / Smoked Paprika / Jalapeños & Herb Mayo

9,-

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,-

feta (classic or vegan) 3.5,-

HARVEST BRUNCH WAFFLES GF-V

Waffle di Zucca & Grano Saraceno / Uova in camicia / Spinaci / Funghi / Salsa Olandese al Tartufo

Pumpkin Buckwheat Waffles / Poached Eggs / Mushrooms / Wilted Spinach / Truffled

Hollandaise Sauce

18,-

OMEGA BREAD

Sardine / Crema piccante con Feta & Peperoni / Rucola / Basilico / Noci

Olio Evo al Limone / Pane San Lorenzo

Sardines / Spicy Bell-Pepper & Feta Dip / Rucola / Basil / Walnuts

Lemon Evo Extra Virgo / Sourdough Bread

16,-

BEYOND BURGER V-NF

BEYOND Burger* / Avocado / Doppio Emmentaler / Rucola / Jalapeños & Lime Mayo

Panino al Carbone e Sesamo

Vegan BEYOND patty / Avocado / Double Swiss Cheese / Rucola / Jalapeños*

& Lime Mayo / Charcoal-Sesame Bun

17,-

smartfoood.

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

MISO SALMON SUNSET DF

22,-

Salmone al Miso in Crosta di Sesamo e Cocco / Riso Venere con Bok Choy / Mais / Carote
Zucchine / Thai Curry Rosso al Cocco con Patate Dolci

*Miso Salmon fillet with Coconut & Sesame / Black Rice with Bok Choy / Corn / Carrot
Zucchini / Thai Red Coconut Curry with Sweet Potatoes*

AMBER CHICKEN NOODLES NF-DF

20,-

Pollo Caraibo / Soba Noodles / Brodo Aromatico / Patate Dolci / Bok Choy e Melograno
Caribbean Chicken / Soba Noodles / Aromatic Broth / Sweet Potatoes / Bok Choy & Pomegranate

GOLDEN ROOTS V

18,-

Zucca al Gochujang & Scrioppo d'Acero / Formaggio Halloumi / Quinoa / Radicchio /
Spinaci / Rucola / Sedano / Olive Kalamata / Melograno / Dressing di Anacardi & Limone
*Maple Gochujang Roasted Pumpkin / Halloumi Cheese / Quinoa / Red Chicory
Spinach / Rucola / Celery / Kalamata Olives / Pomegranate / Lemon-Cashew Dressing*

Add Caribbean Chicken / Aggiungi Pollo Caraibico +6,-

FALAFEL BLOOM NF-DF-V

16,-

Falafel di Ceci e Couscous al Forno / Salsa Tartara / Insalata di Erbe Fresche con Pere,
Uva e Semi di Girasole

*Baked Chickpea & Couscous Falafel Patties / Tartar Sauce / Fresh Herb Salad with
Pears, Grapes & Sunflower Seeds*

Add Halloumi / Aggiungi Halloumi +3.5,-

OFF THE SHORES NF

20,-

Pesce del Giorno in crosta di Erbe Fresche / Insalata di Cetrioli, Feta, Aneto, Olive,
Olio piccante, Sesamo / Pita / Patate arrosto con Prezzemolo & Aglio

*Herb-crusted Fish of the Day / crushed Cucumber Salad with Avocado, Feta, Dill,
Olives / Extra Virgo Chilli Oil / Sesame / Pita / Herb-Garlic Potatoes*

Add Tartar Sauce / Aggiungi Salsa Tartara +2,-

for the sweethearts.

GRANOLA BOWL GF-V

Yogurt Greco / floret Granola / Uva / Fichi / Miele

Greek Yogurt / floret Granola / Grapes / Figs / Honey

12,-

Opzione Vegana: BIOGURT Yogurt di Cocco

Vegan Option: BIOGURT Coconut Yogurt

+2.00,-

floret CHEESECAKE GF-V

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

9,-

superfood smoothies.

BEAUTIFY 10,-

Mirtilli* / Avocado / Proteine VG / Latte di Riso / Cannella

Blueberries / Avocado / VG Protein / Rice Mylk / Cinnamon*

BREAK-FAST 10,-

Latte di Avena / Arancia / Cioccolato Fondente / floret Granola / Miele

Oat Mylk / Orange / Dark Chocolate / floret Granola / Honey

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.



OLEVM

NATURALLY INFUSED EXTRA VIRGIN OLIVE OILS

WE PRESENT YOU OUR FABULOUS FRIENDS AT OLEVM!
LETIZIA AND ALEX PRODUCE EXTRA VIRGIN OLIVE OIL OF SUPREME QUALITY FROM
THEIR FARM "MONTECUCCHI," LOCATED ON THE SOUTHERN HILLS SURROUNDING
FLORENCE. WITH LOVE AND ATTENTION TO EVERY DETAIL, FROM THE FIELD TO THE
TABLE, THEY BRING YOU FINE SINGLE-ESTATE EXTRA VIRGIN OLIVE OIL, BOTH PLAIN
AND NATURALLY INFUSED WITH DELICIOUS BOTANICALS.

TATVFO

TUSCAN WHITE TRUFFLE

100 ML - €31,00

50 ML - €48,50

FVMO

A TOUCH OF SMOKE

100 ML - €22,00

250 ML - €46,00

FVOCO

VERY VERY HOT BE CAREFUL

100 ML - €18,00

50 ML - €39,50

LIMONÆ

ITALIAN LEMON

100 ML - €18,60

250 ML - €39,50

EXTRA VIRGIN OLIVE OIL

SINGLE ESTATE FROM OUR CENTENARY FAMILY TREES

250 ML - €14,00

500 ML - €20,00

EXTRA VIRGO

FLORENCE



cold-pressed juices.

250ml 6.50 | 500ml 9.00

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

330ml Bottle | 8.5,-

No 2

Mirtilli / Lavanda
Blueberry & Lavender

BAYA

Açaí / Zenzero e Passiflora
Açaí / Ginger & Passionflower

SUNNY

Pera / Fiori d'Arancio
Pear / Orange Blossom

330ml Can | 7.5,-

TROPICAL

Rooibos / Mango e 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,-

MONOTEE

Tè freddo biologico con ingredienti naturali e senza additivi.

Organic Iced Tea with natural ingredients and no additives.

Frutti di Bosco / *Wildberry*

Lemongrass Mela-Menta / *Lemongrass Apple-Mint*

Tè Bianco - Fiori di Sambuco / *White Tea - Elderflower*

6,-

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

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

54,-

2 DAY JUICE CLEANSE

12 x 500 ml Juices

108,-

3 DAY JUICE CLEANSE

18 x 500 ml Juices

162,-

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