

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.

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,-

botanical cocktails.

RUM DEL SOL

Rum Bianco infuso al Miele, Cannella, Vaniglia & Fiori di Ibisco / Lime

Zucchero di Cocco / Soda

White Rum infused with Honey, Cinnamon, Vanilla & Hibiscus flowers / Lime

Coconut Sugar / Soda

GREEN TEA SERENITY

Vodka infusa al Tè di Gelsomino / Matcha / Succo di Limone / Simple Syrup

Vodka infused with Jasmin Green / Matcha / Lemon Juice / Simple Syrup

WHISPERING LAVENDER

Tequila infusa con Lavanda & Peperoncino / Cointreau / Lime / Spremuta d'Arancia

Tequila infused with Lavender and Chilli / Cointreau / Lime / Fresh Orange Juice

BERRY MULE

Gin infuso con Frutti di Bosco, Passionfruit e Cannella / Lime / Ginger Beer

Gin infused with Berries, Passionfruit, and Cinnamon / Lime / Ginger Beer

15,-

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GF-VG-NF

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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,-

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,-

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,-

PUMPKIN AFFAIR

NF-V

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

Sedano / Melograno / Salsa "Green Goddess"

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

Celery / Green Goddess Dressing

18,-

add more happiness: avocado (4) / caribbean chicken (6)

smartfoood.

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

MUSHROOM STROGANOFF

V-NF-GF

Patata al Forno / Stroganoff di Funghi / Halloumi / Melograno

Jacket Potato / Mushroom Stroganoff / Halloumi / Pomegranate

18,-

HOLY FIG, ITS BURRATA! **for September only!*

V

Fichi / Burrata / Rucola / Miele / Noci / Balsamico / Pane San Lorenzo

Figs / Burrata / Rucola / Honey / Walnuts / Balsamic Vinegar / Sourdough Bread

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,-

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 3.00€

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.

3.00€ Cover Charge



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

No 3

Mandarino / Curcuma e Pepe
Mandarino / Curcuma e Pepe

BAYA

Açaí / Zenzero e Passiflora
Açaí / Ginger & Passionflower

SUNNY

Pera / Fiori d'Arancio
Pear / Orange Blossom

TROPICAL

Rooibos / Mango e Ibisco
Rooibos / Mango & Hibiscus

330ml Can | 7.5,-





refreshments.

LIMONATA 5,-

Lime / Menta / Dolcificante / Acqua frizzante
Lime / Mint / Sweetener / Sparkling Water

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

MONOTEE - NATURAL ICED TEA

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*
(sugar-free)

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

6,-

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

