

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.



We use the freshest seasonal ingredients, carefully sourced from sustainable, high-quality suppliers who share our passion for flavor, quality, and the planet.

sharing is caring.

GUACAMOLE

GF-VG-NF

Avocado / Pomodoro / Cipolotto / Lime / Nachos di Mais Blu

Avocado / Tomatoes / Spring Onion / Lime / Blue Corn Nachos

10,-

PATATE DOLCI

GF-NF-V

Patate Dolci con Maionese al Miso

Sweet Potatoes w/ Miso 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.

add more
happiness
aggiungi piu felicità

uova in camicia / *poached eggs* 3,-
uova strapazzate / *scrambled eggs* 4,-
formaggio halloumi / *halloumi cheese* 3.5,-
salmone affumicato / *smoked salmon* 4,-
feta / *feta vegan* 3.5,-



comfooort.

AVOCADO BREAD

VG-NF

Pane Integrale / Avocado / Lime / Valeriana / Semi / Ravanelli

Sourdough Bread / Avocado / Babyleaf Lettuce / Seeds / Radish

13,-

BURRATA BREAD

NF-V

Pesto di Pomodorini Secchi e Fagioli Cannellini / Burrata / Datterini

Rucola / Pane Integrale

Sun-Dried Tomato & Cannellini Bean Pesto / Burrata / Rainbow Cherry

Tomatoes / Rucola / Sourdough Bread

17,-

PASTRAMI BURGER

NF

Pastrami / Emmentaler / Senape Dijon / Crauti / Panino ai Semi

Pastrami / Swiss Cheese / Dijon Mustard / Sauerkraut / Seeded Bun

18,-

BEYOND BURGER

V-NF

BEYOND Burger* / Avocado / Emmentaler / Jalapeño / Rucola / Maionese al

Miso / Panino al Carbone e Sesamo

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

Miso Mayo / Charcoal-Sesame Bun

17,-

add more
happiness
aggiungi piu felicità

uova in camicia / *poached eggs* 3,-
uova strapazzate / *scrambled eggs* 4,-
formaggio halloumi / *halloumi cheese* 3.5,-
salmone affumicato / *smoked salmon* 4,-
feta / *feta vegan* 3.5,-

smartfoood.

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

SHAKSHUKA

NF-V

floret Shakshuka / Uova in Camicia / Feta / Spinaci / Pita

floret Shakshuka / Poached Eggs / Feta / Spinach / Pita

17,-

BRUNCH LOVER

NF-V-GF

Uova strapazzate / Salsiccia BEYOND / Patate Dolci / Avocado / Datterini / Valeriana

Scrambled Eggs / BEYOND Sausage / Sweet Potatoes / Avocado / Cherry Tomatoes / Valeriana

18,-

PROTEIN TABBOULEH

NF

Pollo speziato con yogurt & spezie Armene / Couscous Tabbouleh / Hummus / Olive

Kalamata / Pita

Armenian marinated Chicken / Couscous Tabbouleh / Hummus / Kalamata Olives / Pita

20,-

MISO SALMON

NF-DF

Filetto di Salmone al Miso in crosta di Sesamo & Cocco / Riso Nero saltato in padella

con Zenzero, Bok Choy / Sedano / Piselli / Edamame e Curry Rosso Thai

Salmon Fillet in Miso marinade with Sesame & Coconut Crust / Black Rice stirfry with

Ginger / Bok Choy / Celery / Peas / Edamame / Thai Red Curry

22,-

BLOOM BOWL

GF-NF-V

Carciofi Arrosto / Quinoa / Piselli / Mela / Rucola / Spinaci / Valeriana /

Asparagi / Patate Dolci / Parmigiano / Vinaigrette allo Sciroppo d'Acero

Roasted Artichokes / Quinoa / Peas / Apple / Fresh Greens / Asparagus / Sweet

Potatoes / Parmesan / Maple Vinaigrette

17,-

add more
happiness
aggiungi più felicità

uova in camicia / *poached eggs* 3,-
petto di pollo marinato / *marinated chicken* 5,-
formaggio halloumi / *halloumi cheese* 3.5,-
feta / *feta vegan* 3.5,-
avocado 3.5,-

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 / Fragole / Pompelmo /
Cioccolato Fondente / Miele

Greek Yogurt / floret Granola / Strawberries / Grapefruit / Dark
Chocolate / Honey

12,-

Opzione Vegana: BIOGURT Yogurt di Cocco

Vegan Option: BIOGURT Coconut Yogurt

+1.00,-

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.

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

No 3

Mandarino / Curcuma e Pepe
Tangerine / Turmeric & Pepper

330ml Bottle | 8.5,-

BAYA

Açaí / Zenzero e Passiflora
Açaí / Ginger & Passionflower

No 2

Mirtilli / Lavanda
Blueberry & Lavender

TROPICAL

Rooibos / Mango e Ibisco
Rooibos / Mango & Hibiscus

SUNNY

Pera / Fiori d'Arancio
Pear / Orange Blossom

330ml Can | 7.5,-





coffee & more.

ESPRESSO 2.5,-

DOPPIO 4,-

CAPPUCCINO 4,-

AMERICANO 4,-

ICED COFFEE LATTE 4,-

ORZO / GINSENG / DECAF 3,-

SHAKERATO 4.5,-

KUSMI TEA 4.5,-

HOT WATER REFILL +1.00,-

refreshments.

LIMONATA 5,-

Lime / Menta / Dolcificante / Acqua frizzante

Lime / Mint / Sweetener / 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 *sloooow*.

SAYURI MATCHA

Ceremonial Grade

6,-

PRANA CHAI LATTE

Tè Nero, Spezie, Zenzero e Miele

Black Tea, Whole Spices, 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 Iced or Hot

Latte Vegetale / Riso / Avena / Soia +1.00

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

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