

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.

sharing is caring

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 / Timo / Miele / Sesamo
Halloumi Cheese / Thyme / Honey / Sesame
9,-

PATATE DOLCI VG-NF

Patate Dolci al forno / Paprika affumicata / Romesco o Maionese al Tartufo
Roasted Sweet Potato Wedges / Smoked Paprika / Romesco or Truffled Mayo
9,-

comfoooort

BEYOND BURGER V-NF

BEYOND Burger* / Avocado / Emmentaler / Cipolla caramellata
Maionese al Tartufo / Panino al Carbone e Sesamo
Vegan BEYOND patty* / Avocado / Swiss Cheese / Caramelised
Onion / Rucola / Truffled Mayo / Charcoal-Sesame Bun
17,-

AVOCADO BREAD VG-NF

Pane Integrale / Avocado / Lime / Rucola / Semi
Sourdough Bread / Avocado / Greens / Seeds
13,-

floret Pane al Grano Saraceno / floret GF Bread +2.00

BRUNCH BRIOCHE V-NF

Funghi & Porri in salsa cremosa al vino / Uova in camicia / Parmigiano / Spinaci / Panbrioche
Creamy Mushroom & Leek in wine sauce / Poached Eggs / Parmesan / Spinach / Brioche
17,-

extras:

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

smartfood

**dishes that are balanced yet nourishing using the best of Mother nature, superfoods and quality ingredients.*

MISO SALMON NF

Salmone al Miso in Crosta di Sesamo e Cocco / Riso Nero / Zenzero / Patate Dolci
Bok Choy / Sedano / Edamame / Thai Curry al Cocco
Salmon fillet in Miso, Sesame & Coconut Crust / Black Rice Stirfry with Ginger
Sweet Potatoes / Bok Choy / Celery / Edamame / Thai Yellow Coconut Curry
22,-

FALAFEL NF-GF-V

Falafel con Erbe fresche, Ceci, Miglio e Lenticchie / Carote al Miele & Peperoncino
Rucola / Yogurt al Lime e Menta
*Falafel patties with fresh Herbs, Chickpeas, Lentils & Millet / Chilli & Honey
roasted Carrots / Rucola / Pomegranate / Lime & Mint Yogurt*
17,-

MELA ZANI GF-V-NF

Melanzane Affumicate al Pomodoro e Sesamo / Cavolo Nero / Sedano / Mela Verde /
Arancia Rossa / Feta / Aneto / Menta / Melograno / Vinaigrette al Prosecco
*Smokey Tomato-Sesame Eggplants / Kale / Celery / Green Apple / Blood Orange / Feta
Dill / Mint / Pomegranate / Prosecco-Vinaigrette*
18,-

ROMESCO CHICKEN

Pollo con Romesco / Tabbouleh al Melograno / Avocado / Patate arroste con Miele e Sriracha
Romesco Chicken / Pomegranate Tabbouleh / Avocado / Honey-Sriracha Potatoes
20,-

AMBER LEAVES V

Zucca al Miso / Quinoa / Rucola / Radicchio / Spinaci / Pere pochè alla cannella / Noci / floret Vinaigrette
*Miso Pumpkin / Quinoa / Rucola / Red Chicory / Spinach / Cinnamon poached Pears / Walnuts
floret Vinaigrette*
16,-

EXTRAS / AGGIUNTE:

uova in camicia / *poached eggs* 3,-|petto di pollo / chicken breast 5,-
formaggio halloumi / *halloumi cheese* 3.5,|avocado 3.5,-|feta 3.5,- |romesco 3,-

sweet but healthy

**dishes that are balanced yet nourishing using the best of Mother nature, superfoods and quality ingredients.*

GRANOLA BOWL GF-V

Yogurt Greco / floret Granola / Pere alla cannella / Frutti Rossi / Cioccolato

Greek Yogurt / floret Granola / poached cinnamon Pears / Forest Berries / Chocolate

12,-

Vegano? Scegli tra Yogurt al Cocco o Mandorla!

Vegan? Choose between Coconut or Almond Yogurt! +1.00,-

floret CHEESECAKE GF-V

La nostra classica Cheesecake allo Yogurt Greco a base di Cocco & Anacardi con Salsa di Frutti Rossi

Our classic Greek Yogurt Cheesecake with a Coconut & Cashew Base with Forest Berries

9,-

PANCAKE MIGNON V-NF

Mini Pancakes / Pura di Zucca speziata / Pere alla cannella / Crema / Cioccolato

Mini Pancakes / Spiced gingerbread Pumpkin Cream / poached cinnamon Pears / Cream / Chocolate

12,-

DOLCE DEL GIORNO / CAKE OF THE DAY

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 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 6.00 | 500ml 9.00

DETOX

ananas / mela verde / spianci / 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 / pepe nero

0.75ml | 4.00

VITALITY SHOT

zenzero / limone / curcuma fresca / pepe nero
fresh turmeric / ginger / lemon / black pepper

refreshments

LIMONATA

Lime / Menta / Dolcificante / Acqua frizzante
Lime / Mint / Sweetener / Sparkling Water
5,-

SPREMUTA

freshly squeezed Orange Juice
5,-

COCONUT WATER

Acqua di Cocco
Michelberger Fountain of Youth 520ml
7,-

GALVANINA

Tè Bio Pesca / Limone / Cola
Organic Iced Tea (Peach, Lemon) / Cola
5,-

smoothies

500ml

BEAUTIFY

Frutti di Bosco* / Banana / Proteine VG / Latte di Riso
Berries / Banana / VG Protein / Rice Mylk*
10,-

MANGO LASSI

Mango / Yogurt Greco / Lime
Mango / Greek Yogurt / Lime
8,-

COFFEE DATE

Burro d'Arachidi / Espresso / Banana / Cannella
Cacao / Latte di Avena
Peanut Butter / Espresso / Banana / Cinnamon
Cacao / Oat Mylk
10,-

GREEN SPIRIT

Avocado / Banana / Spirulina
Spinaci / Menta / Latte di Riso
Avocado / Banana / Spirulina / Mint
Spinach / Rice Mylk
9,-

bouche kombucha

7,-

HYBISKUS

Gelsomino / Arancia / Fiore di Ibisco / Lime
Jasmine / Orange / Hibiscus Blossom / Lime

LEMONDROP

Tè Sencha / Assam
Tea Sencha / Assam

EARLY BIRD

Tè Nero / Tè Verde / Olio & Scorza di Bergamotto
Black Tea / Green Tea / Bergamot Oil & Peel

NOAM BEER

100% naturale, non filtrata,
non pastorizzata, ricca di probiotici
100% natural, non-filtered, non-pasteurised, high in
probiotics and great for your gut health
7,-

Coffee & Tea

ESPRESSO 2.5,-

DOPPIO 4,-

CAPPUCCINO 4.00,-

CAPPUCCINO GRANDE 4.5,-
for those who need a little extra

AMERICANO 4,-

ICED COFFEE LATTE 4.00,-

SHAKERATO 4.5,-

MINTY GINGER
Zenzero / Menta / Limone
Ginger / Mint / Lemon
5.5,-

KUSMI TEA
4.5,-
HOT WATER REFILL +1.00,-

ORZO / GINSENG / DECAF
3,-

Speciality

MATCHA LATTE
6,-

PRANA CHAI LATTE
Tè Nero, Spezie, Zenzero e Miele
Black Tea, Whole Spices, Ginger & Honey
6,-

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,-

GOLDEN MYLK
Una miscela che migliora l'immunità con
Curcuma, Cannella, Pepe Nero e Noce Moscata
*An immunity boosting blend with
Turmeric, Cinnamon, Black Pepper and Nutmeg*
6,-

beautiful stoneware cups by

BURGIO.

RICE MYLK / OAT MYLK / SOY MYLK +1.00
you can order your drinks Iced or Hot

Latte Vegetale / Riso / Avena / Soia +1.00



Rhoeco Tea

6,-

high-quality herbal blends rooted in sustainable practices. Inspired by Greece's natural heritage, each product is crafted with organic, eco-friendly ingredients, respecting both nature and tradition. Enjoy a mindful, flavorful experience from farm to cup.

Miscela di erbe di alta qualità, radicate in pratiche sostenibili. Ispirato al patrimonio naturale della Grecia, ogni prodotto è realizzato con ingredienti biologici ed ecologici, rispettando sia la natura che la tradizione. Goditi un'esperienza consapevole e ricca di sapore, dal campo alla tazza.

AGROS

Tè di montagna, Calendula, Verbena limone, Melissa
Mountain tea, Calendula, Lemon verbena, Lemon balm

FOREST

Rosa canina, Salvia, Tè di Montagna, Issopo, Dittamo cretese, Malva, Finocchio
Rose hip, Sage, Mountain tea, Hyssop, Cretan dittany, Mallow, Fennel

SEA

Lemon balm, Tilia, Lavender, Chamomile
Melissa, Tiglio, Lavanda, Camomilla

CACAO HUSK

Pure, intense cacao flavour / Earthy aromas with a strong dark chocolate profile
Gusto puro e intenso di cacao, con profilo aromatico terroso e note di cioccolato fondente

HIBISCUS GREEN TEA

Hibiscus, Green tea, Carrot, Turmeric, Mint
Ibisco, Tè verde, Carota, Curcuma, Menta

Cocktails

15,-

WARM YOUR HEART

Vodka infuso all'ibisco e Pere / Prosecco / Miele

Vodka infused with Hibiscus & Pears / Prosecco / Honey

SIESTA

Mezcal infusa al Cacao e Cannella / Liquore al Caffè / Spremuta di Arancia

Cocoa and Cinnamon Infused Mezcal / Coffee Liqueur / Orange Juice

MATCHA MULE

Gin infused with Lime and Mint / Matcha / Ginger Beer

Gin infuso al Lime & Menta / Matcha / Ginger Beer

RICHIEDI IL TUO COCKTAIL INTERNAZIONALE PREFERITO

ASK FOR YOUR FAVE NTERNATIONAL COCKTAILS 12,-

Sip Slooow

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