

floret

NOURISHING THE MIND,
BODY & SOUL

AT PALAZZO SAN NICCOLÒ

SHARING IS CARING

GUACAMOLE 9

GF-VG-NF

Avocado / Pomodoro / Cipolotto / Lime / Nachos di Mais Blu
Avocado / Tomatoes / Spring Onion / Lime / Blue Corn Nachos



PATATE DOLCE 8

GF-NF-V

Patate Dolci con Maionese Sriracha
Sweet Potatoes w/ Sriracha Mayo

HALLOUMI 8

GF-NF-V

Formaggio Halloumi / Miele / Sesamo
Grilled Halloumi Cheese / Honey / Sesame

HUMMUS 9

NF-VG

Hummus / Olive Kalamata / Pita
Hummus / Kalamata Olives / Pita

SMARTFOOD.

THAI RED SALMON 22

NF-DF

Filetto di Salmone al Miso in crosta di Sesamo e Cocco / Riso Nero saltato in padella con Zenzero / Bok Choy / Sedano / Patate Dolci / Edamame e Curry Rosso Thai

Salmon Fillet in Miso mariande with Sesame & Coconut Crust / Black Rice stirfry with Ginger / Bok Choy / Celery / Sweet Potatoes / Edamame / Thai Red Curry

AMBER LEAVES 16

GF-LF

Zucca speziata / Quinoa / Radicchio / Spinaci / Rucola / Pere / Parmigiano Noci / Vinaigrette all'Acero

Autumnal spiced Pumpkin / Quinoa / Red Chicory / Spinach / Rucola / Pears
Parmesan / Walnuts / Maple Vinaigrette

PROTEIN TABBOULEH 18

NF

Hummus di Piselli & Menta / Tabbouleh con Melograno / Pollo speziato con Yogurt & Spezie Armene / Olive Kalamata / Pita

Pea-Mint Hummus / Pomegranate Tabbouleh / Armenian marinated Chicken
Kalamata Olives / Pita



ALWAYS A GOOD IDEA.

AVOCADO BREAD 13

Avocado. Lime. Erbe Fresche. Semi. Pane Integrale
Aggiungi: Uova in Camicia (2.5)|Halloumi (3)|Salsiccia BEYOND (5)

Avocado. Lime. Fresh Greens. Seeds. Sourdough Bread.
Add: Poached Eggs (2.5)|Halloumi Cheese (3) |BEYOND Sausage (5)

BRUNCH LOVER 18

NFV

Uova strapazzate / Salsiccia BEYOND / Zucca speziata / Avocado
Valeriana

Scrambled Eggs / BEYOND Sausage / Autumnal spiced Pumpkin
Avocado / Valeriana

HALLOUMI MUSHROOM BREAD 15

NF-V

Funghi, Cavolo Nero & Porro saltato con Salsa al Vino Bianco

Formaggio Halloumi / Melograno / Pane Integrale

Mushrooms, Kale & Leek in White Wine Sauce / Halloumi Cheese
Pomegranate / Sourdough Bread

PASTRAMI BURGER 18

NF

Pastrami / Emmentaler / Senape Dijon / Cavolo Rosso sauté / Seeded Bun

Pastrami / Swiss Cheese / Dijon Mustard / Sauteed Red Cabbage / Panino ai Semi

Abbiamo dolci ogni giorno, chiedete al nostro staff.

We have pastries & something sweet for you daily, ask our staff!

DOLCE.

GRANOLA BOWL 12

floret Granola / Yogurt Greco / Pere & Prugne alla Canella / Miele

floret Granola / Greek Yogurt / Cinnamon roasted Pears & Prunes / Honey

NF - nut free/senza noci, DF - dairy free/senza lattosio, VG - vegan,
V - vegetarian, GF - gluten-free/senza glutine

*A seconda della disponibilità, questo prodotto potrebbe essere scongelato.

Per allergie e intolleranze alimentari rivolgersi al nostro personale.

*Depending on availability, this product could be defrosted.

For allergies and food intolerances please refer to our staff.

2,50€ Coperto / Cover Charge

COLD-PRESSED JUICES.

250ml 6.00 | 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

SMOOTHIES.

BLUEBERRY GLOW 10

Mirtilli / Cacao / Avocado / Acqua di Cocco
Blueberries / Cacao / Avocado / Coconut Water

MANGO LASSI 8

Mango / Greek Yogurt / Honey
Mango / Yogurt Greco / Miele

LIMONATA 5

Menta / Lime / Miele / Acqua Frizzante
Mint / Lime / Honey / Sparkling Water

COCONUT WATER 7

Michelberger Fountain of Youth 520ml

SPREMUTA 5

Freshly squeezed Orange Juice

GALVANINA ICED TEA 4.5

Pesca o Limone
Peach or Lemon

GALVANINA COLA 4.5

Organic Cola

NOAM BEER 7

natural, unfiltered lager

ACQUA / WATER 3

BOUCHE ORGANIC KOMBUCHA 7

EARLY BIRD

Fermented Infusion of Sencha, Darjeeling Tea,
Bergamot Oil

HYBISKUS

Fermented infusion of Jasmine, Orange, Hibiscus
Blossom

LEMONDROP

Fermented Infusion of Sencha and Assam Tea



REFRESHMENTS.

SIP SLOOOOOW.

ESPRESSO 2.5

DOPPIO 4

AMERICANO 4

CAPPUCCINO 3.5

ICED COFFEE LATTE 3.5

SHAKERATO 4.5

MATCHA LATTE 5.5

PRANA CHAI LATTE 5.5

Sticky Chai con Tè nero, Spezie intere, Zenzero e Miele
Award-winning sticky chai blend with premium black tea,
whole spices, ginger & pure honey

KUSMI TEA SELECTION 4.5

LATTE DI RISO / AVENA O SOIA
RICE MYLK / OAT MYLK / SOY MYLK +1.00



BOOOOOZE.

BIANCO

SAUVIGNON 8 | 35

VERMENTINO 8 | 35

RIBOLLA GIALLA 8 | 35

BOLLICINE & ROSATO

PROSECCO 7 | 32

FRANCIACORTA | 45

ROSATO 8 | 35

ROSSO

SANGIOVESE 7 | 32

CILIEGIOLO 8 | 35

COCKTAILS 12

BLOODY MARY

MIMOSA

ESPRESSO MARTINI

***INTERNATIONAL COCKTAILS ON REQUEST 12**