



floret
NOURISHING MIND, BODY & SOUL



DON'T EAT LESS, EAT BETTER.

Our mission is to spread mindfulness, wellness, and help our tribe live consciously for the wellbeing of the planet. We want our carbon footprint to be as minimal as possible. Most of our offerings are certified organic and we work with local suppliers whenever possible.

sharing is caring.

GUACAMOLE 9,-

Blue Corn Nachos

VG, GF, NF

HUMMUS 9,-

Pita, Kalamata Olives

VG, NF

SWEET POTATOES 9,-

Sriracha Mayo or Tzatziki

VG, GF, NF

GRILLED HALLOUMI 6,-

Thyme & Chilli Honey, Sesame

V, NF, GF



specials.

WONDER WAFFLES 11,-

**Savoury Waffles, Avocado Cream, Mushrooms,
Harissa, Wilted Spinach, Pickled Onion**

DF, GF, NF

ADD:

Poached Eggs 2,-

Feta or VG Violife Feta 2,-

Grilled Halloumi 2.5,-

Asparagus 2,-

BEYOND vegan Sausage 5,-

smartfood.

AVOCADO BREAD 11,-

Avocado / Lime / Seeds

ADD:

Poached Eggs 2,-

Feta or VG Violife Feta 2,-

Grilled Halloumi 2.5,-

Asparagus 2,-

*florete Nut & Seed Bread 1.5

BEYOND BURGER 13,-

V, NF

BEYOND Patty / Cheddar / Pickled
Onion / Lettuce / Avocado Cream /
Sriracha Mayo

Plant Based, 20g Protein, Free of Soy, GMO &
gluten

BEYOND SAUSAGE PITA 14,-

NF, VG

BEYOND Sausage / Sweet Potatoes /
Avocado / Tomato / Zucchini / Pickled
Onion on Whole Wheat Pita

MISO SALMON 16,-

GF, DF, NF

Salmon filet in Miso and Seed
Crust / Fresh Market Greens /
Asparagus / Grilled Zucchini with
Dill / Peach / Blueberries / Mint

CHICKEN PITA 12,-

NF

Organic Chicken / Tzatziki / Fresh
Greens / Tomatoes / Kalamata
Olives on Whole Wheat Pita

Vegetarian Version: Grilled Halloumi

SUPERMOOD SALAD 14,-

VG, NF, GF

Farmers Market Greens / Rainbow
Tomatoes / Avocado / Sweet Potatoes /
Asparagus / Celery / Radish / Edamame
Spring Onion / Mixed Seeds /
Vinaigrette

LAND OF GOLD 12,-

V

Mediterranean Couscous / Zucchini
and Eggplant Caponata / Peaches /
Grilled Halloumi / Baby Leaf Salad /
Nut Mix

POKE BOWL 16,-

GF, DF

Raw Salmon / Wakame* / Edamame*
Sonomuno / Avocado / Radish /
Spicy Nut Mix / Black Rice



sweet but healthy.

GRANOLA BOWL 12,-

V, GF

Greek Yogurt / floret Granola / Cinnamon Plums

PEAR & CHOC WAFFLES 12,-

DF, GF, V

Earl Grey & Tonka infused Waffles / Dark Chocolate / Spiced Pears / Hazelnuts

BERRY & MAPLE WAFFLES 13,-

DF, GF, V

Earl Grey & Tonka infused Waffles / Fresh Berries / Maple / Coconut

CBD BERRY BROWNIES 6,-

VG, NF

Dark Chocolate / EXTRA VIRGO CBD Oil / Fresh Berries

BANANA BREAD 6,-

Peanut Butter & Chocolate

V, NF, GF

2 Slices / Made with Rice Flour / Sweetened with ripe Bananas and Maple Syrup

BANANA BREAD 5,-

V, NF, GF

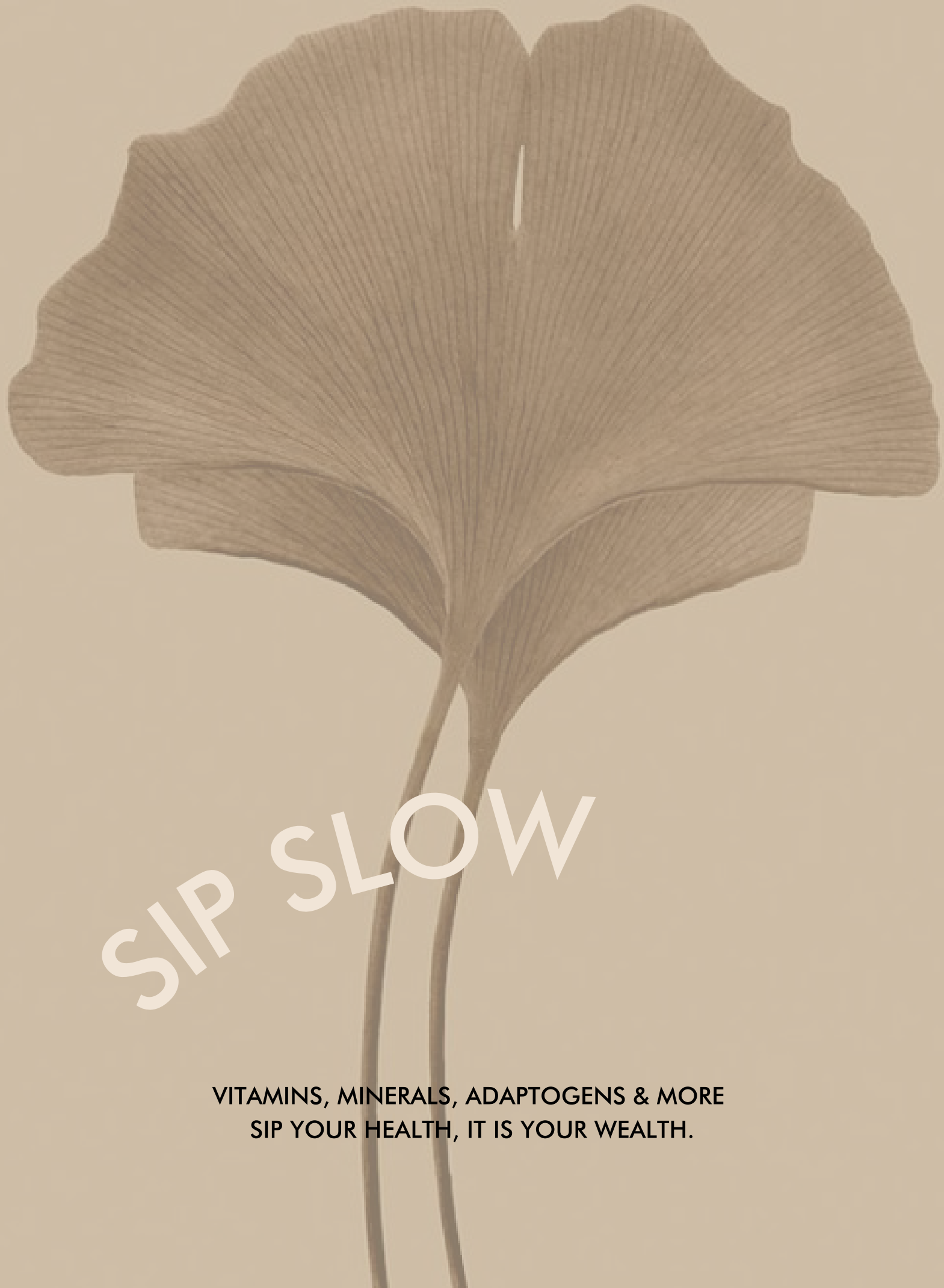
2 Slices / Made with Rice Flour / Sweetened with ripe Bananas and Maple Syrup

NF - nut free, DF - dairy free, VG - vegan, V - vegetarian,
GF - prepared without gluten but not suitable for celiac disease, LF - lactose free

*Depending on availability, this product could be defrosted.

*For allergies please refer to our staff.

*2,00€ Cover Charge



SIP SLOW

VITAMINS, MINERALS, ADAPTOGENS & MORE
SIP YOUR HEALTH, IT IS YOUR WEALTH.

cold-pressed juices.

250ml | 500 ml
5.50,- | 8.50,-

DETOX

pineapple / green apple / spinach / celery / cucumber

ENERGY

apple / lemon / ginger

VITAMINA

carrots / fennel / apple / fresh turmeric / black pepper

CLEANSE

celery

VITALITY SHOT 75ml

fresh turmeric / ginger / lemon / black pepper

smoothies.

BEAUTIFY 10,-

Organic Coconut Water / Berries* / 1/4 Avocado /
"The Beauty Chef" Glow Powder

NUTS FOR YOU 8,-

Peanut Butter / Maca / Banana / Cinnamon
Cacao Nibs / Oat Mylk

MANGO LASSI 8,-

Mango / Greek Yogurt / Lime

GREEN SPIRIT 8,-

Avocado / Banana / Spirulina / Menta / Spinach
Organic Coconut Water



refreshments.

floret LIMONATA 5,-

lime / mint / coconut sugar syrup / sparkling water

FENTIMANS ROSE LEMONADE 5,-

Botanically Brewed

FENTIMANS GINGER BEER 4.5,-

Botanically Brewed

GALVANINA COLA 4.5,-

GALVANINA ORGANIC ICED TEA 4.5,-

peach / lemon

MONO-TEE ICED TEA 4.5,-

SUGAR-FREE, ORGANIC & SUSTAINABLE

Lime-Mint | Orange-Hibiscus |

Green Tea & Ginger | Jasmine

NOAM BEER 7,-

100% natural, non-filtered, non-pasteurised, high in probiotics and great for your gut health



specialties.

HOT OR ICED? 4.5,-

CHAI TEA LATTE

Handmade and blended in Melbourne from all natural ingredients. 100% Australian quality honey blended with black tea and whole spices

MATCHA LATTE

antioxidant, boosts the metabolism, detoxifies, rich in vitamins

GOLDEN MILK

anti-inflammatory, boosts immunity, brain food

BEETROOT & ROSE LATTE

rose water, beetroot powder

Great for blood circulation, heart health and glowing skin

CACAO & MACA

Glowing Skin, High in Iron and Magnesium, Energising and great for you Immunity

VEGAN MYLK 0.50,-

Rice / Coconut / Oat



coffee.

ESPRESSO 2.5,-

DOPPIO 4.5,-

AMERICANO 3.5,-

CAPPUCINO 3.5,-

ICED COFFEE LATTE 3.5,-

vegan mylk 0.50,-

tea. 4.5,-

KUSMI TEA SELECTION

MINTY GINGER

ginger, mint, lemon



rhoeco herbal tea.

ORGANIC & SUSTAINABLE 4.5,-
LOOSE-LEAF HERBAL TEA

SEA

Melissa, Tilia, Lavender, Chamomile.
Soft and sweet flavor and subtle woody aftertaste.

LEMON VERBENA

Spring enriched with notes of
fresh lemon. Lively aftertaste with a soft and silky
finish.

SAGE

Complex and fresh aromas, with notes of
eucalyptus, green apple and candied fruit.

URBAN

Rosehip, Sage, Rosemary, Lemon Balm Thyme.

ARGOS

Mountain tea, Calendula, Verbena, Lemon balm,
Mint

FOREST

Rosehip, Sage, Mountain Tea, Hyssop, Cretan,
Mallow, Fennel



cocktails. 12,-

floret COLADA

Rum Bianco / Coconut Water / Banana / Ananas

G&TEA

Gin / Housemade Sage Syrup / Lemon / Tonic Water

MINT & CUCUMBER SMASH

Gin / Housemade Cucumber Syrup / Mint / Tonic Water

SPRITZ SUMMER

Housemade Raspberry Syrup / Campari / Vermouth / Prosecco



wine.

WHITE

VERNACCIA 7,- | 32,-
SAN GIMIGNANO, LA LASTRA

SAUVIGNON 8,- | 35,-
COLLIO

GRECHETTO 7,- | 32,-
COLLI MARTANI DI FILIPPO BIO

SPARKLING

PROSECCO 7,- | 32,-
LA TORDERA, EXTRA DRY

FRANCIACORTA | 45,-
TREVISO PERLAGO BIO

ROSÉ

STACCIONE ROSATO 7,- | 32,-
TENUTA MONTAUTO

RED

SANGIOVESE 7,- | 32,-
LE FILIGARE

CILIEGOLO 8,- | 35,-
MONTAUTO

