

ALL-DAY BREAKFAST*

YOGURT BOWL LA CE FG	6,90
yogurt greco, mirtilli, lamponi, banana, semi di chia, granola	
TOAST LA CE AS	5,30
pane bianco o integrale, prosciutto cotto, formaggio	
HUMMUS CE SS V	4,20
hummus fatto in casa, semi di sesamo, pane tostato	

OPEN TOAST*

Servito con pane tostato ai 4 cereali o segale	
AVOCADO TOAST CE V	6,30
avocado, semi di canapa	
AVOCADO TOAST WITH HUMMUS CE SS V	6,90
avocado, hummus fatto in casa, semi di canapa, paprika dolce	
AVOCADO TOAST WITH SMOKED SALMON PE FG CE SO SS	11,00
salmoncino affumicato, avocado, mela, mandorle tostate, spinacino, cavolo viola, dressing al mango	

DISPONIBILI ALTERNATIVE SENZA LATTOSIHOT & ICED DRINKS

ORZO	1,40	1,60
AMERICANO LA	1,60	
CAPPUCCINO LA	1,90	
CAFFÈ LATTE LA	2,60	
NEW MATCHA MINT LATTE LA	4,00	4,50
matcha, latte		
FRESH MINT & GINGER TEA	2,60	
menta fresca, zenzero fresco		
TEA	2,60	
english, verde, menta, bergamotto, finocchio		
FLOO FIGHTER	3,10	
menta fresca, limone, zenzero, pepe di cayenna, miele		
ICED AMERICANO LA	3,00	
espresso, miele, acqua, ghiaccio, latte		
ICED CAPPUCCINO LA	3,00	
cappuccino, miele, ghiaccio		
SOSTITUISCI COL DECAFFEINATO +0,30		

FROZEN YOGURT*

NATURAL LA	3,50
frozen yogurt al naturale	

FROZEN YOGURT*

NATURAL LA	3,50
frozen yogurt al naturale	
TOASTED ALMOND & SPICED HONEY LA FG	4,50
frozen yogurt con mandorle e miele speziato	
CACAO CRUNCH LA	4,50
frozen yogurt con riccioli di cacao, fragole, semi di chia e miele	

SMALL 350ML LARGE 500MLSMOOTHIES*

fragole, banana, frozen yogurt, succo di mela		
BERRY DAIRY LA	5,50	6,50
mirtilli, lamponi, fragole, banana, frozen yogurt, miele, latte		
GEM LA FG	5,50	6,50
banana, mandorle, frozen yogurt, latte, miele		
G-BREEZE ✓	6,00	7,00
mango, fragole, ananas, succo di mela, vitamina C (500mg), datteri		
PEANUT BUTTER BERRY AR FG ✓	6,00	7,00
burro di arachidi, mirtilli, banana, datteri, latte di mandorla, acqua		
NEW HAZELNUT MILK LA FG	6,00	7,00
banana, nocciole tostate, latte di cocco, datteri, cacao con xilitolo, granella di cacao, latte di mandorla, cacao nibs, frozen yogurt		

PROTEIN SMOOTHIES*

SMALL

LARGE

PROTEIN SMOOTHIES*

NATURE'S PROTEIN LA AR V	8,00	9,50
proteine vegetali, semi di canapa, miscela di spirulina, banana, ananas, latte di cocco, succo di mela		
PEANUT BUTTER BOMB LA AR	8,00	9,50
proteine, burro di arachidi, banana, cacao, yogurt intero, latte		
PLANT PEANUT BUTTER BOMB AR V	8,00	9,50
proteine vegetali, burro di arachidi, banana, cacao, latte d'avena, latte di cocco		
MOCHA PROTEIN LA	8,50	10,00
proteine, espresso, frozen yogurt, latte di cocco, cacao		

SUPERFOOD SMOOTHIES*

SUPERFOOD SMOOTHIES*

ananas, mango, spinacino, sedano, cetriolo, zenzero, succo di mela		
VITAMIN SEE 	7,00	8,00
mango, ananas, succo di arancia e carote, vitamina C (500mg)		
BRAIN BOOST   	7,00	8,00
mirtilli, banana, yogurt intero, granola, cacao, latte di mandorla, ashwaganda		
NEW MATCHA MINT 	7,00	8,00
matcha, ananas, banana, frozen yogurt, menta, miele, latte		
NEW CREATINE KICK	7,00	8,00
mango, fragole, latte di cocco, miele di agrumi, acqua di cocco, creatina		
SMALL 350ML LARGE 500ML RAW JUICES & SHOTS		
	SMALL	LARGE
ORANGE JUICE 	5,00	6,50

SMALL 350ML LARGE 500MLRAW JUICES & SHOTS

DAILY GREENS	5,00	6,50
mela, spinacino, cetriolo, sedano, semi di chia		
LEMON CUCUMBER COOLER SE 	6,90	8,40
cetriolo, limone, ananas, sedano, mela, menta		
FLOO JUICE 	7,00	8,50
arancia, carote, limone, zenzero, pepe di cayenna		
STRAWBERRY SUNRISE 	7,00	8,50
fragole, ananas, barbabietola, mela		
GINGER SHOT (25ML/50ML) 	3,00	4,00
FLOO SHOT (50ML)		4,00
zenzero, miele, limone, pepe di cayenna		

ALLERGENI

La nostra cucina utilizza ingredienti che contengono i seguenti allergeni: cereali con glutine, sedano, uova, pesce, crostacei, molluschi, latte, senape, arachidi, frutta a guscio, sesamo, soia, lupini, anidride solforosa e solfiti. Potrebbero accidentalmente entrare in contatto con il tuo piatto. Adottiamo rigorose pratiche di sicurezza alimentare per evitare ciò, ma esiste una piccola probabilità di entrare in contatto con questi allergeni. *** Può contenere ingredienti precedentemente congelati.**

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USA QUESTE ICONE PER SCEGLIERE IL PIATTO CHE SI ADATTA AI TUOI REQUISITI	CE CEREALI CON GLUTINE	UO UOVA	AR ARACHIDI	FG FRUTTA A GUSCIO	LA LATTE	SO SOIA	AS ANIDRIDE SOLFOROSA
	CR CROSTACEI	MO MOLLUSCHI	SE SEDANO	SP SENAPE	SS SESAMO	PE PESCE	LU LUPINI

GUIDA NUTRIZIONALE	🔥 PICCANTE	🌱 VEGANO
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ALL-DAY BREAKFAST*

YOGURT BOWL M GLU N	6,90
greek yoghurt, blueberries, raspberries, banana, chia seeds, granola	
TOAST M GLU SU	5,30
ham & cheese, served on white or wholewheat sourdough	
HUMMUS GLU S V	4,20
homemade hummus, sesame seeds, toasted sourdough	

OPEN TOAST*

Served with toasted four-cereal or rye bread	
AVOCADO TOAST GLU V	6,30
sliced avocado, hemp seeds	
AVOCADO TOAST WITH HUMMUS GLU S V	6,90
sliced avocado, homemade hummus, hemp seeds, sweet paprika	
AVOCADO TOAST WITH SMOKED SALMON F N GLU SO S	11,00
sliced avocado, smoked salmon, apple, toasted almonds, baby spinach, red cabbage, mango dressing	

FREE MILK ALTERNATIVES ALMOND/OAT/SOYHOT & ICED DRINKS

GINSENG	1,40	1,60
ORZO	1,40	1,60
AMERICANO M	1,60	
CAPPUCCINO M	1,90	
CAFFÈ LATTE M	2,60	
NEW MATCHA MINT LATTE M	4,00	4,50
matcha, mint, steamed milk		
FRESH MINT & GINGER TEA	2,60	
fresh mint & ginger tea		
TEA	2,60	
english, green, mint, bergamot, fennel		
FLOO FIGHTER	3,10	
mint tea, lemon, ginger, cayenne pepper, honey		
ICED AMERICANO M	3,00	
espresso, honey, water, ice, milk		
ICED CAPPUCCINO M	3,00	
espresso, honey, ice, milk, milk foam		
SWAP FOR DECAF +0,30		

FROZEN YOGHURT*

NATURAL M

3,50

FROZEN YOGHURT*

NATURAL M	3,50
plain frozen yoghurt	
TOASTED ALMOND & SPICED HONEY M N	4,50
almonds, citrus-spiced honey	
CACAO CRUNCH M	4,50
cacao nibs, strawberries, chia seeds, honey	

SMALL 350ML LARGE 500MLSMOOTHIES*

strawberries, banana, frozen yoghurt, pressed apple juice			
BERRY DAIRY	M	5,50	6,50
blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk			
GEM	M N	5,50	6,50
banana, almonds, frozen yoghurt, milk, honey			
G-BREEZE	V	6,00	7,00
mango, strawberries, pineapple, pressed apple juice, vitamin C (500mg), dates			
PEANUT BUTTER BERRY	P N V	6,00	7,00
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water			
NEW HAZELNUT MILK	M N	6,00	7,00
banana, roasted hazelnut, coconut milk, dates, cacao xylitol, cacao nibs, almond milk, frozen yoghurt			

PROTEIN SMOOTHIES*

PROTEIN SMOOTHIES*

	8,00	9,50
whey protein (grass-fed), dates, banana, almond nut butter, himalayan salt, purified water		
NATURE'S PROTEIN 	8,00	9,50
plant protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice		
PEANUT BUTTER BOMB  	8,00	9,50
whey protein (grass-fed), sugar-free peanut butter, banana, cacao, full cream yoghurt, milk		
PLANT PEANUT BUTTER BOMB  	8,00	9,50
plant protein, sugar-free peanut butter, banana, cacao, oat milk, coconut milk		
MOCHA PROTEIN 	8,50	10,00

SUPERFOOD SMOOTHIES*

	SMALL	LARGE
TROPICAL GREENS CE V	6,00	7,00
pineapple, mango, baby spinach, celery, cucumber, ginger, pressed apple juice		
VITAMIN SEE V	7,00	8,00
mango, pineapple, carrot & orange juice, vitamin C (500mg)		
BRAIN BOOST M N GLU	7,00	8,00
blueberries, banana, full cream yoghurt, granola, cacao, almond milk, ashwaganda		
NEW MATCHA MINT M	7,00	8,00
matcha, pineapple, banana, frozen yoghurt, fresh mint, honey, milk		
NEW CREATINE KICK	7,00	8,00
mango, strawberry, coconut milk, honey, coconut water, creatine		

SMALL 350ML LARGE 500MLRAW JUICES & SHOTS

ORANGE JUICE	5,00	6,50
HELPER	6,50	8,00
carrot, apple, pineapple, tumeric		
DAILY GREENS	6,50	8,00
apple, baby spinach, cucumber, celery, chia seeds		
LEMON CUCUMBER COOLER	6,90	8,40
cucumber, lemon, pineapple, celery, apple, mint		
FLOO JUICE	7,00	8,50
orange, carrot, lemon, ginger, cayenne pepper		
STRAWBERRY SUNRISE	7,00	8,50
strawberries, pineapple, beetroot, apple		
GINGER SHOT (25ML/50ML)	3,00	4,00
FLOO SHOT (50ML)		4,00
ginger, honey, lemon, cayenne pepper		

ALLERGENS	Our kitchen uses ingredients that contain the following allergens: cereals containing gluten, celery, eggs, fish, crustaceans, molluscs, milk, mustard, peanuts, tree nuts, sesame, soya, lupins and sulphur dioxide. These may accidentally come into contact with your meal. We adopt strict food safety practices to avoid this, but there is a small chance of coming into contact with these allergens. * May contain previously frozen ingredients.
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USE THESE ICONS TO HELP YOU CHOOSE MEAL ITEMS THAT FIT YOUR ALLERGEN REQUIREMENTS	GLU CEREALS WITH GLUTEN	E EGG	P PEANUTS	N TREE NUTS	M MILK	SO SOYA	SU SULPHUR DIOXIDE
	CR CRUSTACEANS	MO MOLLUSCS	CE CELERY & CELERIAC	MU MUSTARD	S SESAME	F FISH	LS LUPIN SEEDS & FLOUR

NUTRI KNOW-HOW	🔥 SPICY	🌱 VEGANO
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