

LA TECIA VEGANA

Vegan and organic cuisine

EST 2017

CALLE DEI SECCHI 2104, VENEZIA

IG @LATECIAVEGANA

WWW.LATECIAVEGANA.COM

MENU 2025

APPETIZER: single dish of tastings

Russian salad: almond mayonnaise, potatoes, peas, carrots, gherkins (**gluten free**) € 15,00

Pumpkin in saor: onions, pine nuts, raisins (**gluten free**)

Chickpea and cannellini beans hummus: cumin, garlic, lemon, tahini, extra virgin oil (**gluten-free**)

Nori seaweed rolls: sunflower seeds, almonds, sweet paprika, tamary, dates and ginger. (**gluten-free**)

Raw sandwich: sunflower seeds, dried tomatoes, courgette, apple, dates, garnished with salad, tomato, cucumber, sprouts, raw mayonnaise with cashews. (**gluten-free**)

Soup: Potato, leek and broccoli soup with soy cream (**gluten free**) € 11,00

FIRST DISHES

Pad Thai with rice noodles (without gluten)

With red and green cabbage, shiitake mushrooms, cabbage, carrots, zucchini, bell peppers, coconut milk, Garnished with peanuts. € 15,50

Lasagna alla Bolognese soy and seitan € 15,50

Ravioli (home made)

Black & white, filled with seitan and porcini mushrooms, Garnished with cashews. € 16,00

Potato gnocchi with pumpkin sauce and soy cream garnished with black sauce with coffee and cocoa substitute € 15,00

MAIN DISHES

Roast with Nebbiolo wine

Seitan , with sauce of mixed vegetables and spices . Garnished with fondant potatoes and seasonal vegetables € 16,50

Tempeh (gluten free)

Marinated tempeh served with tomato sauce and spicy peanut cream, over sweet potato puree and garnished with seasonal vegetables, sprouts and caramelized onions € 16,50

Omelette (without gluten)

Soy based, filled with mushrooms and vegan cheese, garnished with crudités and vegan Aioli sauce € 16,50

COVER CHARGE € 2,50

Roasted potatoes With herbs	€ 6,50
Big Salad: lettuce, cherry tomatoes, capers, Taggiasca olives, red onions, purple cabbage	€ 10,00

DESSERTS

Raw Cheesecake (without gluten) With blueberries , contains cashews, brazil nuts , soy lecithin	€ 6,50
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Vegan “Tiramisù” (without gluten) With almond and soy cream, ladyfingers (homemade), cocoa, coffee and organic Amber Selection Rum.	€ 6,50
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Cake of the day	€ 6,00/ 6,50
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Chocolate & Hazelnut bomb.(without gluten) each	€ 2,00
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COVER CHARGE € 2,50

ALWAYS NOTIFY US

IN CASE OF INTOLERANCE OR ALLERGIES

PLEASE DO NOT BRING EAT OR DRINKS FROM OUTSIDE IN OUR RESTAURANTS FOR ETHICAL AND SAFETY REASON –

YOU CAN FIND THE COMPLETE LIST OF ALLERGENS HERE:

PURSUANT TO EU REGULATION 1169/11

