

LA TECIA VEGANA

Vegan and organic cuisine

EST 2017

CALLE DEI SECCHI 2104, VENEZIA

IG @LATECIAVEGANA

WWW.LATECIAVEGANA.COM

MENU 2024

APPETIZER: single dish of tastings

Russian salad: almond mayonnaise, potatoes, peas, carrots, gherkins (**gluten free**) € 14,00

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

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

Raw balls: sunflower seeds, chili pepper, yeast flakes, tamary, carrots, garlic, onions, pepper, parsley (**gluten free**)

SOUP: cream of courgettes and potatoes with a mix of fried vegetables and caramelized red onions (**gluten free**) € 11,00

FIRST DISHES

Pad Thai with rice noodles (without gluten) € 16,00
With red cabbage, shiitake mushrooms, cabbage, carrots, zucchini, bell peppers, coconut milk, Garnished with peanuts.

Lasagna alla Bolognese soy and seitan € 15,50

Ravioli (home made) € 16,00
Black & white, filled with seitan and porcini mushrooms, Garnished with cashews.

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 € 18,00
Seitan , with sauce of mixed vegetables and spices . Garnished with fondant potatoes

Potato and radicchio gateau (gluten-free) € 17,00
With radicchio, vegan cheeses and tempeh.

Omelette (without gluten) € 16,00
Homemade from soy, filled with mushrooms and vegan cheese

No fish (without gluten) € 17,00
Soy, nori seaweed with chickpea flour batter. Garnished with green salad dressing and sautéed escarole with raisins, garlic, olives, capers, chilli and pine nuts.

COVER CHARGE € 2,00

SIDE DISHES (ALL WITHOUT GLUTEN)

Mix salad	€ 5,00
Sautéed Chicory	€ 6,50
With garlic, chilli and sun-dried tomatoes	
Roasted potatoes	€ 6,50
With herbs	

DESSERTS

Raw Cheesecake (without gluten)	€ 6,50
With blueberries , contains cashews, brazil nuts , soy lecithin	
Tiramisù	€ 6,80
Completely homemade with, spelt rusks and almond and soy cream. Coffee and Rum Amber Selection organic	
Cake of the day	€ 6,00/ 6,50
Chocolate & Hazelnut bomb.(without gluten) each	€ 2,00

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

