

# LA TECIA VEGANA

Vegan and organic cuisine

EST 2017

Summer 2024

CALLE DEI SECCHI 2104, VENEZIA

IG @LATECIAVEGANA

[WWW.LATECIAVEGANA.COM](http://WWW.LATECIAVEGANA.COM)

COVER CHARGE € 2,00  
NO TAKEAWAY

## SUMMER MENU 2024

### SERVED AT NOON OF TECIA VEGANA

#### APPETIZERS

<b><u>Russian salad:</u></b> almond mayonnaise, potatoes, peas, carrots, gherkins ( <b>gluten free</b> )	€ 7,00
<b><u>Eggplant in saor:</u></b> onions, pine nuts, raisins ( <b>gluten free</b> )	€ 7,00
<b><u>Chickpea and cannellini beans hummus:</u></b> cumin, garlic, lemon tahini, extra virgin olive oil ( <b>gluten-free</b> )	€ 7,00
<b><u>Big Salad :</u></b> green beans, raw “ feta” , avocado, carrots, bell peppers, misticanza salad, fermented red cabbage ( <b>gluten free</b> )	€ 11,00

#### FIRST DISHES

<b><u>Ravioli:</u></b> (home made)white and black filled with seitan and porcini mushrooms. cashew garnish	€ 15,50
<b><u>Lasagna</u></b> with red soy sauce	€ 15,00
<b><u>Pad Thai:</u></b> with green beans, shiitake mushrooms, cabbage, carrots, courgettes, peppers, coconut milk. Garnished with peanuts ( <b>gluten-free</b> )	€ 15,00
<b><u>Bigoli in sauce:</u></b> spaghetti (home made) with seaweed sauce, onions, tamary, capers	€ 15,00

#### MAIN DISHES

<b><u>Stuffed omelette:</u></b> soy-based with mushrooms and vegan cheese (gluten-free)	€ 16,50
<b><u>Eggplant parmigiana:</u></b> with red sauce and vegan cheese (gluten-free)	€ 15,50

#### DESSERTS

<b><u>Spoon dessert from Tecia Vegana:</u></b> with almond and soy cream, ladyfingers, coffee, Mirin (gluten-free)	€ 6,50
<b><u>Raw blueberry cheesecake:</u></b> contains cashews, Brazil nuts and soy (gluten-free)	€ 6,50

Always inform us in case of allergies or intolerances

Please do not bring outside food or drinks into the restaurant for ethical and food safety reasons

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## DINNER MENU

### STARTERS PLATE (WITHOUT GLUTEN)

Eggplant in Saor, raw vegan cashew cheese, raw non-meatballs from sunflower seeds, with chilli, Russian salad with mayonnaise (almonds), hummus with zucchini and almonds , chickpea and cannellini beans hummus € 15,00

### FIRST DISHES

#### Pad Thai with rice noodles (without gluten)

With green beans, shiitake mushrooms, calc, carrots, zucchini, bell peppers, Coconut milk, Garnished with peanuts. € 15,00

#### Lasagna alla Bologese (soy)

€ 15,00

#### Ravioli (home made)

Black & white, filled with seitan and porcini mushrooms, Garnished with cashews. € 15,50

#### Potatoes' Gnocchi (Home made)

With tomato sauce € 15,00

### MAIN DISHES

#### Tempeh (without gluten)

With tomato and peanut sauce, with onions and garlic. Crudit  and basmati rice € 16,00

#### Roast with Nebbiolo wine

Seitan , mixed vegetables and spices . Garnished with fondant potatoes € 17,00

#### Burger

Based on lentil mixed vegetables, soy, garnished with tomato and salad, caramelized onions, vegan cheese . Gluten free sandwich on request, € 16,50

#### Omelette (without gluten)

Homemade from soy, filled with mushrooms and vegan cheese € 16,50

### SIDE DISHES (ALL WITHOUT GLUTEN)

#### Green beans sauteed

With cherry tomatoes, onion and ginger € 6,50

#### Saut ed Chicory

With garlic, chilli and sun-dried tomatoes € 6,50

#### Roasted potatoes

With herbs € 6,50

### DESSERTS

#### Raw Cheesecake (without gluten)

With blueberries € 6,50

#### Tiramis  (without gluten)

Completely homemade with ladyfingers (home made)and mascarpone from soy € 6,50

#### Three layered hazelnut & chocolate cake

Garnished with strawberries € 6,50

#### Chocolate & Hazelnut bombs each (without gluten)

€ 2,00

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RESTAURANTS FOR ETHICAL AND SAFETY REASON –

YOU CAN FIND THE COMPLETE LIST OF ALLERGENS HERE:

PURSUANT TO EU REGULATION 1169/11



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