LA TECIA VEGANA

Vegan and organic cuisine

EST 2017

CALLE DEI SECCHI 2104, VENEZIA

IG @LATECIAVEGANA

WWW.LATECIAVEGANA.COM

MENU 2025

APPETIZER

Russian salad: almond mayonnaise, potatoes, peas, carrots, gherkins **(gluten-free)**	€ 8,00
Punpkin in saor: onions, pine nuts, raisins, red berries **(gluten free)**	€ 8,00
Chickpea hummus: cumin, garlic, lemon tahini, extra virgin olive oil **(gluten-free)**	€ 8.00

Tris option € 18,00

CAESAR SALAD: Romaine lettuce, vegan cheese, vegan chicken strips, lemon, mustard, oil, salt, pepper, Worcestershire sauce. **(gluten-free)**	€ 13,00
CABBAGE SOUP: black cabbage, green cabbage, chard, zucchini, carrots, peeled tomatoes, cannellini beans, extra virgin olive oil, salt, pepper, and garlic. **(gluten-free)** Garnished with toasted bread upon request.	€ 14,00

FIRST DISHES

Pad Thai with rice noodles (gluten free) With green cabbage, shiitake mushrooms, cabbage, carrots, zucchini, bell peppers, coconut milk, Garnished with peanuts.	€ 15,50
Lasagna with red seitan ragù contains white wine:	€ 15,50
Ravioli (home made) Black & white, filled with seitan and porcini mushrooms, Garnished with cashews, contains white wine	€ 16,00

MAIN DISHES

Roast with Nebbiolo wine Seitan , with sauce of mixed vegetables and spices . Garnished with fondant potatoes and seasonal vegetables	€ 17,00
Omelette (gluten free) Velvety tofu based, filled with mushrooms and vegan cheese, garnished with crudités.	€ 17,00
Tempeh (gluten-free) Marinated tempeh served with tomato salsa and spicy peanut butter, on green snow peas and garnished with seasonal vegetables, sprouts, and caramelized onions.	€ 17,00

COVER CHARGE € 2,50

Roasted potatoes with herbs **(without gluten)** € 6,00
Sautéed green herbs **(without gluten)** € 6,00

DESSERTS

Raw Cheesecake **(without gluten)** € 6,50
With blueberries , almonds , dates, soy lecithin

Vegan "Tiramisù" € 6,50
With almond and soy cream, spelt rusks, cocoa, coffee and organic Amber Selection Rum.

Cake of the day € 6,50

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