

LA TECIA VEGANA

Vegan and organic cuisine

EST 2017

CALLE DEI SECCHI 2104, VENEZIA

IG @LATECIAVEGANA

WWW.LATECIAVEGNA.COM

MENU 2026

APPETIZER

Russian salad: almond mayonnaise, potatoes, peas, carrots, gherkins (gluten-free)	€ 9,00
Eggplant in saor: onions, pine nuts, raisins, red pepper (gluten-free)	€ 9,00
Chickpea hummus: cumin, garlic, lemon, tahin, extra virgin olive oil (gluten-free)	€ 9,00
Raw spaghetti-shaped zucchini: avocado, lemon, extra virgin olive oil, garnished with sun-dried tomatoes (gluten-free)	€ 11,00
Panzanella: bread, spring onion, tomatoes, taggiasca olive, capers, cucumbers, basil	€10,00
Gazpacho cold soup: tomatoes, red and green peppers, red onion, cucumbers, extra virgin olive oil, apple cider vinegar (gluten-free) - croutons upon request	€10,00

FIRST DISHES

Pad Thai with rice noodles (gluten-free) With green cabbage, shiitake mushrooms, cabbage, carrots, zucchini, bell peppers, coconut milk, garnished with peanuts.	€ 16,50
Lasagna with red seitan ragù With soy bechamel sauce.	€ 16,50
Ravioli (home made) Black & white, filled with seitan and porcini mushrooms, garnished with cashews, contains white wine.	€ 17,50

MAIN DISHES

Roast with Nebbiolo wine Seitan, with sauce of mixed vegetables and spices, garnished with potatoes and seasonal vegetables.	€ 17,50
Omelette (gluten-free) Velvety tofu based, filled with mushrooms and vegan cheese, garnished with crudité and gratinated potatoes.	€ 17,50
Eggplant Parmigiana (gluten-free) Onion, tomato puree, grated vegan cheese, extra virgin olive oil.	€ 17,50

COVER CHARGE € 2,50

SIDE DISHES

Roasted potatoes With herbs (gluten-free)	€ 6,00
Mixed salad (gluten-free)	€ 6,00

DESSERTS

Raw Cheesecake (gluten-free) With blueberries, almonds, dates, soy lecithin.	€ 7,00
Vegan “Tiramisù” With almond and soy cream, spelt rusks, cocoa, coffee and organic Amber Selection Rum.	€ 7,00
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

