

# LA TECIA VEGANA

Vegan and organic cuisine

EST 2017

CALLE DEI SECCHI 2104, VENEZIA

IG @LATECIAVEGANA

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

## MENU 2026

### APPETIZER

<b>Russian salad:</b> almond mayonnaise, potatoes, peas, carrots, gherkins ( <b>gluten-free</b> )	€ 8,00
<b>Pumpkin in saor:</b> onions, pine nuts, raisins, red pepper ( <b>gluten free</b> )	€ 8,00
<b>Chickpea hummus:</b> cumin, garlic, lemon, tahin , extra virgin olive oil ( <b>gluten-free</b> )	€ 8,00
<b>Sea cream:</b> soy, tamary, wakame seaweed, coconut oil, garlic, lemon, parsley ( <b>gluten-free</b> )	€ 8,00
<b>Tris option</b> € 18,00	<b>Quater option</b> € 24,00

### FIRST DISHES

#### **Pad Thai with rice noodles ( gluten free)**

With green cabbage, shiitake mushrooms, cabbage, carrots, zucchini, bell peppers, coconut milk, Garnished with peanuts. € 16,00

**Lasagna with red seitan ragù contains white wine:** € 16,00

#### **Ravioli (home made)**

Black & white, filled with seitan and porcini mushrooms, Garnished with cashews, contains white wine € 17,00

### 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 crudité and gratinated potatoes. € 17,00

#### **Eggplant Parmigiana (gluten-free)**

Onion, tomato puree, grated vegan cheese, extra virgin olive oil € 17,00

COVER CHARGE € 2,50

<b>Roasted potatoes</b> with herbs (without gluten)	€ 5,00
<b>Natural chicory</b> (without gluten)	€ 5,00
<b>Mixed salad</b> (without gluten)	€ 5,00

## DESSERTS

<b>Raw Cheesecake</b> (without gluten)	€ 6,50
With blueberries , almonds , dates, soy lecithin	
<b>Vegan “Tiramisù”</b>	€ 6,50
With almond and soy cream, spelt rusks, cocoa, coffee and organic Amber Selection Rum.	
<b>Cake of the day</b>	€ 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

