LA TECIA VEGANA

Vegan and organic cuisine

EST 2017

CALLE DEI SECCHI 2104, VENICE

IG @LATECIAVEGANA

WWW.LATECIAVEGANA.COM

MENU 2026

APPETIZER

Russian salad: almond mayonnaise, potatoes, peas, carrots, gherkins **(gluten-free)**	€ 9,00
Pumpkin 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
"Sea" cream: soy, tamary, wakame seaweed, coconut oil, garlic, lemon, parsley, cashews **(gluten free)**	€ 9,00

FIRST DISHES

Pad Thai with rice noodles (gluten-free) — € 16,50
With green cabbage, shiitake mushrooms, cabbage, carrots, zucchini, bell peppers, coconut milk, garnished with peanuts.

Lasagna with red seitan ragù — € 16,50
With soy bechamel sauce.

Ravioli (home made) — € 17,50
Black & white, filled with seitan and porcini mushrooms, garnished with cashews, contains white wine.

MAIN DISHES

Omelette (gluten free) — € 17,50
Velvety tofu based, filled with mushrooms and vegan cheese, garnished with potatoes.

Roast with Nebbiolo wine — € 17,50
Seitan with sauce of mixed vegetables and spices, garnished with potatoes and vegetables.

Tempeh in sauce (gluten free) — € 17,50
With tomatoes, peanut butter, carrots, onions, garlic, chili, tamary, salt, garnished with vegetables. With basmati rice on demand.

Cover charge € 2,50

SIDE DISHES

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

Mixed salad With cherry tomatoes and julienne carrots **(gluten-free)** € 6,00

Calabrian-style chicory With chili, garlic and dried tomatoes **(gluen free)** € 6,00

DESSERTS

Raw Cheesecake (gluten-free)
With blueberries, almonds, dates, soy lecithin. € 7,00

Vegan "Tiramisu"
With almond and soy cream, spelt rusks, cocoa, coffee and organic Amber Selection Rum. € 7,00

Cake of the day € 7,00

Cover charge € 2,50

ALWAYS NOTIFY US

IN CASE OF INTOLERANCE OR ALLERGIES

PLEASE DO NOT BRING FOOD OR DRINKS FROM OUTSIDE IN OUR RESTAURANTS

FOR ETHICAL AND SAFETY REASON –

YOU CAN FIND THE COMPLETE LIST OF ALLERGENS HERE:

PURSU news&menù N 1169/11

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