

Organic Cuisine Food Miles Sustainable

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“Tapas”

COCA BREAD WITH TOMATO, OIL AND SALT	3 €
IBERIAN HAM WITH COCA BREAD	7 €
VEGAN MALLORCAN SAUSAGE (SOBRASADA) WITH COCA BREAD Dried tomato, almonds, spices, garlic and papadum	6 €
“BRAVAS POTATOES” Potatoes, alioli and brava sauce	5 €
HAM CROQUETTES (5 un.)	4 €
MUSHROOMS CROQUETTES (5 un.)	4 €
FUET (SPICY SAUSAGE) TARTAR WITH TOAST Tender onion, tomato concasse, ciboulette and papadum	6 €
RUSSIAN SALAD Potato, carrot, peas, beans, hard-boiled egg, mayonnaise, tuna, salmon eggs and toasted bread	5 €
OMELETTE “RARE DONE” Potato, onion confit and black truffle	7 €

Market Salads

GRATED GOAT CHEESE SALAD Salad greens, celery, green apple, cherry tomato, nuts and honey vinaigrette	11 €
WARM PRAWNS SALAD Salad greens, kale, pomegranate, violet potato, beetroot, avocado, sesame seeds and miso vinaigrette	12 €
CESAR TIASANTA Kale, lettuce hearts, chicken, cured cheese and vegan dressing	10 €
TIASANTA SALAD Venere rice, nile lentils, strawberries, beets, kale, chia, walnuts and avocado and fine herbs	13 €

Starters

ANDALUSIAN GAZPACHO Tomato, cucumber, onion, pepper, garlic and olive oil	7 €
SEA BASS CEVICHE TIASANTA Tiger's milk, “ají”, coriander and red onion	11 €
AVOCADO HUMMUS Tomato concasse, tahini, Figueres onion, crudités, papadum and Perrins sauce	10 €
VEGETABLES TEMPURA Tentsuye sauce and soy	10 €

RISOTTO TIASANTA Mushrooms, crayfish and chives	16 €
DUCK CANNELLONI Duck confit, mushrooms béchamel and cured cheese	11 €
RICOTTA RAVIOLI Confit pear and butter noisette with sage	10 €
VEGGIE LASAGNA Zucchini, aubergine, tomato, mozzarella and basil	12 €

For vegans - For everyone

VEGETABLES WOK Tofu and seasonal vegetables	10 €
SEITAN TATAKI Shimejis, Chinese cabbage and black garlic emulsion	12 €
ASSORTED CATALAN GRILLED VEGETABLES Seasonal vegetables with romesco sauce	11 €
VEGGIE HAMBURGER Spirulina bread, avocado, millet, tomato, lettuce, onion, vegan mayonnaise, homemade ketchup, roasted sweet potato and yogurt sauce	13 €

Meats and Fish

FREE-RANGE CHICKEN WOK Seasonal vegetables, coriander	12 €
SHRIMP WOK Rice noodles, “katsuobushi”, bean sprouts, asparagus, celery, mangetout, coriander and peanuts	12 €
ORGANIC HAMBURGER Muffin bread with sesame seeds, organic veal, tomato, lettuce, onion confit, cheese, vegan mayonnaise, homemade ketchup, roasted sweet potato and yogurt sauce	13 €
ENTRECÔTE 400 GRS Tender onion and avocado emulsion	22 €
GRILLED OCTOPUS LEG TIASANTA STYLE Potato creamy purée, kimchi and kalamata emulsion	18 €
SALMON TATAKI Apple compote, pine seeds and aceto di Modena	18 €
BLUE FINN TUNA TARTAR Green apple, avocado, codium seaweed, small radishes, trout eggs and seaweed bread	18 €
TUNA OR SALMON SASHIMI (OR COMBINED)	18 €

Slightly spicy.

Vegetarian dishes Vegan dishes

Vegetarian dishes that can be adapted for vegans

If you are celiac disease or suffer some food intolerance it is important to inform the waiter.

Allergen dishes are indicated by the following colors:

Crustaceans Dairy Egg Gluten Nuts Mustard Celery Soy

★ Dishes with additional 3 euros surcharge in work days lunch set menu.