

# Organic Cuisine Food Miles Sustainable

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Tiasanta

## Starters and for sharing

COCA BREAD WITH TOMATO, OIL AND SALT	3 €
"BRAVAS POTATOES" Smoked potatoes, alioli and brava sauce	5 €
BLACK TIGER PRAWNS Panko, Tentsuye and XO sauces	7 €
CATALAN GYOZAS Gyozas stuffed with baked free-range chicken and emulsion of its juice	6 €
FUET (SPICY SAUSAGE) TARTAR WITH TOAST Tender onion, tomato concasse, ciboulette and papadum	6 €
TOMATO SOUP Cherry tomatoes, tofu, coriander and red onion	9 €
AVOCADO HUMMUS Tomato concasse, tahini, Figueres onion, crudités and Perrins sauce	9 €
SEASONAL VEGETABLES TEMPURA AND DIPS Tentsuye sauce and XO	10 €
SEABASS CEVICHE TIASANTA Tiger's milk, "ají", coriander, red onion and passion fruit	11 €
GRILLED SCALLOPS Toasted cauliflowers, seasonal mushrooms, salicornia, codium tempura and amaranth popcorn	14 €
LOBSTER "PAELLA" Lobster, bimi, candied leeks and Japanese sweet onions (Min. 2 people)	17 €
AUTUMN RISOTTO Truffle and black chanterelles	16 €
LASAGNA FROM OLD COW Wonton pasta, tomato and lime kéfir jams, sour and spicy cherry tomatoes and cardamom béchamel	12 €
ROAST DUCK RAVIOLI Pear confit and "noisette" butter with sage	11 €
GRILLED OCTOPUS LEG TIASANTA STYLE Creamy potato, kimchi and kalamata olive emulsion	18 €
PERUVIAN LAYER POTATO DISH Seasoned potato cream, smoked eel, kabayaki, quinoa, huancaína sauce with kimchi and "cancha"	12 €
OMELETTE "RARE DONE" Potato, onion confit and black truffle	7 €

## Market Salads

THE GREENS Green asparagus, mangetout, beans, avocado, fennel and green pesto	9 €
TRUFFLED STRACCIATELLA Stracciatella, seasonal fruits and macadamia nuts	11 €
ARRUGULA AND ACORN DUCK HAM Lamb's lettuce, macadamia nuts, cured cheese and seasonal fruit	10 €

CESAR TIASANTA Kale, lettuce hearts, chicken, cured cheese and vegan dressing	10 €
LOBSTER SALAD Organic lettuces, kale, pomegranate, violet potato, beetroot, avocado, sesame seeds and miso vinaigrette	12 €
SEAWEED SALAD Seaweed mix and marinated salmon	13 €
"POKE" BOWL TIASANTA Spicy salmon, quinoa trio, edamame, avocado and wakame	11 €
TIASANTA Venere rice, Nile lentils, strawberries, beets, kale, chia, walnuts and avocado and fine herbs	13 €

## For vegans - For everyone

TOFU WOK Seasonal vegetables and coriander	10 €
SAUTEED SEASONAL MUSHROOMS Seasonal mushrooms, poached egg and truffle	15 €
ASSORTED CATALAN GRILLED VEGETABLES Seasonal vegetables	11 €
SEITAN TATAKI Shimejis, pak choi and black garlic sauce	12 €
VEGGIE ORGANIC HAMBURGER Spirulina bread, quinoa, millet, avocado, tomato, lettuce, onion, roasted sweet potato wedges, vegan mayonnaise, homemade vegan ketchup and yogurt sauce.	13 €

## Meats and Fish

FREE-RANGE CHICKEN WOK Seasonal vegetables, coriander	12 €
SHRIMP WOK Rice noodles, "kotsuobushi", bean sprouts, asparagus, celery, mangetout, coriander and peanuts	12 €
ORGANIC HAMBURGER Black beer bread, organic veal, tomato, lettuce, onion confit, cheese, roasted sweet potato, vegan mayonnaise, homemade ketchup and yogurt sauce	13 €
GLAZED IBERIAN PORK TENDERLOIN Topinambur cream, Brussels sprouts and black chanterelles	15 €
ORGANIC CRISPY LAMB SHOULDER Persimmons and glazed onions	19 €
ORGANIC ENTRECÔTE 400 GRS. Smoked potato	22 €
SEABASS "SUQUET" WITH A THAI TOUCH A Catalan classic (fresh boiled seabass) with a Thai touch	20 €
BLUE FINN TUNA TARTAR Green apple, avocado, codium seaweed, salicornia, radishes, trout eggs, crispy seaweed and its seaweed bread	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.