

Organic Cuisine Food Miles Sustainable

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Starters and for sharing

COCA BREAD WITH TOMATO, OIL AND SALT	3 €
"BRAVAS POTATOES" Potatoes, alioli and brava sauce	5 €
IBERIAN HAM CROQUETTES (5 un.)	4 €
MUSHROOMS CROQUETTES (5 un.)	4 €
ANDALUSIAN GAZPACHO Tomato, cucumber, onion, garlic, bread and olive oil	7 €
FUET (SPICY SAUSAGE) TARTAR WITH TOAST Tender onion, tomato concasse, ciboulette and papadum	6 €
AVOCADO HUMMUS Tomato concasse, tahini, Figueres onion, crudités, papadum and Perrins sauce	9 €
SEASONAL VEGETABLES TEMPURA AND DIPS Tentsuye sauce and XO	10 €
COLD PRAWN CANNELONE Onion crunch, prawn, courgette, mesclun and miso sauce	13 €
SEA BASS CEVICHE TIASANTA Tiger's milk, "ají", coriander, red onion and passion fruit	11 €
GRILLED SCALLOPS TIASANTA STYLE Toasted cauliflower purée and candied artichokes	15 €
BLACK RICE "PAELLA" TIASANTA STYLE "Illa de Riu" rice, low temperature small octopus, algae, mangetout peas and alioli from marine plankton	16 €
RISOTTO TIASANTA Truffle, chives and black chanterelles	16 €
VEGGIE LASAGNA Zucchini, aubergine, tomato, mozzarella and basil	12 €
ROAST DUCK RAVIOLI Pear confit and "noisette" butter with sage	11 €
OMELETTE "RARE DONE" Potato, onion confit and black truffle	7 €

Market Salads

THE GREENS Green asparagus, mangetout, beans, avocado, fennel and green pesto	9 €
GRATED GOAT CHEESE SALAD Lettuce hearts, sunflower seeds, cherry tomatoes and dried fruits vinaigrette	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 €
SPINACH SALAD Feta cheese, candied artichokes, pomegranate, candied pumpkin, sunflower seeds and passion fruit vinaigrette	12 €
"POKE" BOWL TIASANTA Spicy tuna, quinoa, edamame, wakame and avocado	11 €
TIASANTA SALAD Venere rice, nile lentils, strawberries, beets, kale, chia, walnuts and avocado and fine herbs	13 €

For vegans - For everyone

SEASONAL VEGETABLES WOK Quinoa and seasonal vegetables	10 €
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, "katsuobushi", bean sprouts, asparagus, celery, mangetout, coriander and peanuts	12 €
ORGANIC HAMBURGER Muffin bread with sesame seeds, organic veal, tomato, lettuce, onion confit, cheese, roasted sweet potato, vegan mayonnaise, homemade ketchup and yogurt sauce	13 €
GLAZED IBERIAN PORK TENDERLOIN Apple purée, glazed carrots and raspberry sauce	15 €
ORGANIC ENTRECÔTE 400 GRS Potato with avocado emulsion	22 €
GRILLED OCTOPUS LEG TIASANTA STYLE Toasted cauliflower purée and candied artichokes	18 €
BAKED SALMON TIASANTA Cabbage with kimchi and ratte potatoes	18 €
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.