

# Organic Cuisine Food Miles Sustainable

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Tiasanta  
WINTER MENU

## Starters and for sharing

COCA BREAD WITH TOMATO, OIL AND SALT	3 €
"BRAVAS POTATOES" Smoked potatoes, alioli and brava sauce	5 €
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, red onion, papadum and crutomat	9 €
AVOCADO HUMMUS Tomato concasse, tahini, Figueres onion, crudités, papadum and Perrins sauce	9 €
SEASONAL VEGETABLES TEMPURA AND DIPS Tentsuye sauce and XO	10 €
CATALAN GRILLED GREEN PEAS Red lobster and poached egg	13 €
SEA BASS CEVICHE TIASANTA Tiger's milk, "ají", coriander, red onion and passion fruit	11 €
GRILLED SCALLOPS TIASANTA STYLE Black chanterelles purée, artichokes and green peas	14 €
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 €
CAPRESE BURRATA Tomatoes and basil	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 €
BLUE FINN TUNA TATAKI SALAD Mixed leaf salad, tomatoes and sweet onions	12 €

SPINACH SALAD Feta cheese, candied artichokes, pomegranate, candied pumpkin, sunflower seeds and passion fruit vinaigrette	12 €
"POKE" BOWL TIASANTA Spicy salmon, quinoa trio, edamame, avocado and wakame	11 €
TIASANTA SALAD 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 €
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, "katsubushi", 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 Topinambur cream, Brussels sprouts and black chanterelles	15 €
ORGANIC LAMB SHOULDER Soft potato and citrus cream	19 €
ORGANIC ENTRECÔTE 400 GRS Smoked potato with avocado emulsion	22 €
GRILLED OCTOPUS LEG TIASANTA STYLE Creamy potato, kimchi and kalamata olive emulsion	18 €
GRILLED SEA BASS Pumpkin cream in saffron and vanilla, dice from candied pumpkin and sunflower seeds	20 €
BLUE FINN TUNA TARTAR Green apple, avocado, codium seaweed, salicornia, radishes, trout eggs, crispy seaweed and its seaweed bread	18 €

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.

🕒 Express dishes in case you have little time at noon. Mke sure to tell the waiter.

🌶️ Slightly spicy.

🌿 Vegetarian dishes 🌱 Vegan dishes

🌿🌿 Vegetarian dishes that can be adapted for vegans