Lovietnomito®

TASTING

MENUS

,90€ MEAT **/EGAN** person LOVERS -ESE includes 5 starters includes 5 starters 0 Starters **GOI CUONS** SUMMER ROLLS are coming Fresh Prown Rolls with Fresh Rolls with Mango **Rice Noodles** and Vegetables **NEM RANS BBQ CAULIFLOWERS** EDAMAMES **EDAMAMES GA KHO GOI XOAI GOI XOAI** YUCCA Caramelized Mango Salad Mango Salad Cassava" Fries **Chicken Wings** and a main dish and a main dish

WEEKLY CURRY Chicken or Prawns (+1,50€)

> BUN NOODLE BOWL

Beef, Chicken or Nem Ran

PHO SOUP

Beef Strips, Shredded Beef or Chicken Strips Select your **Protein**

VEGAN CURRY Tofu or Heura Strips (+1,50€)

BUN NOODLE BOWL Tofu or Heura Strips (+1,50€)

COCO GALANGAL Fried Tofu Balls

THISISHOW WE ROLL

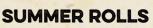
6.50€

6.50€

4.50€

4.50€

7.50€



Light rice paper rolls with thai basil, lettuce, daikon, mango, cucumber and avocado. Served with Soy Sauce and Sesame

GOI CUONS

Traditional vietnamese rice paper rolls filled with fresh vegetables, thai basil and thin rice noodles. Served with a Hoisin Peanut Sauce

Choose your Protein:

Beef Marinated in Citronella

Prawns



STARTERS

EDAMAMES Green Soy Sprouts served with a homemade sauce

YUCCA "CASSAVA" FRIES

Served with a Sweet Chilli Sauce

GOI XOAI Green Mango Salad with carrots, cucumber, cashew nuts and coriander vinaigrette

Choose your Protein:

Chicken (Prawns (+0,50€) Tofu Bio Heura (+0,50€)

SATAY SKEWERS

7.50€

Skewers marinated in lactose-free yogurt and turmeric. Served with a Satay Sauce

Choose your Protein:

Chicken Strips

Heura Strips

STARTERS TASTING MENU

NEM RANS

Fried Beef Rolls with rice paper. Served with Sweet Chilli Sauce



Wrap your Nems in lettuce Dip and enjoy them like a true Vietnamese

VIETNAMESE SUSHI

7.50€

6.50€

Fresh Salmon Rolls with rice paper, mango, carrots, daikon and coconut rice. Served with a Sesame Vinaigrette

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•	BBQ CAULIFLOWERS Cauliflower served with barbecue sauce	6,50€	
50€	MUC CHIEN GION Fried Squids with asian herbs, ginger and mayonnaise	6,50€	
50€	GA KHO Carame <mark>l</mark> ized Chicken Wings with onion, chilli and sesame	6,50€	
50€	CEVICHE VIETNAM Fresh Salmon Ceviche with avocado marinated in coconut water, dill, lime, ginger and chilli	9,50€	
	VIETNAM GYOZAS NEW! Pork or Edamame dumplings grilled with ginger, soy and rice vinaigrette. Served with marinated carrots and daikon	8,50€	
50€	DUMPLING SOUP NEW! Beef soup served with Pork dumplings	6,95€	
TERS	Starters 15	€ -	



Check our Allergen Statement at the end of this Menu

We cannot not guarantee cross contamination. 10% surcharge for terrace

Selected by

the Kitchen

total

WELOVE HEALTHY FOOD

MAINDISHDS

PHO SOUP

Traditional Vietnamese beef soup

with cinnamon, star anise and spices, served with tagliatelle rice, bean sprouts, lime, chilli, coriander and basil

Choose your Protein:

CLASSIC PHO with beef strips

> PHO HO CHI MINH (Slow Cooked) with shredded beef

PHO GA with chicken strips

BUN NOODLE BOWL

Warm traditional dish with thin rice noodles, mint,

coriander, cucumber, peanuts and vegetables.

Choose your Protein:

Lemongrass Beef



Chicken Satay Skewers with Peanut Sauce

Heura Satay Skewers wth Peanut Sauce (+1,50€)

WEEKLY CURRY WITH CHICKEN

Classic curry with rice, vegetables and peanuts. Curry sauce varies every week to improve flavors and spiciness levels. Ask your waiter!

Chicken

WEEKLY PRAWN CURRY

Weekly curry served with seasonal vegetables, rice, peanuts and prawns.



BUN BAO BURGER

Our asian burger with Bao Bread, lime, mango, daikon, lettuce, lemongrass mayonnaise, served with Yucca Cassava" Fries

Check our Allergen Statement at the end of this Menu



Pulled Pork

10.95€



10.95€

Smoked Bio Tofu

Nem Rans with Sweet Chilli Sauce

+ More Nems? Extra nem cutted on top: (+2.50€)

10.95€

13.00€

10.95€

Desserts

5.90€

Typical Vietnamese dessert with tapioca pearls, coconut milk, bananas and served with berries

CHE CHUOI

5,45€ VEGAN PANNACOTTA

Passion Fruit Pannacotta with coconut milk and mango syrup

CHOCOLATE 6.55€ COULANT

Served with passion fruit ice cream

VIETNAMESE VANILLA COFFEE

Vietnamese coffee served with a traditional coffee pot on vanilla ice cream and condensed milk

ICE CREAM

4.50€

6.50€

WEEKLY VEGAN CURRY

10.95€

Same curry with vegan sauce, rice, vegetables and peanuts

Tofu

Heura Strips (+1,50€)

COCO GALANGAL

Tofu balls served in Galangal Coconut and Lime Sauce, served with rice and broccoli

Fried Tofu Balls

VEGAN BAO BURGER

11.50€

10.95€

Bao Burger with Heura strips marinated in oister vegan sauce with mango and marinade, served with Yucca Cassava Fries

Heura Strips

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LEMONADES

MINT CHAN	3,50€
Our most famous lemonade with fresh lime,	
cane sugar and mint	
DED DETOX	2.056
RED DETOX	3,95€
Apple, ginger and lemon juice	
GREEN DETOX	3.95€
Cucumber, ginger and lemon juice	3,93€
Cucumber, ginger and lemon juice	1
ICED TEA LA VIETNAMITA	3.50€
Green Tea served cold with lemonade	1
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YELLOW BERRY	3,95€
Turmeric, lemon juice and red berries	
	See.
FRESH PASSION FRUIT	3,95€
Served with passion fruit and lemon juice	
6 / 6 · · · · · · · · · · · · · · · · ·	
COCO MANGO SHAKE	3,95€
COCO MATCHA SHAKE	3,95€

COFFEE

ESPRESSO .	1,75€
массніато	1,90€
COFFEE WITH MILK	2,20€
HOT VIETNAMESE COFFEE	3,50€
ICED VIETNAMESE COFFEE with condensed milk	3,50€
AMERICANO	3,50€
MATCHA LATTE (CHÀ NHI)	3,60€

HOT INFUSIONS

FRESH MINT	2,95€
LEMONGRASS & LEMON	3,50€
GINGER, LEMON & HONEY	3,50€
TURMERIC, GINGER & LEMON	3,50€

WATER & Non Alcohol

WATER SPARKLING WATER	2,50€
COCA COLA TONIC	2,55€
GINGER BEER GINGER ALE	3,20€
KOMBUCHA BIO	3,90€
Choose between Rosemary or Elderberry	6

COCKTAILS

	6,95€
PASSION FRUIT MOJITO	6,95€
MANGO CAIPIRINHA	8,50€
	GLASS 4,95€
SANGRÍA with ginger, lime, orange and apple	JUG 12,90€
WINI	ES
MONTSANT O O	GLASS 3,50€
MARMELLANS O White and Red Wine from Catalunya. Fruity	BOTTLE 15,00€
AFORTUNADO O White Wine from Rueda. Verdejo. Dry	BOTTLE 17,00€
JUAN GIL Red Wine from Jumilla. Monastrell. Fruity	BOTTLE 17,50€
TL	

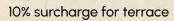
Mond

BASIL SMASH with basil, lime and gin	8,50€
MISSY'S LAND mixed with passion fruit, lime, mint, ginger beer and vodka, rum or gin	8,50€
MANGO RUM CRUSHY with mango, coconut milk and rum	8,50€
APEROL SPRITZ	6,50€
MOSCOW MULE	8,50€

with ginger beer, lime, cucumber and vodka

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Beer		
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DRAFT BEER	3	2,50€
CLARA		2,60€
With lemon juice		and and a
0,0% ALCOHOL		2,80€
GLUTEN FREE	1	2,80€
SAIGON		3,50€
Pilsner Lagger from Vietnam		0,000
TIGER		3,50€
Pilsner Lagger from Singapure		0,000
BARCINO		4,20€
Indian Pale Ale from Raval, Bcn		7,202
Indian Fale Ale Hom Kaval, DCh		

Every Monday: we let luck decide the price of your cocktail. If when you roll the dice you get 4, then you pay €4. **It's that simple!**



ALLERGEN MANUAL



OUR SAUCES!

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<u>Gluten:</u> Our Goi Cuon Rolls have a Peanut Sauce with 0.3% gluten. Also our Goi Cuon Rolls with beef are previously marinated in a Citronella Sauce that has gluten. If you are a celiac we cannot guarantee that our dishes are 100% gluten free, they may contain traces of gluten. For celiacs with a low iantolerance level, our dishes can be adapted.

<u>Peanuts:</u> Our Hoisin and Satay Sauce contain Peanuts. Dishes such as Curry's or our Bun Noodle Bowls contain peanuts but can be adapted. Please notify a member of staff if necessary.

Fish Sauce: Most of our non-vegan dishes contain a fish-based sauce called Nuoc Cham. Our Salad, Curry and Bun Noodles contain fish sauce. Let us know if you are allergic.

WHICH DISHES DO NOT HAVE A VEGAN OPTION*?

The broth used in our **PHO SOUPS** is beef based and there isn't a vegetable broth option. **NEM RAN's** are stuffed with beef and the beef is marinated in a fish sauce and cannot be changed. However, when choosing a vegan dish option, it's preparation changes so that it doesn't contain any animal based food.

WHICH DISHES CONTAIN EGG/MAYONNAISE?

Our **Pulled Pork BUN BAO BURGER** contains a mayonnaise/egg sauce, but for the vegan option, this is replaced with a vegan sauce. Our **FRIED SQUID also** come with mayonnaise/egg based sauce, but this can also be substituted for a vegan sauce option. Our **DUMPLING SOUP** or our **PORK/EDAMAME GYOZAS** contain eggs.

Our CHOCOLATE COULANT is egg-based and has no substitution.

WHICH DISHES WITH GLUTEN CAN BE ADAPTED FOR INTOLERANTS AND WHICH CAN'T?

ADAPTABLE DISHES:

Our beef GOI CUON is marinated with citronella sauce and may contain traces of gluten. It's accompanying Hoisin peanut sauce may also contain gluten. We recommend changing the sauce for a gluten-free and choosing a protein option like Prawns or Tofu. As for the PHO HO CHI MINH soup, this option has a Hoisin Sauce with traces of gluten. It is recommended to change it for a Pho Ga soup with chicken or for a Pho Classic, which are adapted for intolerants. Our BUN NOODLE BOWL and its proteins Tofu, Beef or Nem Ran contain traces of gluten, but the Heura or Chicken options are adapted for gluten intolerants with a Satay Sauce.



NON ADAPTABLE DISHES:

Our CHOCOLATE COULANT is flour-based and has no substitution. The CAULIFLOWER is coated with flour and contains a barbecue sauce that has no substitution. The CHICKEN WINGS are previously caramelized and served with an asian sauce that has no substitution. GYOZAS OR DUMPLIGS are flour-based and have no substitutes The BUN BAO BURGERS are prepared with Bao Bread which contains gluten. It also has no substitute.

ALLERGEN STATEMENT



Crustaceans	Eggs Fish Sauce	Peanuts	Soy	Milk	Nuts	Celery	Mustard	Sesame	SO2 (Sulfites)	Lupins	Mollusks	Mayonnaise
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Lovietnomito[®] Thanks for your visit!

We hope you had a great experience and look forward to seeing you again soon!



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Follow & Make us Viral! @LAVIETBCN

Share your Vietnamese experience with a Reel or a Story. Tag us and win a Starter!

Bookings and events:

We would love to make your employees feel GOOD. If you have an upcoming event, birthday or team building and you want to do something different, like learn how to prepare rolls with your team, do not hesitate to contact us :)

Viet Team Building || Gift Cards

Events

Vietnamese Kitchen Workshops 🕁

Birthdays Catering 🛱

Business Inquiries: info@lavietnamita.com



BORNE: C/ COMERÇ, 17 GRACIA: C/ TORRENT DE L'OLLA, 78

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