

LaVietnamita[®]

MENÚ





Street fusion for all.

The French ruled Vietnam from 1887 to 1954 during the Indochinese Union.

Back then, it was not practical to send food from France, so the French, instead of changing their diets, they brought livestock and crops to Vietnam. It was considered high-status food, only available for the French.

Once the French left Asia these goods came into the market and suddenly European food was all over Saigon.

The modification of French dishes with local ingredients meant that these foods were more affordable for the Vietnamese, with which they could experiment freely.

With so many new ingredients available to people, the Vietnamese began to make their own signature dishes.

Since 2009 La Vietnamita seeks to merge, experiment with fresh, local ingredients, rich in vitamins, without preservatives and share them with the world.

EAT GOOD, FEEL GOOD

LaVietnamita®

Welcome = Hoan Nghênh

TASTING MENUS

18,90€
per
person

MEAT includes 5 starters + 1 main dish

All the
Starters
are included

Goi Cuons
Fresh prawn rolls
with rice noodles

Nem Ran

Ga Kho
Caramelized
chicken wings

Edamame

Goi Xoai
Green mango
salad

Choose between:

Curry Semanal
Chicken or
Prawns (+1,55€)

**Bun Noodle
Bowl**

Beef, Chicken
or Nem Ran

Sopa Pho

Beef,
Shredded Beef
or Chicken

VEGANO includes 5 starters + 1 main dish

All the
Starters
are included

Summer Rolls
Fresh rolls with mango
and vegetables

Edamame

BBQ Cauliflower

Goi Xoai
Green mango
salad

Fried Yucca

Choose between:

Curry Vegano
Tofu or
Heura (+1,55€)

**Bun Noodle
Bowl**

Tofu or
Heura (+1,55€)

**Coco
Galangal**

Tofu balls

THIS IS HOW WE ROLL

WE LOVE HEALTHY FOOD

Summer Rolls

Light rice paper rolls, with thai basil, lettuce, daikon, mango, cucumber and avocado. Served with soy sauce and sesame

7,50€

Nem Rans

Fried pork rolls with rice paper. Served with Sweet Chilli sauce

7,50€

Goi Cuons

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

7,50€



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

Vietnamese Sushi

Fresh salmon rolls with rice paper, mango, carrots, daikon and coconut rice. Served with a sesame vinaigrette

7,95€

Choose your protein:

- Beef marinated in citronella
- Prawns
- Tofu Bio

YUM YUM ROLLS

20 Rolls Selected by the kitchen

16,90€ total

STARTERS

Edamames

Green soy sprouts served with a homemade sauce

5,25€

BBQ Cauliflower

Cauliflower served with barbecue sauce

6,90€

Fried Yucca

Served with Sweet Chilli sauce

5,90€

Muc Chien Gion

Fried squids with asian herbs, ginger and mayonnaise

7,50€

Ga Kho

Caramelized chicken wings with onion, chilli and sesame

7,50€

Goi Xoai

Green mango salad, with carrots, cucumber, peanuts and coriander vinaigrette

8,50€

Ceviche

Fresh salmon ceviche with avocado and prawns, marinated in coconut water, dill, lime, ginger and chilli

10,50€

Choose your protein:

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

Gyozas

Dumplings grilled with ginger, soy and rice vinaigrette. Served with marinated carrots and daikon

8,50€

- Pork

Satay Skewers

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

8,10€

Choose your protein:

- Chicken skewer
- Heura skewer

STARTERS MENU

5 Starters Selected by the kitchen

16€ total



Check our Allergen Statement at the end of this Menu

We cannot not guarantee cross contamination
10% surcharge for terrace

MAIN DISHES

Pho Soups

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

12,95€

Choose your protein:

- **Pho Classic** 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.

12,95€

Choose your protein:

- **Lemongrass beef** in citronella sauce
- **Smoked bio tofu**
- **Chicken Satay skewers** with peanut sauce
- **Nem Rans** with Sweet Chilli sauce
- **Heura Satay skewers** with peanut sauce (+1,55€)
- **+ More Nems?** Extra nems cutted on top: (+2,50€)

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!

12,95€

- **Chicken**

Weekly Curry with Prawns

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

13,95€

- **Prawns**

Bun Bao Burger

Our asian burger with Bao Bread, lime, mango, daikon, lettuce, lemongrass mayonnaise, served with sweet potato

12,95€

- **Pulled Pork**

DESSERTS

Che Chuoi

6,50€

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

Vegan Pannacotta

5,45€

Passion Fruit Pannacotta with coconut milk and mango syrup

Chocolate Coulant

6,55€

Served with passion fruit ice cream

Vietnamese Vanilla Coffee

6,50€

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

Ice Cream

4,50€

Weekly Vegan Curry



12,95€

Same curry with vegan sauce, rice, vegetables and peanuts

- **Tofu**
- **Heura strips** (+1,55€)

Coco Galangal



12,95€

Tofu balls served in Galangal coconut and lime sauce, served with rice and broccoli

- **Tofu balls**

Vegan Bao Burger



12,95€

Bao Burger with Heura strips marinated in seitan vegan sauce with mango and marinade, served with sweet potato

- **Heura strips**



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LEMONADES

Mint Chan

Our most famous lemonade with fresh lime, cane sugar and mint

3,90€

Red Detox

Apple, ginger and lemon juice

3,95€

Green Detox

Cucumber, ginger and lemon juice

3,95€

Iced Tea La Vietnamita

Green Tea served cold with lemonade

3,50€

Yellow Berry

Turmeric, lemon juice and red berries

3,95€

Fresh Passion Fruit

Served with passion fruit and lemon juice

4,50€



Vietnamese Coffee

The Vietnamese coffee bean is called Robusta which is the strongest tasting grain because it contains between 1.6% and 2.7% caffeine, that's why it's also a little more bitter.

HOT INFUSIONS

Fresh Mint

2,95€

Lemongrass and lemon

3,50€

Ginger, lemon and honey

3,50€

Turmeric, ginger and lemon

3,50€

COFFEE

Espresso

1,90€

Macchiato

2,20€

Coffee with Milk

2,50€

Hot Vietnamese Coffee

3,50€

Iced Vietnamese Coffee

with condensed milk

3,50€

Americano

3,50€

Matcha Latte (Chà Nhi)

3,60€

WATER & NON ALCOHOL

Water | Sparkling Water

2,50€

Coca Cola | Coke Zero

2,50€

Tonic

2,55€

Ginger Beer

3,20€

Kombucha Bio

Choose between Rosemary or Elderberry

3,90€

COCKTAILS

Lychee Mojito ★

8,50€

Passion fruit Mojito

8,50€

Mango Caipirinha

8,50€

Our Vietnamese Sangria

with ginger, lime, orange and apple



Glass
6,50€

Bottle
14,80€

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

6,95€

Moscow Mule

with ginger beer, lime, cucumber and vodka

8,50€

WINES

Montsant

White and Red Wine from Catalunya. Dry

Glass
3,50€

Marmellans

White and Red Wine from Catalunya. Fruity

Bottle
15,00€

Afortunado

White Wine from Rueda. Verdejo. Dry

Bottle
17,00€

Juan Gil

Red Wine from Jumilla. Monastrell. Fruity

Bottle
25,00€



LUCKY MONDAYS

Every Monday: throw two dices and let your luck decide the price of your cocktail

BIRRES

Draft Beer

2,50€

Clara

With lemon juice

2,60€

0,0% Alcohol

2,80€

Gluten Free

3,00€

Saigon

Pilsner Lager from Vietnam

3,60€

Tiger

Pilsner Lager from Singapore

3,60€

Craft Beers

Ask your waiter for types and styles

4,50€

10% surcharge for terrace

ALLERGEN MANUAL FAQ

WE LOVE
HEALTHY
YOU

* OUR SAUCES!



Gluten: 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 intolerance level, our dishes can be adapted.**



Peanuts: Our **Hoisin and Satay Sauce** contain **Peanuts**. Dishes such as **Currys** 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 pork and the pork 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.



¿QUE PLATOS CONTIENEN HUEVO O MAYONESA?

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 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



SALADS

- Ceviche Vietnam
- Goi Xoai Mango Salad with Tofu
- Goi Xoai Mango Salad with Prawns
- Goi Xoai Mango Salad with Chicken

ROLLS

- Nem Ran Pork
- Vietnamese Sushi
- Summer Roll
- Goi Cuon Prawns
- Goi Cuon Beef
- Goi Cuon Tofu

MAINS

- Pho Bo Classic
- Pho Bo Ga
- Pho Bo Ho Chi Minh
- Bun Noodles Beef
- Bun Noodles Chicken Satay
- Bun Noodles Nem Ran
- Bun Noodles Tofu
- Bun Noodles Heura
- Bun Bao Burger Pulled Pork
- Bun Bao Burger Heura
- Curry Chicken
- Curry Tofu
- Curry Prawns
- Curry Heura
- Coco Galangal Tofu balls

DESSERTS

- Che Chuoi
- Pannacotta
- Chocolate Coulant

STARTERS

- Caramelized Chicken Wings
- Edamame
- Satay Skewers
- Cauliflower
- Muc Chien Gion Fried Squids
- Dumpling Soup
- Gyoza Vietnam Pork
- Gyoza Vietnam Edamame
- Sweet Potato
- Rice

Gluten Crustaceans Eggs Fish Sauce Peanuts Soy Milk Nuts Celery Mustard Sesame SO2 (Sulfites) Lupins Mollusks Mayonnaise

Ceviche Vietnam		●		●		●						●			
Goi Xoai Mango Salad with Tofu						●				●		●			
Goi Xoai Mango Salad with Prawns		●		●	●							●			
Goi Xoai Mango Salad with Chicken				●								●			
Nem Ran Pork				●								●			
Vietnamese Sushi						●				●		●			
Summer Roll						●				●		●			
Goi Cuon Prawns	●	●			●	●				●		●			
Goi Cuon Beef	●			●	●	●				●		●		●	
Goi Cuon Tofu	●				●	●				●		●			
Pho Bo Classic				●					●						
Pho Bo Ga				●					●						
Pho Bo Ho Chi Minh	●			●		●			●						
Bun Noodles Beef	●			●	●	●				●		●		●	
Bun Noodles Chicken Satay				●	●	●				●		●			
Bun Noodles Nem Ran				●	●	●				●		●			
Bun Noodles Tofu	●			●	●	●				●		●			
Bun Noodles Heura	●			●	●	●				●		●			
Bun Bao Burger Pulled Pork	●		●	●	●	●				●		●		●	●
Bun Bao Burger Heura	●			●	●	●				●		●			
Curry Chicken				●	●	●				●		●			
Curry Tofu					●	●				●		●			
Curry Prawns					●	●				●		●			
Curry Heura					●	●				●		●			
Coco Galangal Tofu balls					●							●			
Che Chuoi										●		●			
Pannacotta										●		●			
Chocolate Coulant			●									●			
Caramelized Chicken Wings	●					●				●		●			
Edamame						●				●					
Satay Skewers					●							●			
Cauliflower	●					●									
Muc Chien Gion Fried Squids	●	●	●			●						●		●	
Dumpling Soup	●	●	●	●		●			●			●			
Gyoza Vietnam Pork	●	●	●	●		●			●			●			
Gyoza Vietnam Edamame	●	●	●			●						●			
Sweet Potato												●			
Rice										●					



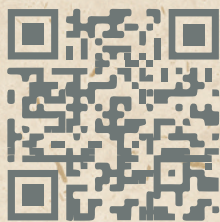


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help us improve,
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Borne: C/Comerç, 17
Borne: C/Torrent de l'Olla,78



English

