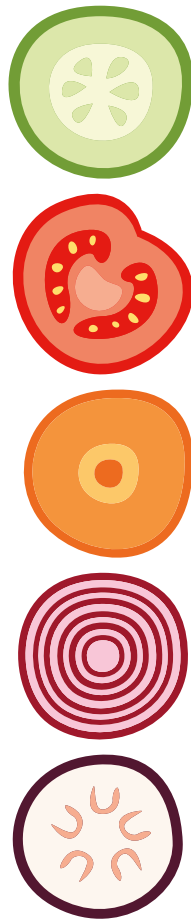


DOLCE vegan

PER LA NATURA PER LA VITA
FOR NATURE FOR LIFE





Dolce Vegan è il primo ristorante vegano aperto a Firenze.
Proponiamo piatti tradizionali e internazionali in chiave completamente vegetale.

Siamo anche un'associazione di promozione sociale e vogliamo far vedere come sia possibile rispettare gli animali e il pianeta in cui viviamo, e al tempo stesso migliorare la nostra salute attraverso quello che mangiamo ogni giorno!

Il Ristorante è stato ideato e aperto da Helena Deza Linares nell' ottobre del 2010 in via San Gallo, da ottobre 2019 si è spostato in Corso Tintori 36R, in una posizione più centrale per poter raggiungere un maggior numero di persone.

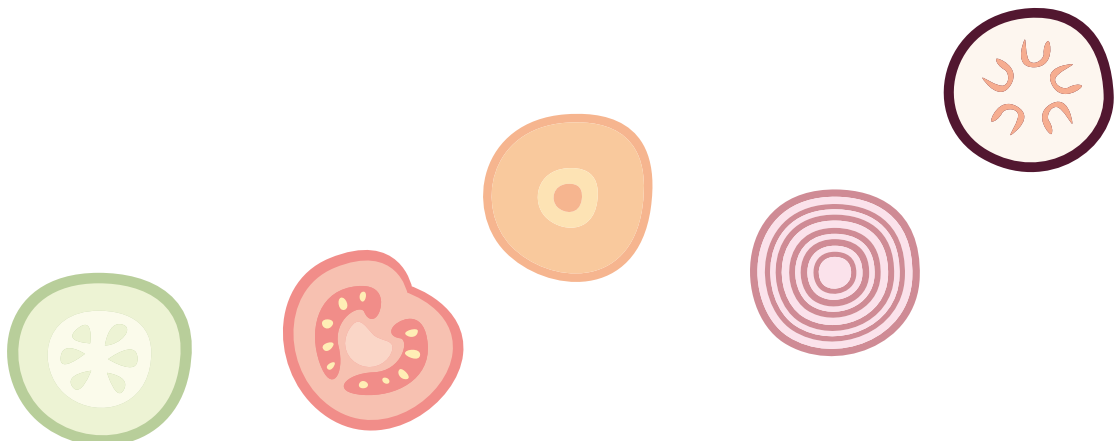
Grazie per aver scelto di mangiare vegano oggi.
Gli animali, l'ambiente e il vostro corpo vi ringraziano.
Buon appetito!

Dolce Vegan is the first vegan restaurant opened in Florence. We propose traditional and international dishes in a 100% vegan version.

We are also a registered educational charity and our mission is to show people how to respect animals, our planet and to improve our health through our daily meals!

The restaurant was opened by the Helena's idea in October 2010 in Florence. In February 2019 we moved to this central location to reach a highest number of people.

*Thank you for choosing a vegan restaurant today.
The animals, the environment and your body health thanks you.
Enjoy your meal!*





ANTIPASTI
APPETIZER

CROISSANT SALATO - 5 €

Croissant salato multicerale con formaggio e affettato vegetale, pomodoro e insalata

Savory croissant filled by vegan coldcut and cheese, tomato and salad

COVACCINO ALL'OLIO E ORIGANO - 7 €

Olive oil and oregano pizza

ARROSTICINI DI SEITAN - 8 €

Skewered pieces of seitan

ANTIPASTO MISTO - 9 €

Con formaggi e affettati vegetali, arrosticino di seitan, croissant salato e focaccia farcita

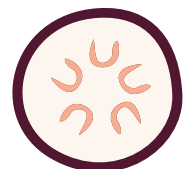
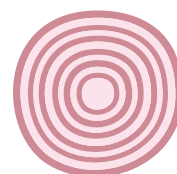
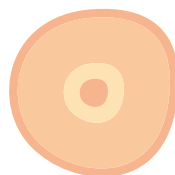
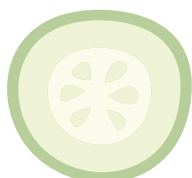
Vegan coldcuts and cheese, skewered pieces of seitan, savory croissant and stuffed focaccia

TAGLIERE DI FORMAGGI E AFFETTATI VEGANI - 15 €

Assaggi di affettati e formaggi vegani serviti su insalata e accompagnati da sciroppo di agave

Vegan cold cuts and cheese plate served over salad leaves together with agave syrup

COPERTO - COVER CHARGE 1,50 €





I GRANDI CLASSICI DEL DOLCE VEGAN

THE MUST HAVES OF DOLCE VEGAN

LA CARBONARA VEGANA - 7,50 €

Spaghetti di grano duro alla "carbonara" con tofu affumicato, seitan rosolato, crema di soia e parmigiano vegetale

Spaghetti in a soy creamy sauce with scrambled tofu, roasted seitan and vegan parmesan

I RAVIOLONI DI TOFU E SPINACI - 9 €

Ravioli di pasta fresca fatti in casa e farciti di spinaci e formaggio vegetale

Homemade ravioli stuffed with spinach and vegan cheese

LA LASAGNA AL RAGÚ DI SEITAN - 8,50 €

Lasagnetta al ragù di seitan, besciamella delicata, basilico e parmigiano vegetale

Baked seitan ragù lasagna with basil and vegan parmesan

I FUSILLONI DI PLATANO AI FUNGHI - 9 €

Pasta di farina di platano senza glutine condita con funghi, panna di soia e parmigiano vegetale

Plantain flour pasta in a creamy sauce with mushrooms and vegan parmesan

GLI STRACCETTI DI SEITAN DI CARMIGNANELLO - 9,50 €

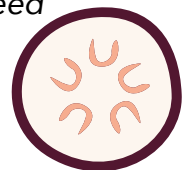
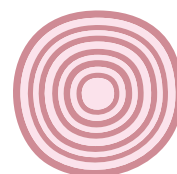
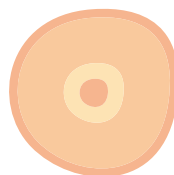
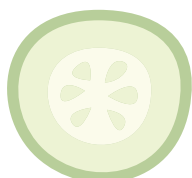
Straccetti di seitan marinati alle erbe aromatiche e scottati con un mix di verdure del giorno, funghi e patate arrosto

Marinated and sautéed seitan strips with aromatic herbs served with mix vegetables, mushrooms and roast potatoes

IL FAMOSO BURGER DI PISELLI "Beyond meat" - 14,50 €

Burger di piselli "Beyond meat" servito con contorno di patate arrosto e verdure saltate con ketchup, maionese vegetale e salsa barbecue

Beyond meat burger served with roast potatoes, sautéed vegetables served with ketchup, mayonnaise and barbecue sauce falafel served on sautéed vegetables with roast potatoes and mix sauces





BURGERS & WRAPS

SU RICHIESTA CON PANE SENZA GLUTINE + 1,50 €
GLUTEN FREE BREAD ON REQUEST

LO SHANTI BURGER - 7,50 € (Con burger beyond meat +4 €)

Panino con burger vegetale, mozzarella vegetale, pomodoro, maionese, ketchup, cipollina, cetrioli e insalata

Burger bread stuffed with a soy and seitan burger, vegan mozzarella, tomato, mayonnaise, ketchup, onion, cucumber and salad

(With beyond meat burger +4 €)

IL DOUBLE SHANTI BIG - 13,50 € (Con burger beyond meat +8 €)

Panino con doppio burger vegetale, doppia mozzarella vegetale, pomodoro, maionese, ketchup, cipollina, insalata e cetrioli

Burger bread stuffed with two soy and seitan burgers, double vegan mozzarella, tomato, mayonnaise, ketchup, onion, cucumber and salad

(With beyond meat burgers +8 €)

LO SHANTI BOMB - 11,50 € (Con burger beyond meat +4 €)

Panino con burger vegetale, mozzarella vegetale, würstel di soia, parmigiano vegetale, maionese, salsa barbecue, senape, pomodoro, cipollina e funghi

Burger bread stuffed with a soy and seitan burger, vegan sausage, vegan parmesan, vegan mozzarella, tomato, mayonnaise, barbecue sauce, onion and mushrooms

(With beyond meat burger +4 €)

IL KEBAB VEGANO - 7,50 €

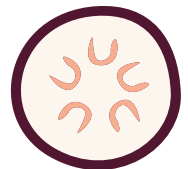
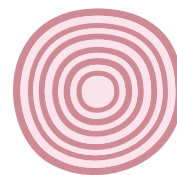
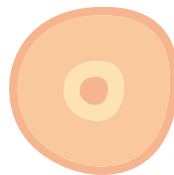
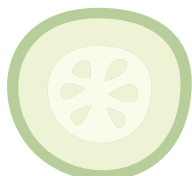
Piadina farcita con straccetti di seitan, pomodoro, cipollina, salsa piccante, salsa allo yogurt e insalata

Flat bread stuffed with seitan strips, tomato, onion, chilli sauce, yogurt sauce and salad

IL WRAP ALLE VERDURE - 6 €

Piadina con verdure saltate, formaggio vegano e insalata

Wrap stuffed with vegetables, vegan cheese and lettuce





CONTORNI - 4 €
SIDE DISHES

Patate arrosto

Roast potatoes

Verdure del giorno saltate

Sautéed vegetables

Insalata mista con carote, finocchi e cetrioli

Mixed salad with carrots, fennel and cucumber



PIATTI UNICI
COMBINATION DISHES

PIATTO UNICO SANO - 12 €

Straccetti di seitan, insalata mista, verdure, maionese di soia e patate arrosto

Seitan strips, mixed salad, sautéed vegetables, soy mayonnaise and roast potatoes

PIATTO UNICO PROTEICO - 12 €

Con straccetti di seitan, würstel di soia, verdure, formaggi vegetali, insalata mista e maionese di soia

Seitan strips, vegan sausages sautéed vegetables, vegan cheeses, mix salad, soy mayonnase

PIATTO UNICO DOLCE VEGAN - 16 €

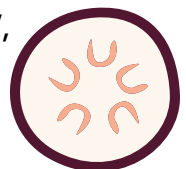
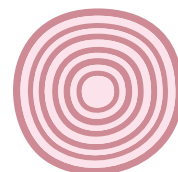
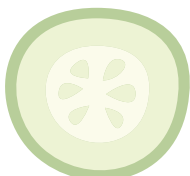
Lasagna al ragù di seitan, insalata mista, straccetti di seitan con funghi, verdure e patate arrosto

Seitan ragù lasagna, mixed salad, seitan strips whit mushroom, vegetables and roast potatotos

PIATTO UNICO GLUTEN FREE - 16 €

Fusilloni di farina di platano ai funghi, burger di piselli "Beyond meat", patate arrosto e maionese di soia

Plantain gluten free pasta in a creamy sauce with mushrooms, Beyond meat burger with roast potatoes and soy mayonnase





INSALATONE
BIG SALADS

CLASSICA - 5,50 €

Insalata, carote, finocchio, cetriolo

Salad, carrots, fennel, cucumber

SERENA - 8 €

Insalata, finocchio, olive, parmigiano vegano, würstel di soia e pomodoro

Salad, fennel, olives, vegan parmesan cheese, soy sausage

SANA - 9,50 €

Insalata, cetrioli, carote, pomodoro, finocchio, avocado, germogli freschi,
Frutta secca e bacche di goji

*Salad, cucumber, carrots, tomato, fennel, avocado, fresh sprouts, mix nuts
and goji berries*

CEASER SALAD - 8,50 €

Insalata, crostini di pane, seitan, parmigiano vegetale, maionese

Salad, bread croutons, seitan, vegan parmesan, mayonnaise

GRECA - 8,50 €

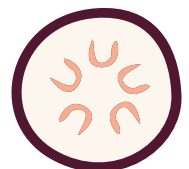
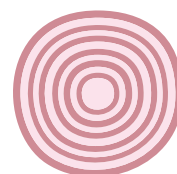
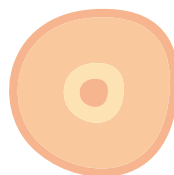
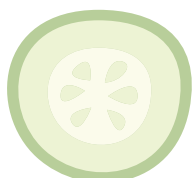
Cetrioli, pomodoro, olive, feta vegana, origano, cipolla, capperi

Cucumbers, tomato, olives, vegan feta cheese, organ, onion, capers

FRUTTARIANA - 8 €

Cetrioli, pomodoro, olive, avocado

Cucumber, tomato, olives, avocado





PIZZE

BIG PIZZAS

MARGHERITA - 9,50 €

Salsa di pomodoro, mozzarella vegetale, basilico fresco

Tomato sauce, vegan mozzarella cheese, fresh basil

CAPRICCIOSA - 13,50 €

Salsa di pomodoro, mozzarella vegetale, carciofini, olive, affettato vegano e funghi

Tomato sauce, vegan mozzarella cheese, artichokes, olives, vegan coldcuts and mushrooms

DIAVOLA - 13,50 €

Salsa di pomodoro, mozzarella vegetale, affettato vegano piccante

Tomato sauce, vegan mozzarella cheese, spicy salami

BOSCAIOLA - 13,50 €

Salsa di pomodoro, mozzarella vegetale, funghi, salsiccia vegana

Tomato sauce, vegan mozzarella cheese, mushrooms, vegan sausage

QUATTRO FORMAGGI - 15 €

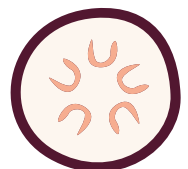
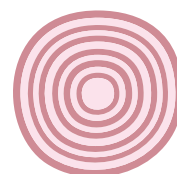
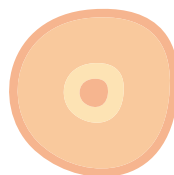
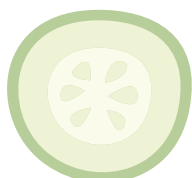
Mozzarella, stracchino, feta e pecorino vegetale

Four vegan cheeses

VEGETARIANA - 13 €

Salsa di pomodoro, mozzarella vegetale, verdure miste, patate, olive,

Tomato sauce, vegan mozzarella cheese, mixed vegetables, potatoes, oli





I DOLCI VEGAN DI HELENA - 5 €
HELENA'S VEGAN DESSERTS

IL CHEESE CAKE

Cheese cake con formaggio di soia alla marmellata di frutti di bosco
Vegan homemade cheese cake with berry jam

IL TIRAMISÙ

Tiramisù alla crema chantilly e scaglie di cioccolato fondente
Vegan tiramisù made by diplomat cream and dark chocolate flakes

LA MATTONELLA GLUTEN FREE

Mattonella di cioccolato gianduia e nocciole con latte di cocco accompagna-
grata da fiocchi di panna vegetale
Dark gianduja chocolate mousse with hazelnuts and vegan whipped cream flakes



ALTRE DOLCI PROPOSTE
OTHER VEGAN SWEETS

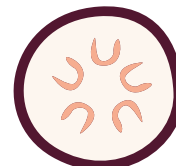
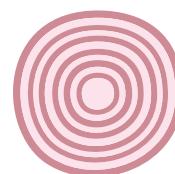
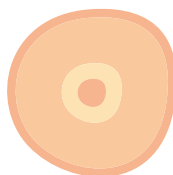
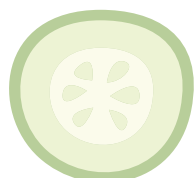
Budino di semi di chia al latte di mandorle e frutta fresca - 5 €
Chia pudding made by almond milk whit fresh fruits

Crostata integrale multicereale alla marmellata di frutti di bosco - 5 €
Whole flour pie with berry jam

Croissant alla marmellata o al cioccolato - 2 €
Jam or chocolate croissant

Croissant al cioccolato e panna - 3 €
Chocolate and whipped cream croissant

Biscotti senza glutine del forno biologico "La Torre" - 1,50 € al pezzo
Organic gluten free cookie





MENÙ BEVANDE

DRINKS

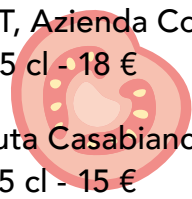
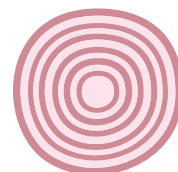
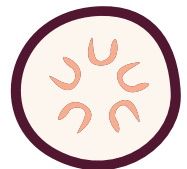
- Acqua minerale in vetro *glas mineral water* 750 ml - 2,50 €
Acqua in plastica riciclata *recycled plastic water bottle* 500 ml - 1,50 €
Succhi di frutta - *fruit juices* - 3 €
Cola, limonata e aranciata biologica - 4 €
COCKTAILS - 6 €
Aperol spritz - 5 €
Birre biologiche del Birrificio San Gimignano - 6,50 €
Organic beers from San Gimignano
Birre in bottiglia - *bottled beer* - 4 €



VINI BIOLOGICI

ORGANIC WINES

- Calice di vino rosso o bianco biologico sfuso
della Fattoria Monterecci di Fiesole - 3 €
red or white organic glass of wine from Fiesole
- Prosecco superiore Conegliano - Valdobbiadene DOCG (non biologico)
calice - 4 € - bottiglia 75 cl - 16 €
- Vino spumante bianco dolce - Borgo fulvia Piacenza (non biologico)
calice 4 € - bottiglia 75 cl - 16 €
- Passerina Evoè IGP, Marche, Azienda Ciù Ciù
Calice 4 € - Bottiglia 75 cl - 13 €
- Vermentino IGT Bianco, Siena, Tenuta Casabianca
calice - 5 € - bottiglia 75 cl - 15 €
- Muller Thurgau IGT, Sicilia, Azienda Costantino
calice - 6 € - bottiglia 75 cl - 18 €
- Sussingio IGT Rosso, Siena, Tenuta Casabianca
calice - 4 € - bottiglia 75 cl - 13 €
- Chianti Colli Senesi DOCG, Tenuta Casabianca
calice - 5 € - bottiglia 75 cl - 15 €
- Syrah Terre siciliane IGT, Azienda Costantino
calice - 6 € - bottiglia 75 cl - 18 €
- Rosato IGT, Siena, Tenuta Casabianca
calice - 5 € - bottiglia 75 cl - 15 €





CAFFETTERIA
al tavolo - *table service*

Caffè espresso - 2 €
Cappuccino - 2,50 €
Caffelatte - 3 €
Caffè americano 2,50 €
Latte caldo - 3 €
Aggiunta di latte vegetale + 0,50 €
(riso, mandorla, avena, nocciola, noce)
Add a different milk
(rice, almond, oat, hazelnut, walnut)
Té e tisane - 3 €
teas and herbal teas



ESTRATTI DI FRUTTA FRESCA Piccolo - 4 € - Grande - 6 €
FRESH COLD PRESSED JUICE small or big

ESTRATTO DI ARANCIA
fresh pressed orange juice

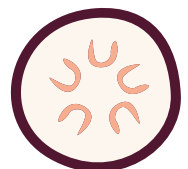
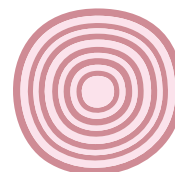
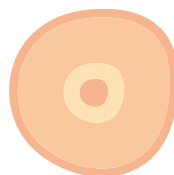
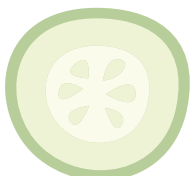
POWER - mela ginger limone
apple ginger and lemon

FRUIT - mela arancia melone
apple melon orange

HEALTHY - mela carota limone
apple carrot lemon

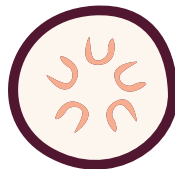
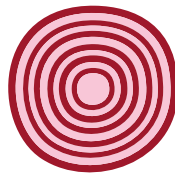
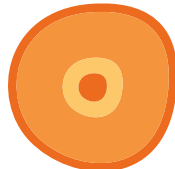
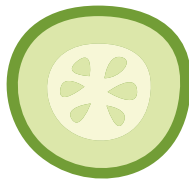
GREEN - mela cetriolo finocchio alga spirulina bio
apple cucumber fennel organic spirulina powder

PASSION - mela e melograno
apple and pomegranate



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FOR NATURE FOR LIFE



Dolce Vegan Corso Tintori 36R Firenze - Tel. 3288211220
www.dolcevegan.it - info@dolcevegan.it