

DISHES

Lupins Celery Peanuts Crustaceans Nuts Gluten Eggs Milk Molluscs Mustard Fish Sesame Soy Sulfites

COLD

Dish	Gluten Free Option	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Marinated salmon with crème fraîche	GLUTEN FREE OPTION			T	T					T					
Cod 'esqueixada'					T					T					
Olivier salad	GLUTEN FREE OPTION														
Green salad with seeds	VEGAN			T											
Grilled pepper with cod					T										
Guacamole with handmade nachos	VEGAN		T												
Hummus with crispy vegetables	VEGAN														
Balfegó tuna tartare with avocado	GLUTEN FREE OPTION			T	T					T					
Smoked sardine by dry firewood friction					T					T					
Anchovies from Vinaròs				T	T					T					
Mussels with vermouth vinaigrette					T							T			
Oyster from the Delta de l'Ebre					T							T			
Oyster ceviche					T										
Balfegó tuna carpaccio with 3 dressings					T					T					
Beef carpaccio and parmesan sauce	GLUTEN FREE OPTION			T	T					T					
Coca with Balfegó tuna	GLUTEN FREE OPTION				T					T					
Coca with anchovies from Vinaròs	GLUTEN FREE OPTION			T	T					T					
Coca with smoked sardine by dry firewood friction	GLUTEN FREE OPTION				T					T					
Iberian acorn-fed ham															
Organic cheeseboard	GLUTEN FREE OPTION			T										T	
'Cachonditas' Olives	VEGAN														

HOT

Dish	Gluten Free Option	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Prawns with garlic sauce										T		T			
Pulled pork brioche						T		T			T		T		
Padrón peppers					T			T	T	T		T			
Adolfina's meatballs			T						T				T		
Herminia's pork in sauce															
Our torrezno	GLUTEN FREE OPTION					T							T		
Eggs with Iberian acorn-fed ham					T				T	T		T		T	
Eggs with organic blood sausage with onion					T				T	T		T		T	
Bravas with iberian minced chorizo					T				T	T		T		T	
Andalusian-style Mediterranean squid					T				T			T			
Fried squid rings					T				T			T		T	
Crispy free-range Chicken					T			T	T	T		T		T	
Vegetable tempura	VEGAN				T			T	T	T		T			
Iberian ham croquettes					T			T		T		T		T	
Roasted chicken croquettes					T			T		T		T			
Cod fritters					T			T	T	T				T	
Coca of matured cow tenderloin	GLUTEN FREE OPTION														
Coca with grilled Iberian pork fillet	GLUTEN FREE OPTION														
Organic blood sausage with onion	GLUTEN FREE OPTION					T		T	T		T		T	T	
Mussels with citrus, bay leaf, garlic and onion					T							T			
Mussels with white wine, celery, garlic and parsley					T							T			
Maxicannelloni by our chef Mercè		T		T	T					T		T			
Rigatoni Bolognese															
Bread	GLUTEN FREE OPTION													T	

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Gluten-free bread																					
Bread with garlic and olive oil										T										T	T
Bread with tomato and olive oil										T										T	T

RICES

Creamy rice with blue crab from the Delta de l'Ebre																					
Rice with baby cuttlefish and its ink																					
Rice with seafood																					
Rice with lobster																					
Surf and turf rice with organic Iberian ham veil																					
Rice with duck and mushrooms																					
Vegetable rice with grilled leek																					
Rossos noodles																					

GRILLED

Organic veal burger																					
Roasted Duroc pork ribs																					
Iberian pork fillet																					
Matured beef tenderloin																					
T-bone steak, 1Kg. Recommended 2 people																					
Octopus leg																					
Mediterranean squid																					
Wild seabass with vegetables and citrus vinaigrette																					
Sardines																					
Km0 vegetables																					
Organic avocado with pico de gallo and vegetable ceviche																					
Organic oyster mushroom from Montseny and hazelnut PDO Reus																					
Artichokes with Iberian shavings																					

SAUCES

Romesco																					
Aioli																					

DESSERTS, HOMEMADE

Maria's Coffee Fritters																					
Carrot cake, matcha tea and pollen																					
Grilled pineapple with passion fruit sauce																					
Homemade organic cheesecake with strawberry jam and Sichuan pepper																					
Bread with chocolate, oil and salt																					
Brownie																					
Kefir and lime ice cream with crunchy artisan biscuit																					
Vanilla ice cream																					
Fruit ice pop, lemon lime flavor																					
Fruit ice pop, coconut and strawberry flavor																					

DRINKS

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Coffee														
Grand reserve								■						
Milk coffee								■						
Cappuccino								■					■	
Irish coffee							■	■						■
Scottish coffee							■	■						■

INFUSIONS, ORGANIC

Darjeeling														
Shooting star														
Pu Erh Fresh														
Green tea, ginger and lemon														
Black Chai tea														
Royal Fruits														
Chamomile														
Verbena and mint														
Rooibos with orange														
Vitality														
Cinnamon tea														
Moorish tea with herbs														

The composition of our dishes may undergo modifications, so this information is constantly being reviewed.
Request at restaurants the allergen information document which will prevail over any discrepancies with this version.

Based Regulation (EU) 1169/2011 of 25 October, and for each group of allergens referred to in Annex II of the RIAC, we detail in this allergen document the presence of each of them in our dishes.

To carry out this document, technical sheets of each of our raw materials have been requested from our suppliers with a declaration of ingredients and traces and we have identified the potential cross contamination by the usual manufacturing process of each dish.

If you suffer from a food allergy or intolerance to any of these 14 allergens or any other, let us know in order to activate the corresponding protocols.

We believe it is advisable to warn that, despite our high level of awareness and commitment to allergen management, our kitchen is not segmented into separate areas for each group of allergens, which makes it impossible for us to guarantee 100% the absence of cross contamination, although we guarantee the maximum care that they do not occur.

This establishment, as well as all the El Pòsit group, is associated with the Associació de Celíacs de Catalunya and we have staff trained in gluten-free catering.

Our kitchen staff is trained in food handling with special emphasis on allergen management.