

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																				
Bread with tomato and olive oil																				

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																				

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WHITE WINE

Aproppòsit Macabeu D.O. Terra Alta																						
Aproppòsit Malvasia																						
Aproppòsit Garnatxa Blanca D.O. Montsant																						
Aproppòsit Viognier D.O. Terra Alta																						
Aproppòsit Xarel·lo D.O. Penedès																						
Aproppòsit Garnatxa Blanca D.O. Terra Alta																						
Aproppòsit Chardonnay D.O. Penedès																						
Excellens Verdejo																						VEGAN
El Terrat																						
Petites estones																						
Rebels de Batea																						
Grimau Chardonnay																						
Torre la Moreira																						VEGAN
La Capilla Blanco																						
Finca Montico																						
Lagar de Cervera																						
Les Brugueres																						
Pazo de San Mauro																						

RED WINE

Aproppòsit Garnatxa Negra D.O. Montsant																						
Aproppòsit Trepat D.O. Conca de Barberà																						
Aproppòsit D.O.Q. Priorat																						
Excellens Cuvée Especial																						VEGAN
Finca San Martín																						
Condado de Oriza																						
El Senat del Montsant																						
LAN 7 metros																						
Viña Mayor Crianza																						
La Capilla Crianza																						
Trus Ageing																						
Les Brugueres																						
Marqués de Vargas Reserva																						
Tinto de verano																						

ROSÉ WINE

Aproppòsit Garnatxa Negra D.O. Montsant																						
Aproppòsit Ancestral Rosé																						
Flors i Violes																						

SPARKLING

Aproppòsit Brut Nature Grand Reserve																						
Aproppòsit Ancestral Rosé																						
Reverté Electe																						
Pere Ventura Vintage																						
Gran Juvé & Camps																						
Gramona Ca La Mar Mustillant																						

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Frexinet Alcohol-free

NON-ALCOHOLIC

SANGRIA

Wine sangría

Cava sangría

BEERS

Daura

VEGAN

Inedit

Voll Damm

AK Damm

Free Damm Tostada

NON-ALCOHOLIC

Free Damm Lemon

NON-ALCOHOLIC

Free Damm

NON-ALCOHOLIC

Complot IPA

Malquerida

Estrella Damm

Damm Lemon

Turia

VERMOUTH - SPRITZ

Vermouth

Aperol Spritz

COCKTAILS

Propòsit

Fresito

Moscow Mule

Moscow Mule, non-alcoholic

NON-ALCOHOLIC

Cuban Mojito

Mojito, non-alcoholic

NON-ALCOHOLIC

Piña colada

Strawberry daiquiri

Passion fruit daiquiri

Gin & tonic Seagram's

Gin & tonic Tanqueray

Gin & tonic Hendrick's Lunar

Gin & tonic Hendrick's Midsummer

Gin & tonic Hendrick's Neptunia

Gin & tonic Hendrick's

Gin & tonic Master's Pink

Gin & tonic Master's

Gin & tonic Whitley Neill Rhubarb

Gin & tonic Whitley Neill Blackberry

Gin & tonic Nordés

Gin tonic 25 Lolita's

COFFEE, ORGANIC

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.