

# DISHES

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

## SALADS

Green salad with seeds				T																							
Tomato and tuna belly salad																											
Salad with salmon and mango				T	T								T														
Salad with melon and prawns				T									T							T							
Cod salad with orange and romesco				T	T								T								T						
Goat cheese salad				T																							

## STARTERS

Candied artichokes with Iberian shavings																											
Balfegó tuna tartare with avocado				T	T									T													
Oyster from the Delta de l'Ebre					T																						
Anchovies				T	T									T													
Iberian acorn-fed ham																											
Gazpacho																											
Fish soup				T																							T

## FRIED

Fried battered calamari					T									T							T						T
Fried anchovies					T									T	T	T											T
Fried baby squids					T									T	T							T					T
Andalusian-style Mediterranean squid					T										T												
Patatas Bravas					T										T	T						T					T
Cod fritters					T										T	T	T										T
Roasted chicken croquettes					T										T												
Iberian ham croquettes					T										T												T

## GRILLED

Grilled baby squids with asparagus					T	T																					
Grilled Mediterranean cuttlefish					T	T																					
Grilled sardines						T																					
Grilled mediterranean triple-grooved shrimps																											T
Red prawns																											T
Razor shells						T																					

## BOILED

White octopus from Cambrils						T																					
Clams in seaman's style					T	T																					
Sea snails						T																					
Galician style octopus						T																					

## MUSSELS

Steamed mussels from Delta de l'Ebre						T																					
Mussels from Delta de l'Ebre in seaman's style						T	T																				
Mussels from Delta de l'Ebre with vinaigrette							T																				

## RICES

Seafood paella																											
Creamy rice with blue crab from the Delta de l'Ebre																											

# DISHES

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

Rice with baby cuttlefish and its ink																		
Rice with lobster																		
Señorito's rice																		
Surf and turf rice with organic Iberian ham veil																		
Rice with duck and mushrooms																		
Vegetable rice with candied leek																		

## NOODLES

Rossos noodles																		
Noodles in ink																		

## COMBINATION PLATES

Fried																		
Special Pòsit																		
Seafood																		
Complete seafood																		
Grilled vegetables																		

## STEWES

Monkfish with romesco sauce																		
Fish and seafood zarzuela																		
Hake in marinara sauce																		

## FISH

Grilled monkfish and pumpkin purée																		
Grilled sole with vegetables																		
Cod in fisherman's suquet																		
Hake baked with almonds and potato																		

## MEAT

Matured beef tenderloin																		
Roasted Duroc pork ribs																		
Maxicannelloni by our chef Mercè																		

## CHILD'S

Rigatoni Bolognese																		
Homemade free-range chicken nuggets																		
Homemade fish fingers																		
Organic veal burger																		

## BREAD

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

## SAUCES

Romesco																		
Aioli																		

# DISHES

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

## DESSERTS, HOMEMADE

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Brownie			T		■		■	■						■
Homemade organic cheesecake with strawberry jam and Sichuan pepper							■	■						■
Tiramisu cake						■	■	■						■
70% Dark chocolate fuet			■		■		■	■					T	
Cottage cheese with crunchy honey and praline toast nuts			T		■		■	■						
Pineapple carpaccio with catalan cream							■	■						■
Catalan cream			T		T		■	■				T		■
Panna cotta Baileys			T		■	■	■	■						■
Caramelized French toast			T		■	■	■	■					■	
Lemon sorbet								■						
Irish coffee								■						■

## ICE CREAMS

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Children's ice cream			T		T		■	■						
Vanilla ice cream							■	■						
Fruit ice pop, coconut and strawberry flavor					T									
Fruit ice pop, lemon lime flavor														
Chocolate ice cream, lactose-free					T								■	
Chocolate ice cream, sugar-free					T			■						

# DRINKS

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

## 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																			
Els Pics																			

## 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																			
El Senat del Montsant																			
LAN 7 metros																			
Viña Mayor Crianza																			
La Capilla Crianza																			
Trus Ageing																			
Els Pics																			
Les Brugueres																			
Marqués de Vargas Reserva																			
Tinto de verano																			

## ROSÉ WINE

Aproppòsit Garnatxa Negra D.O. Montsant																			
Flors i Violes																			

## SPARKLING

Aproppòsit Brut Nature Grand Reserve																			
Aproppòsit Ancestral Rosé																			
Reverté Electe																			
Gramona Innoble																			
Pere Ventura Vintage																			
Gran Juvé & Camps																			

# DRINKS

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

Gramona Ca La Mar Mustillant																									
Frexinet Alcohol-free																							NON-ALCOHOLIC	VEGAN	

## BEERS

Estrella Damm																								
Daura																								
Inedit																								
Voll Damm																								
AK Damm																								
Free Damm																							NON-ALCOHOLIC	
Free Damm Lemon																							NON-ALCOHOLIC	
Free Damm Tostada																							NON-ALCOHOLIC	
Damm Lemon																								

## SANGRIA

Wine sangria																								
Cava Sangria																								

## COFFEE, ORGANIC

Mediterranean																								
Decaffeinated																								

## 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																								

**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.