SALADS Green salad with seeds Comand and suns belty salad Salad with seeds To T T T T T T T T T T T T T T T T T T	DISHES		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Tomato and tuna belly salad Salad with selmon and manago OUNTENTEC OFFICIAL STARTERS STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS STARTERS Candid with north and promes OUNTENTEC OFFICIAL STARTERS STARTER	SALADS															
Salad with realmon and mango Interpretation of the salmon and prawns	Green salad with seeds				Т									Т		
Saled with melon and prowns Cod saled with orange and formesco Gouthersea certical STARTERS STARTERS Candied articholes with Iberian shavings Balfego true tratare with avocado Oyster from the Delta de l'Etre Mediterranean ancholes STARTERS Candied articholes with Iberian shavings Balfego true tratare with avocado Oyster from the Delta de l'Etre STARTERS Candied articholes with Iberian shavings Saled with melon and prowns STARTERS Candied articholes with Iberian shavings Saled with melon and prowns STARTERS Candied articholes with Iberian shavings Saled with melon and prowns Starter Saled with melon and prowns Starter Saled with Iberian shavings Saled with melon and prowns Saled with Iberian shavings Saled with Iber	Tomato and tuna belly salad															
Cod stated with orange and romesco Gout cheese said STARTERS Candided articholose with iberian shavings Baffegg huma startae with avocacio Oyster from the Delta de l'Ebre Maditerranean anchoviris Barrian source Mantis shrimp cream Fried barrian shavings Barrian source FRIED Fried battered calamari Fried anchoviris Fried anchoviri	Salad with salmon and mango			Т	Т	Т			Т	Т	Т			Т	Т	
STARTERS Candied artichokes with Iberian shavings Ballego furna tartare with avocado OLUTENTRECOPTION IT T OVAPTH FORMED BOOTE de l'Ebre Mediterranean anchovies IT T OLITER IT T Mediterranean anchovies IT T OLITER IT T IT	Salad with melon and prawns				Т		Т				Т		Τ	Т		
STARTERS Candied antichoises with ilberian shavings Balfegd tuna tartare with avocado Oyster from the Delta de l'Ebre Oyster from Delta de l'Ebre Oyster from Delta de l'Ebre Oyster from Delta de l'Ebre Oscillasse from Delta de l'Ebre Oyster from Delta de l'Ebre Nussels from Delta de l'Ebre in seaman's style Oxiges from Delta de l'Ebre with vinaignette	Cod salad with orange and romesco	GLUTEN FREE OPTION			Т	T					Т			Т		
Candied artichokes with blerian shavings Balflegd trus tartare with avocado Oyster from the Deta de l'Etxe Oyster from Deta de	Goat cheese salad		Ш		$oxed{oxed}$		T	Т						Т		
Baffegó tuna tartare with avocado Oyster from the Delta de l'Ebre Oyster from Delta de l'Ebre Muscales from Delta de l'Ebre with vinaigrette	STARTERS															
Oyster from the Delta de l'Ebre Moditeranaean anchovies T T T T T T T T T T T T T T T T T T T	Candied artichokes with Iberian shavings															
Mediterranean anchovies	Balfegó tuna tartare with avocado	GLUTEN FREE OPTION			Т	Т					Т					
Iberian acom-fed ham Fish soup Mantis shrimp cream FRIED T T T T T T T T T	Oyster from the Delta de l'Ebre					T							Т			
FRIED Fried battered calamari Fried anchovies Fried battered calamari Fried anchovies I T T T T T T T T T T T T T T T T T T T	Mediterranean anchovies			T	Т	T			Τ	Т	Т	T		Т	Т	T
FRIED Fried battered calamari Fried anchovies Fried anchovies Fried day squids Fried day squids Fried baby squids with aparagus Fried baby squids with apar	lberian acorn-fed ham															
Fried battered calamari Fried anchovies Fried anchovies Fried baby squids Fried baby																
Fried battered calamari Fried anchovies Fried baty squids Fried anchovies Fried anchovi	Mantis shrimp cream		Ш					Ш			Τ				Ш	
Fried anchovies Fried baby squids Andalusian-style Mediterranean squid Patatas Bravas T T T T T T T T T T T T T T T T T T T	FRIED															
Fried baby squids Andalusian-style Mediterranean squid Andalusian-st	Fried battered calamari					Т				Т			Т		Т	
Andalusian-style Mediterranean squid Patatas Bravas T T T T T T T T T T T T T T T T T T T	Fried anchovies					T			T	Т	Т				Т	
Patatas Bravas	Fried baby squids					Т			Т	Т			Т		Т	
Cod fritters Roasted chicken croquettes T T T T T T T T T T T T T T T T T T T	Andalusian-style Mediterranean squid					Т				Т			Т			
Roasted chicken croquettes T T T T T T T T	Patatas Bravas			T		T				Т	Т	Т	Т	Т	Т	
Derian ham croquettes										Т					Τ	
GRILLED Grilled baby squids with asparagus Grilled Mediterranean cuttlefish T T T T T T T T T T T T T T T T T T T											_		\vdash			
Grilled baby squids with asparagus Grilled Mediterranean cuttlefish T T T T T T T T T T T T T T T T T T T	lberian ham croquettes		Ш		Ш	<u> </u>		Ш	<u> </u>		Т	_	LΤ	Ш	╧	
Grilled Mediterranean cuttlefish Grilled sardines Grilled mediterranean triple-grooved shrimps Grilled mediterranean triple-grooved shrimps Red prawns Razor shells T T T T T T T T T T T T T T T T T T T	GRILLED															
Grilled sardines Grilled mediterranean triple-grooved shrimps Red prawns Razor shells T T T T T T T T T T T T T T T T T T T	Grilled baby squids with asparagus				Т	Т							Т	Т		
Grilled mediterranean triple-grooved shrimps Red prawns Razor shells T T T T T T T T T T T T T T T T T T T	Grilled Mediterranean cuttlefish				Т	T							Т			T
Red prawns Razor shells T T T T T T T T T T T T T T T T T T T	Grilled sardines					T					Т					
Razor shells BOILED White octopus from Cambrils Clams in seaman's style T T T T T T T T T T T T T T T T T T T	Grilled mediterranean triple-grooved shrimps										Т		Т			T
White octopus from Cambrils Clams in seaman's style Sea snails Galician style octopus MUSSELS Steamed mussels from Delta de l'Ebre Mussels from Delta de l'Ebre with vinaigrette RICES Seafood paella											Т		_			T
White octopus from Cambrils Clams in seaman's style T T T T T T T T T T T T T T T T T T T	Razor shells		Ш		Ш	T		Ш					Т	Ш	Ш	
Clams in seaman's style Sea snails Galician style octopus T T T Galician style octopus T T T T T T T T T T T T T	BOILED															
Sea snails Galician style octopus T T T Galician style octopus T T T Mussels from Delta de l'Ebre Mussels from Delta de l'Ebre in seaman's style T T T T T T T T T T T T T	White octopus from Cambrils					Т							Т			
Galician style octopus T MUSSELS Steamed mussels from Delta de l'Ebre Mussels from Delta de l'Ebre in seaman's style T T T T T T T T T T T T T	Clams in seaman's style				Т	Т							Т	Т		
MUSSELS Steamed mussels from Delta de l'Ebre Mussels from Delta de l'Ebre in seaman's style Mussels from Delta de l'Ebre with vinaigrette T T T T T T T T T T T T T T T T T T T	Sea snails					Т							Т			
Steamed mussels from Delta de l'Ebre Mussels from Delta de l'Ebre in seaman's style T T T T T T T T T T T T T T T T T T T	Galician style octopus					Т							Т			
Mussels from Delta de l'Ebre in seaman's style Mussels from Delta de l'Ebre with vinaigrette T T T T T T T T T T T T T T T T T T T	MUSSELS															
Mussels from Delta de l'Ebre with vinaigrette T T RICES Seafood paella	Steamed mussels from Delta de l'Ebre					Т							Т			
RICES Seafood paella	Mussels from Delta de l'Ebre in seaman's style				Т	Т							Т	Т		
Seafood paella	Mussels from Delta de l'Ebre with vinaigrette					Т							Т			
	RICES									1 1 1 1						
	Seafood paella		П													
			П													

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					Т							Т			Π
Rice with duck and mushrooms															
Vegetable rice with candied leek	VEGAN	Ш	Т		T		Т	Т	Т	Т	T	Т	Т	Т	L
NOODLES															
Rossos noodles															
Noodles in ink								Т							
COMBINATION PLATES									 						
Fried					Т				Т					Т	
Special Pòsit		П							Т					Т	
Seafood		П										Т			Т
Complete seafood												Т			Т
Grilled vegetables VEGAN	GLUTEN FREE OPTION			T									Т		
STEWS									1						
Monkfish with romesco sauce		П		Т									Т		
Fish and seafood zarzuela															
Hake in marinara sauce				Т									Т		
FISH															
Grilled monkfish and pumpkin purée				Т	Т					Т			Т		
Grilled sole with vegetables					Т					Т					
Cod in fisherman's suquet										Τ					
Hake baked with almonds and potato		Ш		T	Т			Т	Т	Т			Т	Т	
MEAT															
Matured beef tenderloin					Т			Т	Т	Т		Т		Т	Г
Roasted Duroc pork ribs			Т	T			Т				Т		Т		
Maxicannelloni by our chef Mercè				T	Т	Τ				Т	T	Т	Т		
CHILD'S															
Rigatoni Bolognese						Т			Т			Т		Т	
Homemade free-range chicken nuggets			Т		Т			Т	Т	Т	T	Т	Т	Т	
Homemade fish fingers					Т				Т	Т				Т	
Organic veal burger	GLUTEN FREE OPTION				Т			Т		Т		Т			
BREAD															
Bread VEGAN	GLUTEN FREE OPTION												Т		
Gluten-free bread		\Box													Ĺ
Bread with garlic and olive oil	GLUTEN FREE OPTION	Ц				Т		Т	Т				Т	Т	L
Bread with tomato and olive oil	GLUTEN FREE OPTION	Ш				Т		Т	Т				Т	Т	L
SAUCES															
Romesco				Т									Т		
Aioli		П													

DISHES

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

		_	O	ш	O	_	O	ш	_	_	_	ш	0)	0)	0)
DESSERTS, HOMEMADE							1		1						
Brownie				Т											
Homemade organic cheesecake with strawberry jam and Sichuan pe	epper														
Tiramisu cake															
70% Dark chocolate fuet														Т	
Cottage cheese with crunchy honey and praline toast nuts				Т											
Pineapple carpaccio with catalan cream															
Catalan cream	GLUTEN FREE OPTION			Т		Т							Т		
Panna cotta Baileys				Т											
Caramelized French toast				Т											
Lemon sorbet	VEGAN														
lrish coffee															
ICE CREAMS		1					1		1			1			
Children's ice cream				Т		Т								Τ	
Vanilla ice cream															
Fruit ice pop, coconut and strawberry flavor	VEGAN					Т									
Fruit ice pop, lemon lime flavor	VEGAN														
Chocolate ice cream, lactose-free						Т									
Chocolate ice cream, sugar-free						Т									

DRINKS		pins	lery	anuts	Crustaceans	ıts	nten	gs	¥	olluscs	ıstard	Ę	Sesame	Soy	Sulfites
WHITE WINE		=	ပီ —		—	Ž	์ —	Eg	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	≚ —	Ĭ —	 E	<u>გ</u>	-S	Ū
Aproppòsit Macabeu D.O. Terra Alta															
Aproppòsit Malvasia Aproppòsit Garnatxa Blanca D.O. Montsant															
Apropposit Viognier D.O. Terra Alta															
Apropposit Viognier D.O. Terra Aita Aproppòsit Chardonnay D.O. Penedès															
Excellens Verdejo	VEGAN														
El Terrat	VEGAN														
Petites estones															
Rebels de Batea															
Grimau Chardonnay Torre la Moreira	VECAN													_	
	VEGAN														
La Capilla Blanco		\vdash			\vdash									_	
Finca Montico														<u> </u>	
Lagar de Cervera															-
Les Brugueres															
Pazo de San Mauro														<u> </u>	
Els Pics		Ш			Ш		igsqcup			Щ			Ш		
RED WINE														I I	
Aproppòsit Garnatxa Negra D.O. Montsant														<u></u>	
Aproppòsit Trepat D.O. Conca de Barberà															
Aproppòsit D.O.Q. Priorat															
Excellens Cuvée Especial	VEGAN													<u> </u>	
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							1							1	
Aproppòsit Garnatxa Negra D.O. Montsant		П													
Aproppòsit Ancestral Rosé					\vdash										
Flors i Violes															
SPARKLING												_			
Aproppòsit Appetral Posé		\vdash													
Aproppòsit Ancestral Rosé		\vdash													
Reverté Electe														_	
Gramona Innoble															
Pere Ventura Vintage														<u> </u>	



Gran Juvé & Camps

Gramona Ca La Mar Mustillant

DRINKS

DRINKS		Lupins	Such	Peanuts	staceans	S	ten	<u>s</u>	V	luscs	Mustard	_	ame		Sulfites
		Lup	Celery	Pea	S U	N N	Glu	Egg	Ĭ	_∑	ğ Z	Fish	Ses	Soy	Sulf
Frexinet Alcohol-free	NON-ALCOHOLIC				Ш			\Box						Ш	
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															П
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

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