

# 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 apple			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			T											

## STARTERS

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

## FRIED

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

## GRILLED

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

## BOILED

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

## MUSSELS

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

## RICES

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

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Rice with baby cuttlefish and its ink		■		■			■		■		■			■
Rice with lobster		■		■					■		■			■
Señorito's rice		■		■					■		■			■
Surf and turf rice with organic Iberian ham veil				T					■		T			
Rice with duck and mushrooms														■
Vegetable rice with candied leek	VEGAN				T								T	

## NOODLES

Rossos noodles		■		■		■	■		■		■			■
Noodles in ink		■		■		■	T		■		■			■

## COMBINATION PLATES

Fried				T			■	T	■		■		T	■
Special Pòsit				■			■	T	■		■		T	■
Seafood				■					■		T			T
Complete seafood				■					■		T			T
Grilled vegetables	VEGAN		T		■	■						T		■

## STEWES

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

## FISH

Grilled monkfish and pumpkin purée			T	T	■			■	T		■			■
Grilled sole with vegetables				T					T		■			■
Cod in fisherman's suquet		■		T				■	T		■			■
Hake baked with almonds and potato			T	T	■				T		■			■

## MEAT

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

## CHILD'S

Macaroni Bolognese						■	T							■
Homemade free-range chicken nuggets				T			T	T	T		T		T	■
Homemade fish fingers				T			■	T	T		■		T	■
Organic veal burger				T			T	T	T		T		T	

## BREAD

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

## SAUCES

Romesco			T		■	■							T	■
Aioli						■								■

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Molluscs  
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## 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 caramelized walnuts			T		■		■	■						
Pineapple carpaccio with catalan cream							■	■						■
Catalan cream <small>GLUTEN FREE OPTION</small>			T		T	■	■	■				T		■
Panna cotta Baileys			T		■	■	■	■						■
Caramelized French toast			T		■	■	■	■					■	
Lemon sorbet <small>VEGAN</small>								■						
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 <small>VEGAN</small>					T									
Fruit ice pop, lemon lime flavor <small>VEGAN</small>														
Chocolate ice cream, lactose-free					T								■	
Chocolate ice cream, sugar-free					T			■						

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Gluten  
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Milk  
Molluscs  
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Sulfites

## WHITE WINE

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Apropòsit Malvasia														
Apropòsit Muscat D.O. Terra Alta														
Apropòsit Garnatxa Blanca D.O. Montsant														
Apropòsit Garnatxa Blanca D.O. Terra Alta														
Apropòsit Macabeu D.O. Terra Alta														
Apropòsit Xarel·lo D.O. Penedès														
Apropòsit Viognier D.O. Terra Alta														
Apropòsit Chardonnay D.O. Penedès														
Rebels de Batea														
Petites estones														
Les Brugueres														
Els Pics														
Grimau Chardonnay														
Mustillant														
El Terrat														
Aura														
Finca Montico														
Torre la Moreira														VEGAN
Pazo de San Mauro														
Lagar de Cervera														
Excellens Verdejo														VEGAN

## RED WINE

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Apropòsit Garnatxa Negra D.O. Montsant														
Apropòsit Trepal D.O. Conca de Barberà														
Apropòsit D.O.Q. Priorat														
Les Brugueres														
El Senat del Montsant														
Els Pics														
Marqués de Vargas Reserva														
Lan D-12														
Trus Ageing														
Marqués de Burgos														
Finca San Martín														
La Capilla Crianza														
Excellens Cuvée Especial														VEGAN
Viña Mayor Crianza														
LAN 7 metros														
Tinto de verano														

## ROSÉ WINE

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Apropòsit Garnatxa Negra D.O. Montsant														
Flors i Violes														

## CAVA. CORPINNAT. SPARKLING

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Apropòsit Brut Nature Grand Reserve														
Reverté Electe														

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Sulfites

Milesimé Blanc de Noirs																			
Pere Ventura Vintage																			
Gramona Innoble																			
Frexinet Alcohol-free																			

NON-ALCOHOLIC VEGAN

## BEERS

Estrella Damm																			
Daura																			
Inedit																			
Voll Damm																			
AK Damm																			
Free Damm																			
Free Damm Lemon																			
Free Damm Tostada																			
Damm Lemon																			

NON-ALCOHOLIC  
NON-ALCOHOLIC  
NON-ALCOHOLIC

## 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.