

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			T											

STARTERS

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																	
Gazpacho															T		
Fish soup			T														T

PORTIONS

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				T			
Bravas with iberian minced chorizo				T						T	T			T		T	
Cod fritters				T					T	T	T					T	
Roasted chicken croquettes				T					T		T			T			
Iberian ham croquettes				T					T		T			T		T	
Grilled Mediterranean cuttlefish				T	T									T			
Grilled mediterranean triple-grooved shrimps														T		T	
Red prawns														T		T	
Razor shells																T	
Clams in seaman's style				T	T										T	T	
Sea snails					T										T		
Crispy free-range Chicken					T				T	T	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		
Mussels with white wine, celery, garlic and parsley					T										T		
Mussels with citrus, bay leaf, garlic and onion					T										T		

RICES

Seafood paella																	
Creamy rice with blue crab from the Delta de l'Ebre																	
Rice with baby cuttlefish and its ink																	
Rice with lobster																	
Señorito's rice																	
Surf and turf rice with organic Iberian ham veil															T		
Rice with duck and mushrooms																	

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Vegetable rice with grilled leek	VEGAN					T													
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NOODLES & PASTA

Rossos noodles																			
Noodles in ink																			
Maxicannelloni by our chef Mercè																			
Rigatoni Bolognese																			

COMBINATION PLATES

Fried																			
Special Pòsit																			
Seafood																			
Complete seafood																			

STEWES

Monkfish with romesco sauce																			
Fish and seafood zarzuela																			

FISH

Grilled monkfish and pumpkin purée																			
Grilled sole with vegetables																			

GRILLED SEAFOOD

Wild seabass with vegetables and citrus vinaigrette																			
Sardines																			
Octopus leg																			
Mediterranean squid																			
Cod with quince aioli																			
Turbot. Recommended 2 people																			

GRILLED GROUND FOOD

Artichokes with Iberian shavings																			
Km0 vegetables																			
Matured beef tenderloin																			
Roasted Duroc pork ribs																			
Iberian pork fillet																			
Organic veal burger																			
T-bone steak, 1Kg. Recommended 2 people																			

BREAD

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

SAUCES

Romesco																			
Aioli																			

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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						■	■	■					■	■
Grilled pineapple with passion fruit sauce														
Catalan cream			T		T	■	■	■				T		■
Caramelized French toast			T		■	■	■	■					■	■
Lemon sorbet														
Carrot cake, matcha tea and pollen			T		■		■	■						■

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			■						

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WHITE WINE

Apropòsit Malvasia															
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															
Grimau Chardonnay															
Mustillant															
El Terrat															
Finca Montico															
Torre la Moreira									VEGAN						
Pazo de San Mauro															
Lagar de Cervera															
Excellens Verdejo									VEGAN						
La Capilla Blanco															

RED WINE

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

ROSÉ WINE

Apropòsit Garnatxa Negra D.O. Montsant															
Flors i Violes															

CAVA. CORPINNAT

Apropòsit Brut Nature Grand Reserve															
Reverté Electe															
Milesimé Blanc de Noirs															
Pere Ventura Vintage															
Gramona Innoble															
Freixenet Alcohol-free									NON-ALCOHOLIC	VEGAN					

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BEERS

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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

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Wine sangria														■
Cava Sangria														■

COCKTAILS - GIN & TONIC

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Blueberry Mojito	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Mojito, non-alcoholic	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Daiquiri Frappé	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Moscow Mule	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Piña colada	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Piña colada, non-alcoholic	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Classic Gin & tonic	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Special Gin & tonic	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Special Gin Lemon	■	■	■	■	■	■	■	■	■	■	■	■	■	■

COFFEE, ORGANIC

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

INFUSIONS, ORGANIC

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