DISHES		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Miik	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
SALADS		_			_	_	_	_	_	_	_	_		-	
Green salad with seeds				Т									Т		
Tomato and tuna belly salad															
Salad with salmon and mango				Т	Т					Т			Т	\dashv	
Salad with melon and prawns				T						Т		Т			
Cod salad with orange and romesco	GLUTEN FREE OPTION			Т	Т					Т		-	Т		
Goat cheese salad				Т			Т			-					
STARTERS															
Balfegó tuna tartare with avocado	GLUTEN FREE OPTION			Т	Т					Т					
Oyster from the Delta de l'Ebre					Т							Т			
Mediterranean anchovies				Т	Т					Т					
lberian acorn-fed ham															\exists
Fish soup			Т												Т
Mantis shrimp cream			Т			Т				Т		Т			
PORTIONS															
Fried battered calamari					Т				Т			Т		Т	
Fried anchovies					Т			Т	Т	Т				Т	
Fried baby squids					Т			Т	Т			Т		Т	
Andalusian-style Mediterranean squid					Т				Т			Т			
Bravas with iberian minced chorizo					Т				Т	Т		Т		Т	
Cod fritters					Т			Т	Т	Т				Т	
Roasted chicken croquettes					Т			Т		Т		Т			
lberian ham croquettes					Т			Т		Т		Т		Т	
Grilled Mediterranean cuttlefish				Т	Т							Т			
Grilled mediterranean triple-grooved shrimps										Т		Т			Т
Red prawns										Т		Т			Т
Razor shells					Т							Т			
Clams in seaman's style				Т	Т							Т	Т		
Sea snails					Т							Т			
Crispy free-range Chicken		L			Т			T	Т	Т		T	\square	Т	
MUSSELS															
Steamed mussels from Delta de l'Ebre					Т							Т			
Mussels from Delta de l'Ebre in seaman's style				Т	Т							Т	Т		
Mussels from Delta de l'Ebre with vinaigrette					Т							Т			
Mussels with white wine, celery, garlic and parsley					Т							Т			
Mussels with citrus, bay leaf, garlic and onion		L			Т						Щ	T			
RICES														1	
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					Т							Т			
Rice with duck and mushrooms															

DISHES		Lupins	Celery	Peanuts	Crustacea	Nuts	Gluten	Eggs	ĭ	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Vegetable rice with grilled leek	VEGAN					Т									
NOODLES & PASTA									1						
Rossos noodles															
Noodles in ink								Т							
Maxicannelloni by our chef Mercè			Т		Т	Т				Т		Т			
Rigatoni Bolognese															
COMBINATION PLATES									: 						
Fried					Т				Т					Т	
Special Pòsit									T					T	
Seafood												Т			Т
Complete seafood												Т			Т
STEWS				1					 						
Monkfish with romesco sauce				Т									Т		
Fish and seafood zarzuela															
FISH				1	1	1			1						
Grilled monkfish and pumpkin purée				Т	Т					Т					
Grilled sole with vegetables					Т					Т					
GRILLED SEAFOOD															
Wild seabass with vegetables and citrus vinaigrette					Т					Т					
Sardines					Т					Т					
Octopus leg					Т							Т			
Mediterranean squid				Т	Т							Т			
Cod with quince aioli			Т		T		T			T	Т		Т		
Turbot. Recommended 2 people		Ш		L	T	Ш		_	igspace	ļΤ			Ш		
GRILLED GROUND FOOD															
Artichokes with Iberian shavings															
Km0 vegetables VEGAN GLUTEN FREE	OPTION			Т									Т		
Matured beef tenderloin					Т			Т	Т	Т		Т		Т	
Roasted Duroc pork ribs				T											
Iberian pork fillet				Т	_			_		_		-			
Organic veal burger T-bone steak, 1Kg. Recommended 2 people	OPTION				T			T	Т	T		T		Т	
		Ш			<u> </u>			<u> </u>	<u> </u>	<u> </u>		<u> </u>	Ш		
BREAD															
Bread VEGAN GLUTEN FREE	OPTION												T		
Gluten-free bread	ODTIC					-		Ŧ	_					_	
Bread with garlic and olive oil Bread with tomato and olive oil GLUTEN FREE GLUTEN FREE GLUTEN FREE						T		T	T				T T	T	
	OFTION	Ш				<u>'</u>		<u> </u>	<u> </u>				<u> </u>		
SAUCES															
Romesco				Т									Т		
Aioli		Ш							l						

DISHES

Chocolate ice cream, lactose-free

Chocolate ice cream, sugar-free

DESSERTS, HOMEMADE Homemade organic cheesecake with strawberry jam and Sichuan pepper Tiramisu cake Grilled pineapple with passion fruit sauce VEGAN Т Т Т Catalan cream GLUTEN FREE OPTION Caramelized French toast Т Lemon sorbet VEGAN Т Carrot cake, matcha tea and pollen **ICE CREAMS** Т Children's ice cream Т Vanilla ice cream Fruit ice pop, coconut and strawberry flavor Т Fruit ice pop, lemon lime flavor VEGAN

Т

Т

DRINKS	Lupins	Aue	nuts	Crustaceans	s	ten	<u>s</u>	V	luscs	stard	_	ame		Sulfites
	ᄩ	Ö —	Pea		N N	- Gr	Egg	\ <u>₹</u>		Σ M	Fish	Ses	Soy	- Sulf
WHITE WINE														
Aproppòsit Macabeu D.O. Terra Alta														
Aproppòsit Malvasia														
Aproppòsit Garnatxa Blanca D.O. Montsant														
Aproppòsit Viognier 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														
El Senat del Montsant														
LAN 7 metros														
Viña Mayor Crianza														
La Capilla Crianza														
Trus Ageing														
Les Brugueres														
Marqués de Vargas Reserva														
Tinto de verano				Ш					Ш					
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														
Gramona Innoble				П										
D W : W:	\vdash		-	\vdash	_	\vdash	 		H		\vdash		\dashv	



Pere Ventura Vintage Gran Juvé & Camps

Frexinet Alcohol-free

Gramona Ca La Mar Mustillant



NON-ALCOHOLIC VEGAN

DRINKS		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
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														L	
SANGRIA															
Wine sangria															
Cava Sangria															
COCKTAILS															1
Blueberry Mojito															
Mojito, non-alcoholic															
Daiquiri Frappé															
Moscow Mule															
Piña colada															
Piña colada, non-alcoholic															
Classic Gin & tonic															
Premium Gin & tonic															
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

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