

DISHES

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

SALADS

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

STARTERS

Balfegó tuna tartare with avocado	GLUTEN FREE OPTION			T	T				T	T				
Oyster from the Delta de l'Ebre				T								T		
Mediterranean anchovies			T	T					T					
Iberian acorn-fed ham														
Gazpacho	VEGAN				T		T	T		T		T	T	
Fish soup		T												T
Mantis shrimp cream		T							T		T			

PORTIONS

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		
Bravas with iberian minced chorizo				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		
Grilled Mediterranean cuttlefish				T	T							T		
Grilled mediterranean triple-grooved shrimps										T		T		T
Red prawns										T		T		T
Razor shells				T								T		
Clams in seaman's style				T	T			T	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		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								T		
Rice with duck and mushrooms														

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Vegetable rice with grilled leek	VEGAN				T			T	T	T		T			

NOODLES & PASTA

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

COMBINATION PLATES

Fried					T				T					T	
Special Pòsit									T					T	
Seafood												T			T
Complete seafood												T			T

STEWES

Monkfish with romesco sauce			T				T	T		T		T	T		
Fish and seafood zarzuela															

FISH

Grilled monkfish and pumpkin purée			T	T					T						
Grilled sole with vegetables				T					T						

GRILLED SEAFOOD

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

GRILLED GROUND FOOD

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

BREAD

Bread	VEGAN	GLUTEN FREE OPTION				T		T	T		T		T	T	
Gluten-free bread															
Bread with garlic and olive oil		GLUTEN FREE OPTION				T		T	T			T	T		
Bread with tomato and olive oil		GLUTEN FREE OPTION				T		T	T			T	T		

SAUCES

Romesco			T				T	T		T		T	T		
Aioli															

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DESSERTS, HOMEMADE

Maria's Coffee Fritters																			
Brownie			T																
Homemade organic cheesecake with strawberry jam and Sichuan pepper																			
Tiramisu cake																			
Grilled pineapple with passion fruit sauce																			
Catalan cream																			
Caramelized French toast			T																
Lemon sorbet																			
Carrot cake, matcha tea and pollen			T																
Irish coffee																			

ICE CREAMS

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

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																			
El Terrat																			
Petites estones																			
Rebels de Batea																			
Grimau Chardonnay																			
Torre la Moreira																			
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																			
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																			

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																			
Pere Ventura Vintage																			
Gran Juvé & Camps																			
Gramona Ca La Mar Mustillant																			
Freixinet Alcohol-free																			

DRINKS

[illegible]

SANGRIA

[illegible]

COCKTAILS

[illegible]

COFFEE, ORGANIC

[illegible]

INFUSIONS, ORGANIC

[illegible]

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.