DISHES	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Mik	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
SALADS														
Green salad with seeds			Т											
Tomato and tuna belly salad														
Salad with salmon and mango			Т	Т					Т					
Salad with melon and prawns			Т						Т		Τ			
Cod salad with orange and romesco GLUTEN FREE OPTION			Т	Т					Т			Т		
Goat cheese salad	$\square$		Т			Т								
STARTERS														
Candied artichokes with Iberian shavings														
Balfegó tuna tartare with avocado GLUTEN FREE OPTION			Т	Т					Т					
Oyster from the Delta de l'Ebre				Т							Τ			
Anchovies			Т	T					Т				$\Box$	
lberian acorn-fed ham														
Gazpacho VEGAN												Т		
Fish soup		T				$oxed{oxed}$	$\Box$							Т
FRIED														
Fried battered calamari				Т				Т			Т		Т	
Fried anchovies				Т			Т	T	Т				Т	
Fried baby squids				Т			Т	Т			Τ		Т	
Andalusian-style Mediterranean squid				Т				Т			Т			
Patatas Bravas				Т				Т	Т		Τ		Т	
Cod fritters				Т			Т	Т	Т				Т	
Roasted chicken croquettes				Т			Т		Т		T			
lberian ham croquettes	Щ			T		igsqcup	Т		Т		T		Т	
GRILLED														
Grilled baby squids with asparagus			Т	Т							Т			
Grilled Mediterranean cuttlefish			Т	Т							Τ			
Grilled sardines				Т					Т					
Grilled mediterranean triple-grooved shrimps									Т		Т			Т
Red prawns									Т		T			Т
Razor shells				T		Ļ					Т	<u> </u>		
BOILED														
White octopus from Cambrils				Т							Т			
Clams in seaman's style			Т	Т							Т	Т		
Sea snails				Т							Т			
Galician style octopus				Т							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			
RICES	,													
Seafood paella														
Creamy rice with blue crab from the Delta de l'Ebre													$\exists$	
,														

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

## **DISHES**

Chocolate ice cream, sugar-free

Crustaceans
Nuts
Gluten
Eggs
Milk
Molluscs
Mustard
Fish
Sesame **DESSERTS, HOMEMADE** Homemade organic cheesecake with strawberry jam and Sichuan pepper Tiramisu cake 70% Dark chocolate fuet Т Cottage cheese with crunchy honey and praline toast nuts Τ Pineapple carpaccio with catalan cream Catalan cream GLUTEN FREE OPTION Т Т Т Т Panna cotta Baileys Т Caramelized French toast Lemon sorbet VEGAN Irish coffee **ICE CREAMS** Children's ice cream Т Vanilla ice cream Т Fruit ice pop, coconut and strawberry flavor VEGAN Fruit ice pop, lemon lime flavor VEGAN Chocolate ice cream, lactose-free Τ

Т

## DRINKS

Crustaceans
Nuts
Gluten
Eggs
Milk
Molluscs
Mustard
Fish
Sesame WHITE WINE Aproppòsit Malvasia Aproppòsit Garnatxa Blanca D.O. Montsant Aproppòsit Garnatxa Blanca D.O. Terra Alta Aproppòsit Macabeu D.O. Terra Alta Aproppòsit Xarel·lo D.O. Penedès Aproppòsit Viognier D.O. Terra Alta Aproppòsit Chardonnay D.O. Penedès Rebels de Batea Petites estones Les Brugueres Els Pics 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** Aproppòsit Garnatxa Negra D.O. Montsant Aproppòsit Trepat D.O. Conca de Barberà Aproppòsit 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** Aproppòsit Garnatxa Negra D.O. Montsant Flors i Violes **CAVA. CORPINNAT** Aproppòsit Brut Nature Grand Reserve Reverté Electe Milesimé Blanc de Noirs

DRINKS			Lupins	Celeny	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Z K	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Pere Ventura Vintage																
Gramona Innoble																
Frexinet Alcohol-free	NON-A	ALCOHOLIC VEGAN	$oxed{oxed}$													
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											1			1	1	
Mediterranean																
Decaffeinated																
INFUSIONS, ORGANIC				) 							1 1 1					
Darjeeling																
Shooting Star																
Pu Erh Fresh																H
Green tea, ginger and lemon																
Black Chai tea																Н
Royal Fruits																
Chamomile																${ m H}$
Verbena and mint																$\Box$
Rooibos with orange																$\Box$
Vitality			_	$\vdash$	<u> </u>	$\vdash$	_	$\vdash$	$\vdash$	$\vdash$	$\vdash$	$\vdash$	$\vdash$	$\vdash$	$\vdash$	$\vdash$

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.