

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	T	
Cod salad with orange and romesco			T	T					T					T	
Goat cheese salad					T	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		
Mediterranean anchovies		T	T	T			T	T	T	T				T	T
Iberian acorn-fed ham															
Fish soup															
Mantis shrimp cream															

FRIED

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						
Patatas Bravas		T		T					T	T	T	T	T	T	
Cod fritters				T				T	T	T				T	
Roasted chicken croquettes				T				T		T					
Iberian ham croquettes				T				T		T				T	

GRILLED

Grilled baby squids with asparagus			T	T									T	T	
Grilled Mediterranean cuttlefish			T	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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		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	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					T					■		T			
Rice with duck and mushrooms															■
Vegetable rice with candied leek	VEGAN	T		T		T	T	T	T	T	T	T	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 GLUTEN FREE OPTION		T		■	■							T		■

STEWES

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

FISH

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

MEAT

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

CHILD'S

Rigatoni Bolognese					T	■	■	T				T		T	■
Homemade free-range chicken nuggets		T		T			T	T	T	T	T	T	T	T	■
Homemade fish fingers				T		■	■	T	T		■			T	■
Organic veal burger	GLUTEN FREE OPTION			T		■		T	■	T		T		■	■

BREAD

Bread	VEGAN GLUTEN FREE OPTION					■								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	■
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														
70% Dark chocolate fuet													T	
Cottage cheese with crunchy honey and praline toast nuts			T											
Pineapple carpaccio with catalan cream														
Catalan cream			T		T								T	
Panna cotta Baileys			T											
Caramelized French toast			T											
Lemon sorbet														
Irish coffee														

ICE CREAMS

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Children's ice cream			T		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									

DRINKS

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

WHITE WINE

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Apropòsit Macabeu D.O. Terra Alta														
Apropòsit Malvasia														
Apropòsit Garnatxa Blanca D.O. Montsant														
Apropòsit Viognier D.O. Terra Alta														
Apropòsit Xarel·lo D.O. Penedès														
Apropòsit Garnatxa Blanca D.O. Terra Alta														
Apropòsit 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														
Els Pics														

RED WINE

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Apropòsit Garnatxa Negra D.O. Montsant														
Apropòsit Trepac D.O. Conca de Barberà														
Apropòsit 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														
Els Pics														
Les Brugueres														
Marqués de Vargas Reserva														
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														
Apropòsit Ancestral Rosé														
Flors i Violes														

SPARKLING

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Apropòsit Brut Nature Grand Reserve														
Apropòsit Ancestral Rosé														
Reverté Electe														
Gramona Innoble														
Pere Ventura Vintage														

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	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Gran Juvé & Camps														
Gramona Ca La Mar Mustillant														
Frexinet Alcohol-free														

BEERS

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

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.