

EL PÒSIT

GLUTEN FREE ■
GLUTEN FREE OPTION ■
VEGAN ■



SALADS

- Green salad with seeds 10,9
- Tomato and tuna belly salad 11,8
- Salad with salmon and mango 13,8
- Salad with melon and prawns 13,9
- Cod salad with orange and romesco 12,8
- Goat cheese salad 13,6

STARTERS

- Candied artichokes with Iberian shavings 15,5
- Balfegó tuna tartare with avocado 17,8
- Oyster from the Delta de l'Ebre 3,9
- Anchovies 12,9
- Iberian acorn-fed ham 19,8
- Fish soup 14,5
- Mantis shrimp cream 14,8

FRIED

- Fried battered calamari 12,9
- Fried anchovies 12,7
- Fried baby squids 13,6
- Andalusian-style Mediterranean squid 16,8
- Patatas Bravas 6,9
- Cod fritters 13,0
- Roasted chicken croquettes 10,8
- Iberian ham croquettes 12,7

GRILLED

- Grilled baby squids with asparagus 15,6
- Grilled Mediterranean cuttlefish 13,5
- Grilled sardines 9,8
- Grilled mediterranean triple-grooved shrimps 16,0
- Red prawns 24,0
- Razor shells 15,0

BOILED

- White octopus from Cambrils 18,9
- Clams in seaman's style 19,8
- Sea snails 16,5
- Galician style octopus 18,8

MUSSELS

- Steamed mussels 11,8
- Mussels in seaman's style 12,6
- Mussels with vinaigrette 12,5

RICES

- Seafood paella 19,8
- Creamy rice with blue crab from the Delta de l'Ebre 19,9
- Rice with baby cuttlefish and its ink 19,8
- Rice with lobster 26,0
- Señorito's rice 20,7
- Surf and turf rice with organic Iberian ham veil 20,5
- Rice with duck and mushrooms 20,8
- Vegetable rice with candied leek 19,8

NOODLES

- Rossos noodles 18,0
- Noodles in ink 19,3

COMBINATION PLATES

- Fried 25,0
- Special Pòsit 34,0
- Seafood 43,0
- Complete seafood 74,0
- Grilled vegetables 16,8

STEWES

- Monkfish with romesco sauce 29,0
- Fish and seafood zarzuela 29,8
- Hake in marinara sauce 25,0

FISH

- Grilled monkfish and pumpkin purée 25,0
- Grilled sole with vegetables 26,0
- Cod in fisherman's suquet 23,0
- Hake baked with almonds and potato 22,0

MEAT

- Matured beef tenderloin 25,8
- Roasted Duroc pork ribs 17,9
- Maxicannelloni by our chef Mercè 13,8

CHILD'S

- Rigatoni Bolognese 9,5
- Homemade free-range chicken nuggets 10,5
- Homemade fish fingers 10,7
- Organic veal burger 9,8

BREAD

■ Bread	0,95
■ Gluten-free bread	2,1
■ Bread with garlic and olive oil	3,6
■ Bread with tomato and olive oil	3,6

SAUCES

Romesco	0,95
■ Aioli	0,75

DESSERTS

■ Brownie	6,4
■ Homemade organic cheesecake with strawberry jam	6,9
Tiramisu cake	6,7
■ 70% Dark chocolate fuet	6,5
■ Cottage cheese crunchy honey and praline toast nuts	6,8
■ Pineapple carpaccio with catalan cream	6,9
■ Catalan cream	5,9
Panna cotta Baileys	6,8
Caramelized French toast	7,3
■ Lemon sorbet	5,9
■ Irish coffee	6,9

ICE CREAMS

■ Children's ice cream	3,9
■ Vanilla ice cream	4,9
■ Fruit ice pop, coconut and strawberry flavor	2,9
■ Fruit ice pop, lemon lime flavor	2,9
■ Chocolate ice cream, lactose-free	4,9
■ Chocolate ice cream, sugar-free	4,9



WHITE WINE

	bottle	cup
● Aproppòsit Macabeu D.O. Terra Alta	17,00	3,10
● Aproppòsit Malvasia	18,00	3,10
● Aproppòsit Garnatxa Blanca D.O. Montsant	19,00	3,50
● Aproppòsit Viognier D.O. Terra Alta	19,00	3,50
● Aproppòsit Xarel·lo D.O. Penedès	19,00	3,50
● Aproppòsit Garnatxa Blanca D.O. Terra Alta	20,00	
● Aproppòsit Chardonnay D.O. Penedès	25,00	
● Excellens Verdejo D.O. Rueda	15,00	
● El Terrat D.O. Tarragona	16,00	
● Petites estones D.O. Terra Alta	17,00	
● Rebels de Batea D.O. Terra Alta	17,00	
● Grimau Chardonnay D.O. Penedès	18,00	
● Torre la Moreira D.O. Rías Baixas	18,00	
● La Capilla Blanco D.O. Rueda	20,00	
● Finca Montico D.O. Rueda	22,00	
● Lagar de Cervera D.O. Rías Baixas	22,00	
● Les Brugueres D.O.Q. Priorat	27,00	
● Pazo de San Mauro D.O. Rías Baixas	27,00	
● Els Pics D.O.Q. Priorat	28,00	

RED WINE

	bottle	cup
● Aproppòsit Garnatxa Negra D.O. Montsant	19,00	3,50
● Aproppòsit Trepat D.O. Conca de Barberà	21,00	3,80
● Aproppòsit D.O.Q. Priorat	23,00	3,90
● Excellens Cuvée Especial D.O.C.A. Rioja	17,00	
● Finca San Martín D.O. Rioja	17,00	
● El Senat del Montsant D.O. Montsant	22,00	
● LAN 7 metros D.O.C.A. Rioja	22,00	
● Viña Mayor Crianza D.O. Ribera del Duero	22,00	
● La Capilla Crianza D.O. Ribera del Duero	23,00	
● Trus Ageing D.O. Ribera del Duero	23,00	
● Els Pics D.O.Q. Priorat	26,00	
● Les Brugueres D.O.Q. Priorat	29,00	
● Marqués de Vargas Reserva D.O. Rioja	32,00	
● Tinto de verano With lemon or soda		4,00

ROSÉ WINE

	bottle	cup
● Aproppòsit Garnatxa Negra D.O. Montsant	19,00	3,50
● Aproppòsit Ancestral Rosé Ancestral	24,00	
● Flors i Violes D.O. Tarragona	16,00	2,90

SPARKLING

	bottle	cup
● Aproppòsit Brut Nature Grand Reserve D.O. Cava	23,00	4,00
● Aproppòsit Ancestral Rosé Ancestral	24,00	
● Reverté Electe D.O. Cava	23,00	
● Gramona Innoble Corpinnat	30,00	
● Pere Ventura Vintage D.O. Cava	37,00	
● Gran Juvé & Camps D.O. Cava	39,00	
● Gramona Ca La Mar Mustillant D.O. Penedès	16,00	
● Frexinet Alcohol-free	16,00	

SANGRIA

		cup
● Wine sangria	13,00	4,50
● Cava Sangria	17,00	

BEERS

	cup	bottle	pitch. ½
Estrella Damm Lager	2,80		3,95
● Daura Lager		3,00	
Inedit Malt & wheat with spices		3,30	
Voll Damm Märzen, double malt		3,00	
AK Damm Alsatian, soft		3,40	
● Free Damm Lager		3,00	
● Free Damm Lemon Shandy		3,00	
● Free Damm Tostada Lager		3,00	
Damm Lemon Shandy		3,00	

COFFEE ORGANIC

● Mediterranean Dense and aromatic	1,80
● Decaffeinated Aromatic, with body	1,80

INFUSIONS ORGANIC

● Darjeeling Black tea	2,20
● Shooting Star Green tea, cornflower and calendula	2,20
● Pu Erh Fresh Red tea, natural vanilla aroma and strawberry	2,20
● Green tea, ginger and lemon Black pepper & licorice	2,20
● Black Chai tea Ginger, cinnamon, clove and black pepper	2,20
● Royal Fruits Elderberries, chokeberries, wild rose and hibiscus	2,20
● Chamomile Chamomile, ecological flower	2,20
● Verbena and mint Mint and lemon verbena	2,20
● Rooibos with orange Rooibos, orange & lemongrass	2,20
● Vitality Natural aroma of honey, rooibos, chamomile, anise	2,20