

# EL PÒSIT

GLUTEN FREE ■  
GLUTEN FREE OPTION ■  
VEGAN ■



## SALADS

- Green salad with seeds 11,5
- Tomato and tuna belly salad 12,4
- Salad with salmon and mango 14,5
- Salad with melon and prawns 14,6
- Cod salad with orange and romesco 13,5
- Goat cheese salad 14,3

## STARTERS

- Balfegó tuna tartare with avocado 18,7
- Oyster from the Delta de l'Ebre 4,1
- Mediterranean anchovies 13,6
- Iberian acorn-fed ham 20,8
- Fish soup 15,3
- Mantis shrimp cream 15,6

## PORTIONS

- Fried battered calamari 13,9
- Fried anchovies 13,4
- Fried baby squids 14,3
- Andalusian-style Mediterranean squid 17,7
- Bravas with iberian minced chorizo 6,9
- Cod fritters 13,7
- Roasted chicken croquettes 11,4
- Iberian ham croquettes 13,4
- Grilled Mediterranean cuttlefish 14,2
- Grilled mediterranean triple-grooved shrimps 16,9
- Red prawns 25,3
- Razor shells 15,8
- Clams in seaman's style 20,8
- Sea snails 17,4
- Crispy free-range Chicken 12,2

## MUSSELS

- Steamed mussels 12,4
- Mussels in seaman's style 13,3
- Mussels with vinaigrette 13,2
- Mussels with white wine, celery, garlic and parsley 13,5
- Mussels with citrus, bay leaf, garlic and onion 13,4

## FISH

- Grilled monkfish and pumpkin purée 26,3
- Grilled sole with vegetables 26,0

## RICES

- Seafood paella 21,0
- Creamy rice with blue crab from the Delta de l'Ebre 21,0
- Rice with baby cuttlefish and its ink 21,0
- Rice with lobster 27,0
- Señorito's rice 22,0
- Surf and turf rice with organic Iberian ham veil 22,0
- Rice with duck and mushrooms 22,0
- ■ Vegetable rice with grilled leek 21,0

## NOODLES & PASTA

- Rossos noodles 19,0
- Noodles in ink 20,0
- Maxicannelloni by our chef Mercè 14,5
- Rigatoni Bolognese 10,0

## COMBINATION PLATES

- Fried 26,0
- Special Pòsit 36,0
- Seafood 45,0
- Complete seafood 78,0

## STEWES

- Monkfish with romesco sauce 29,6
- Fish and seafood zarzuela 29,8

## GRILLED SEAFOOD

- Wild seabass with vegetables and citrus vinaigrette 19,9
- Sardines 10,3
- Octopus leg 19,8
- Mediterranean squid 19,5
- Cod with quince aioli 24,2
- Turbot Recommended 2 people 51,0

## GRILLED GROUND FOOD

- Artichokes with Iberian shavings 16,3
- ■ Km0 vegetables 17,7
- Matured beef tenderloin 25,9
- Roasted Duroc pork ribs 18,8
- Iberian pork fillet 20,5
- Organic veal burger 13,6
- T-bone steak, 1Kg Recommended 2 people 59,0

## BREAD

■ Bread	1,0
■ Gluten-free bread	2,3
■ Bread with garlic and olive oil	3,8
■ Bread with tomato and olive oil	3,8

## SAUCES

Romesco	1,0
■ Aioli	0,8

## DESSERTS

■ Brownie	6,8
■ Homemade organic cheesecake with strawberry jam	7,3
Tiramisu cake	7,1
■ Grilled pineapple with passion fruit sauce	6,9
■ Catalan cream	6,2
Caramelized French toast	7,7
■ Lemon sorbet	6,2
■ Carrot cake, matcha tea and pollen	7,9

## ICE CREAMS

■ Children's ice cream	4,1
■ Vanilla ice cream	5,2
■ Fruit ice pop, coconut and strawberry flavor	3,1
■ Fruit ice pop, lemon lime flavor	3,1
■ Chocolate ice cream, lactose-free	5,2
■ Chocolate ice cream, sugar-free	5,2

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## WHITE WINE

	bottle	cup
<span style="color: orange;">■</span> Apropòsit Macabeu D.O. Terra Alta	18,00	3,30
<span style="color: orange;">■</span> Apropòsit Malvasia	19,00	3,80
<span style="color: orange;">■</span> Apropòsit Garnatxa Blanca D.O. Montsant	20,00	3,70
<span style="color: orange;">■</span> Apropòsit Viognier D.O. Terra Alta	20,00	3,70
<span style="color: orange;">■</span> Apropòsit Chardonnay D.O. Penedès	26,00	
<span style="color: green;">■</span> <span style="color: orange;">■</span> Excellens Verdejo D.O. Rueda	16,00	
<span style="color: orange;">■</span> El Terrat D.O. Tarragona	17,00	
<span style="color: orange;">■</span> Petites estones D.O. Terra Alta	18,00	
<span style="color: orange;">■</span> Rebels de Batea D.O. Terra Alta	18,00	
<span style="color: orange;">■</span> Grimau Chardonnay D.O. Penedès	19,00	
<span style="color: green;">■</span> <span style="color: orange;">■</span> Torre la Moreira D.O. Rías Baixas	19,00	
<span style="color: orange;">■</span> La Capilla Blanco D.O. Rueda	21,00	
<span style="color: orange;">■</span> Finca Montico D.O. Rueda	23,00	
<span style="color: orange;">■</span> Lagar de Cervera D.O. Rías Baixas	23,00	
<span style="color: orange;">■</span> Les Brugueres D.O.Q. Priorat	28,00	
<span style="color: orange;">■</span> Pazo de San Mauro D.O. Rías Baixas	28,00	

## RED WINE

	bottle	cup
<span style="color: orange;">■</span> Apropòsit Garnatxa Negra D.O. Montsant	20,00	3,70
<span style="color: orange;">■</span> Apropòsit Trepal D.O. Conca de Barberà	22,00	4,00
<span style="color: orange;">■</span> Apropòsit D.O.Q. Priorat	24,00	4,10
<span style="color: green;">■</span> <span style="color: orange;">■</span> Excellens Cuvée Especial D.O.CA. Rioja	18,00	
<span style="color: orange;">■</span> Finca San Martín D.O. Rioja	18,00	
<span style="color: orange;">■</span> El Senat del Montsant D.O. Montsant	23,00	
<span style="color: orange;">■</span> LAN 7 metros D.O.CA. Rioja	23,00	
<span style="color: orange;">■</span> Viña Mayor Crianza D.O. Ribera del Duero	23,00	
<span style="color: orange;">■</span> La Capilla Crianza D.O. Ribera del Duero	24,00	
<span style="color: orange;">■</span> Trus Ageing D.O. Ribera del Duero	24,00	
<span style="color: orange;">■</span> Les Brugueres D.O.Q. Priorat	30,00	
<span style="color: orange;">■</span> Marqués de Vargas Reserva D.O. Rioja	34,00	
<span style="color: orange;">■</span> Tinto de verano With lemon or soda		4,30

## ROSÉ WINE

	bottle	cup
<span style="color: orange;">■</span> Apropòsit Garnatxa Negra D.O. Montsant	20,00	3,70
<span style="color: orange;">■</span> Apropòsit Ancestral Rosé Ancestral	25,00	
<span style="color: orange;">■</span> Flors i Violes D.O. Tarragona	17,00	3,10

## SANGRIA

		cup
<span style="color: orange;">■</span> Wine sangria	14,00	4,80
<span style="color: orange;">■</span> Cava Sangria	18,00	

## SPARKLING

	bottle	cup
<span style="color: orange;">■</span> Apropòsit Brut Nature Grand Reserve D.O. Cava	24,00	3,70
<span style="color: orange;">■</span> Apropòsit Ancestral Rosé Ancestral	25,00	
<span style="color: orange;">■</span> Reverté Electe D.O. Cava	24,00	
<span style="color: orange;">■</span> Gramona Innoble D.O. Corpinnat	32,00	
<span style="color: orange;">■</span> Pere Ventura Vintage D.O. Cava	39,00	
<span style="color: orange;">■</span> Gran Juvé & Camps D.O. Cava	41,00	
<span style="color: orange;">■</span> Gramona Ca La Mar Mustillant D.O. Penedès	17,00	
<span style="color: green;">■</span> <span style="color: orange;">■</span> Frexinet Alcohol-free	17,00	