



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

- Candied artichokes with Iberian shavings 16,3
- 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

FRIED

- Fried battered calamari 13,5
- Fried anchovies 13,4
- Fried baby squids 14,3
- Andalusian-style Mediterranean squid 17,7
- Patatas Bravas 6,9
- Cod fritters 13,7
- Roasted chicken croquettes 11,4
- Iberian ham croquettes 13,4

GRILLED

- Grilled baby squids with asparagus 16,4
- Grilled Mediterranean cuttlefish 14,2
- Grilled sardines 10,3
- Grilled mediterranean triple-grooved shrimps 16,9
- Red prawns 25,3
- Razor shells 15,8

BOILED

- White octopus from Cambrils 19,9
- Clams in seaman's style 20,8
- Sea snails 17,4
- Galician style octopus 19,8

MUSSELS

- Steamed mussels 12,4
- Mussels in seaman's style 13,3
- Mussels with vinaigrette 13,2

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 candied leek 21,0

NOODLES

- Rossos noodles 19,0
- Noodles in ink 20,0

COMBINATION PLATES

- Fried 26,0
- Special Pòsit 36,0
- Seafood 45,0
- Complete seafood 78,0
- ■ Grilled vegetables 17,7

STEWES

- Monkfish with romesco sauce 29,6
- Fish and seafood zarzuela 29,8
- Hake in marinara sauce 26,3

FISH

- Grilled monkfish and pumpkin purée 26,3
- Grilled sole with vegetables 26,0
- Cod in fisherman's suquet 24,2
- Hake baked with almonds and potato 23,2

MEAT

- Matured beef tenderloin 25,9
- Roasted Duroc pork ribs 18,8
- Maxicannelloni by our chef Mercè 14,5

CHILD'S

- Rigatoni Bolognese 10,0
- Homemade free-range chicken nuggets 11,1
- Homemade fish fingers 11,3
- Organic veal burger 13,6

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
■ 70% Dark chocolate fuet	6,9
■ Cottage cheese crunchy honey and praline toast nuts	7,2
■ Pineapple carpaccio with catalan cream	7,3
■ Catalan cream	6,2
Panna cotta Baileys	6,9
Caramelized French toast	7,7
■ Lemon sorbet	6,2
■ Irish coffee	7,3

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

EL PÒSIT

GLUTEN FREE 
GLUTEN FREE OPTION 
VEGAN 



WHITE WINE

	bottle	cup
 Apropòsit Macabeu D.O. Terra Alta	18,00	3,30
 Apropòsit Malvasia	19,00	3,80
 Apropòsit Garnatxa Blanca D.O. Montsant	20,00	3,70
 Apropòsit Viognier D.O. Terra Alta	20,00	3,70
 Apropòsit Xarel·lo D.O. Penedès	20,00	3,70
 Apropòsit Garnatxa Blanca D.O. Terra Alta	21,00	3,90
 Apropòsit Chardonnay D.O. Penedès	26,00	
  Excellens Verdejo D.O. Rueda	16,00	
 El Terrat D.O. Tarragona	17,00	
 Petites estones D.O. Terra Alta	18,00	
 Rebels de Batea D.O. Terra Alta	18,00	
 Grimau Chardonnay D.O. Penedès	19,00	
  Torre la Moreira D.O. Rías Baixas	19,00	
 La Capilla Blanco D.O. Rueda	21,00	
 Finca Montico D.O. Rueda	23,00	
 Lagar de Cervera D.O. Rías Baixas	23,00	
 Les Brugueres D.O.Q. Priorat	28,00	
 Pazo de San Mauro D.O. Rías Baixas	28,00	
 Els Pics D.O.Q. Priorat	29,00	

RED WINE

	bottle	cup
 Apropòsit Garnatxa Negra D.O. Montsant	20,00	3,70
 Apropòsit Trepat D.O. Conca de Barberà	22,00	4,00
 Apropòsit D.O.Q. Priorat	24,00	4,10
  Excellens Cuvée Especial D.O.CA. Rioja	18,00	
 Finca San Martín D.O. Rioja	18,00	
 El Senat del Montsant D.O. Montsant	23,00	
 LAN 7 metros D.O.CA. Rioja	23,00	
 Viña Mayor Crianza D.O. Ribera del Duero	23,00	
 La Capilla Crianza D.O. Ribera del Duero	24,00	
 Trus Ageing D.O. Ribera del Duero	24,00	
 Els Pics D.O.Q. Priorat	28,00	
 Les Brugueres D.O.Q. Priorat	30,00	
 Marqués de Vargas Reserva D.O. Rioja	34,00	
 Tinto de verano With lemon or soda		4,30

ROSÉ WINE

	bottle	cup
 Apropòsit Garnatxa Negra D.O. Montsant	20,00	3,70
 Apropòsit Ancestral Rosé Ancestral	25,00	
 Flors i Violes D.O. Tarragona	17,00	3,10

SANGRIA

		cup
 Wine sangria	14,00	4,80
 Cava Sangria	18,00	

SPARKLING

	bottle	cup
 Apropòsit Brut Nature Grand Reserve D.O. Cava	24,00	3,70
 Apropòsit Ancestral Rosé Ancestral	25,00	
 Reverté Electe D.O. Cava	24,00	
 Gramona Innoble D.O. Corpinnat	32,00	
 Pere Ventura Vintage D.O. Cava	39,00	
 Gran Juvé & Camps D.O. Cava	41,00	
 Gramona Ca La Mar Mustillant D.O. Penedès	17,00	
  Frexinet Alcohol-free	17,00	