

DISHES

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

SALADS

Green salad with seeds			T																	
Tomato and tuna belly salad																				
Salad with salmon and apple			T	T																
Salad with melon and prawns			T																	
Cod salad with orange and romesco			T	T																
Goat cheese salad			T																	

STARTERS

Candied artichokes with Iberian shavings																				
Balfegó tuna tartare with avocado			T	T																
Oyster from the Delta de l'Ebre				T																
Anchovies			T	T																
Iberian acorn-fed ham																				
Fish soup			T																	T
Mantis shrimp cream			T																	

FRIED

Fried battered calamari				T																
Fried anchovies				T																
Fried baby squids				T																
Andalusian-style Mediterranean squid				T																
Patatas Bravas				T																
Cod fritters				T																
Roasted chicken croquettes				T																
Iberian ham croquettes				T																

GRILLED

Grilled baby squids with asparagus				T	T															
Grilled Mediterranean cuttlefish				T	T															
Grilled sardines				T																
Grilled mediterranean triple-grooved shrimps																				T
Red prawns																				T
Razor shells				T																

BOILED

White octopus from Cambrils				T																
Clams in seaman's style				T	T															
Sea snails				T																
Galician style octopus				T																

MUSSELS

Steamed mussels from Delta de l'Ebre				T																
Mussels from Delta de l'Ebre in seaman's style				T	T															
Mussels from Delta de l'Ebre with vinaigrette				T																

RICES

Seafood paella																				
Creamy rice with blue crab from the Delta de l'Ebre																				

DISHES

	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	

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		T		■	■						T		■

STEWES

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

FISH

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

MEAT

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

CHILD'S

Macaroni Bolognese						■	T							■
Homemade free-range chicken nuggets				T			T	T	T		T		T	■
Homemade fish fingers				T			■	T	T		■		T	■
Organic veal burger				T			T	T	T		T		T	

BREAD

Bread	VEGAN					■							T	
Gluten-free bread						■								
Bread with garlic and olive oil					T	■	T	T				T	T	
Bread with tomato and olive oil					T	■	T	T				T	T	

SAUCES

Romesco			T		■	■							T	■
Aioli						■								■

DISHES

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

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 caramelized walnuts			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		■	■						
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
Peanuts
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
Aproppòsit Malvasia														
Aproppòsit Muscat D.O. Terra Alta														
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														
Aura														
Finca Montico														
Torre la Moreira													VEGAN	
Pazo de San Mauro														
Lagar de Cervera														
Excellens Verdejo													VEGAN	

RED WINE

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Aproppòsit Garnatxa Negra D.O. Montsant														
Aproppòsit Trepàt 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

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Aproppòsit Garnatxa Negra D.O. Montsant														
Flors i Violes														

CAVA. CORPINNAT. SPARKLING

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Aproppòsit Brut Nature Grand Reserve														
Reverté Electe														

DRINKS

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Milesimé Blanc de Noirs														
Pere Ventura Vintage														
Gramona Innoble														
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.