In compliance with Regulation (EU) 1169/2011, of 25 October, and for each group of allergens included in Annex II of the RIAC, we detail the Allergen Chart that contains each of our dishes.

Unfortunately, because we can not segment our kitchen in separate areas for each group of allergens, we can not guarantee 100% the absence of cross contamination, although we do guarantee maximum care in that they do not occur.

The composition of our dishes may suffer modifications so this information is in **CONSTANT REVIEW**. Please ask at the restaurants for the allergens chart, which will prevail in case of any discrepancy with the web version.

EL PÒSIT

Sustainable Restaurant

	LUPINS	CELERY	PEANUTS	CRUSTACEANS	NUTS	GLUTEN	EGGS	MILK	MOLLUSCS	MUSTARD	FISH	SESAME	SOY	SULFITES	PENDING
SALADS															
Cod salad with romesco				T					T			T			
Goat cheese salad			T									T	T		
Green salad with tuna belly															
Lukewarm salad with eels															
Salad with melon and prawns									T		T				
Salad with salmon and apple															
COLD STARTERS															
Gazpacho												T			
Oyster				T							T				
Roasted vegetables toast with tuna belly and anchovies					T		T	T				T	T		
Salmon and cod carpaccio				T					T						
GRILL															
Grilled vegetables												T			
SOUPS															
Fish soup												T		T	
Mantis shrimp and Norway lobster cream					T				T		T	T			
BREADS															
Bread												T			
Bread with garlic					T		T	T				T	T		
Bread with tomato					T		T	T				T	T		
Gluten-free bread												T			
SAUCES															
All i oli															
Romesco												T			
FRIED PORTIONS															
Fried anchovies				T	T		T	T	T				T		
Fried baby squids				T	T		T	T			T		T		
Fried battered calamari				T	T		T	T			T		T		
Fried squid rings				T	T		T	T			T		T		
Natural potatoes with spicy sauce				T	T	T		T	T		T				
Steamed mussels				T							T				
CROQUETTE PORTIONS AND BUÑUELOS															
Chicken croquettes				T					T		T		T		
Cod fritters				T	T				T				T		
Iberian ham croquettes				T					T		T		T		
Mushroom croquettes				T					T		T		T		
Shrimp croquettes									T				T		

EL PÒSIT

Sustainable Restaurant

	LUPINS	CELERY	PEANUTS	CRUSTACEANS	NUTS	GLUTEN	EGGS	MILK	MOLLUSCS	MUSTARD	FISH	SESAME	SOY	SULFITES	PENDING
MUSSEL PORTIONS															
Fisherman's-style mussels				T							T	T			
Mussels with vermouth vinaigrette				T							T				
STEW PORTIONS															
Eels with clams															
Fisherman's-style clams				T							T	T			
Galician-style octopus				T							T				
Sea snails				T							T			T	
GRILLED PORTIONS															
Cuttlefish				T							T				
Grilled squids with asparagus and almond oil				T							T				
Lobster									T		T				
Norway lobsters									T		T			T	
Razor shells				T							T			T	
Red prawns									T		T			T	
Sardines				T					T						
White prawns									T		T			T	
COMBINATION PLATES															
Complete combination plate							T	T				T	T		
Complete seafood combination plate											T			T	
Fried combination plate				T	T		T	T					T		
Normal combination plate					T		T	T					T	T	
Seafood combination plate											T			T	
Special Pòsit combination plate					T		T	T					T	T	
RICES, 100% NATURAL															
Black rice															
Coast rice															
Creamy rice with vegetables															
Mediterranean rice															
Rice with duck and mushrooms															
Rice with lobster															
Seafood paella															
Village rice															
"Señorito" rice															
NOODLES															
Black noodles							T								
"Rossos" noodles							T								
FISH STEWS															
Hake in marinara sauce									T			T			
Monkfish with romesco sauce												T			
Zarzuela															
CHILD'S															
Fish menu				T	T				T				T		
Homemade chicken nuggets				T	T				T		T				
Homemade fish fingers				T	T			T	T				T		
Macaroni Bolognese							T								
Meat menu				T					T		T		T		

EL PÒSIT

Sustainable Restaurant

	LUPINS	CELERY	PEANUTS	CRUSTACEANS	NUTS	GLUTEN	EGGS	MILK	MOLLUSCS	MUSTARD	FISH	SESAME	SOY	SULFITES	PENDING
Pork loin fillet with french fries				T	T	T	T	T	T		T				
FISH															
Cod with black garlic and potato															
Grilled monkfish and pumpkin purée				T					T						
Grilled sole with vegetables				T					T						
Hake baked with almonds and potato				T					T						
MEAT															
Beef tenderloin				T		T	T	T	T		T				
Lamb ribs				T	T	T	T	T	T		T				
Ribs with mediterranean sauce				T		T	T	T	T		T				
Self-made chicken cannelloni							T						T		
NATURAL FRUIT															
Melon with mint syrup, anise seeds and lime															
Pineapple with cane honey															
Strawberries with homemade cream															
ICE CREAMS															
Brittle			T												
Children's ice cream with a gift			T		T		T						T		
Chocolate ice cream, lactose-free															
Chocolate ice cream, sugar-free															
Magnum Almond			T												
Magnum Frac															
Truffles / with cream					T										
Viennetta															
HOMEMADE DESSERTS															
Caramelized French toast															
Cheesecake with strawberries					T								T	T	
Cheesecake with walnuts and honey													T	T	
Chocolate coulant			T												
Chocolate coulant, gluten-free					T						T			T	
Coffee-Crème caramel															
Crema catalana (Crème brûlée)															
Crème caramel with cream															
Honey and fresh cheese															
Irish coffee															
Lemon or mandarin sorbet															
Pannacotta Bailey's®													T		
Pineapple carpaccio with Crema catalana (Crème brûlée)															
Tatin apple pie															
Tiramisu cake													T		
WINES															
88ha															
Cal Plà, red															
Cal Plà, white															
Can Bas Xarel·lo															
Cresta Azul															
Descomunal															
El Senat del Montsant															

EL PÒSIT

Sustainable Restaurant

	LUPINS	CELERY	PEANUTS	CRUSTACEANS	NUTS	GLUTEN	EGGS	MILK	MOLLUSCS	MUSTARD	FISH	SESAME	SOY	SULFITES	PENDING
El Terrat														■	
Flors i Violes														■	
Intramurs de Poblet Chardonnay														■	
Marqués de Burgos														■	
Mia														■	
Mireia														■	
Petites estones														■	
Rebels de Batea														■	
Vionta														■	
Xarel·lo Vermell														■	
ORGANIC WINES															
Habitat														■	
Jean Leon 3055														■	
Lan Xtrème														■	
Muscàndia														■	
Mustillant, rosé														■	
Mustillant, white														■	
SANGRIA															
Cava Sangria (Catalan sparkling wine)														■	
Wine sangria														■	
CAVAS															
Alsina														■	
Anna de Codorniu Rosé														■	
Gramona Imperial														■	
Pere Ventura														■	
Perelada														■	
Vallformosa														■	
BEERS															
A.K. Damm						■									
Daura															
Estrella Damm						■									
Estrella Damm, pitcher						■									
Free Damm						■									
Inedit						■									
Voll Damm						■									
ORGANIC COFFEES															
Colombia															■
Decaffeinated															■
Grand Reserve															■
Kahova Coffee															■
ORGANIC TEAS															
Chai black tea															■
Darjeeling															■
Green tea, ginger and lemon															■
Pu-erh fresh															■
Shooting Star - "Estel fugaç"															■
ORGANIC INFUSIONS															
Chamomile															■

EL PÒSIT

Sustainable Restaurant

	LUPINS	CELERY	PEANUTS	CRUSTACEANS	NUTS	GLUTEN	EGGS	MILK	MOLLUSCS	MUSTARD	FISH	SESAME	SOY	SULFITES	PENDING
Rooibos with orange															
Royal fruits															
Verbena and mint															
Vitality															