

# DISHES

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

## COLD

Dish	Gluten Free Option	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Marinated salmon with crème fraîche	GLUTEN FREE OPTION			T	T					T					
Cod 'esqueixada'					T					T					
Olivier salad	GLUTEN FREE OPTION														
Green salad with seeds	VEGAN			T											
Grilled pepper with cod					T										
Guacamole with handmade nachos	VEGAN		T												
Hummus with crispy vegetables	VEGAN														
Balfegó tuna tartare with avocado	GLUTEN FREE OPTION			T	T					T					
Smoked sardine by dry firewood friction					T					T					
Anchovies from Vinaròs				T	T					T					
Mussels with vermouth vinaigrette					T							T			
Oyster from the Delta de l'Ebre					T							T			
Oyster ceviche					T										
Balfegó tuna carpaccio with 3 dressings					T					T					
Beef carpaccio and parmesan sauce	GLUTEN FREE OPTION			T	T					T					
Coca with Balfegó tuna	GLUTEN FREE OPTION				T					T					
Coca with anchovies from Vinaròs	GLUTEN FREE OPTION			T	T					T					
Coca with smoked sardine by dry firewood friction	GLUTEN FREE OPTION				T					T					
Iberian acorn-fed ham															
Organic cheeseboard	GLUTEN FREE OPTION			T									T		
'Cachonditas' Olives	VEGAN														

## HOT

Dish	Gluten Free Option	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Prawns with garlic sauce										T		T			
Pulled pork brioche						T		T			T		T		
Padrón peppers					T			T	T	T		T			
Adolfina's meatballs			T						T				T		
Herminia's pork in sauce															
Our torrezno	GLUTEN FREE OPTION					T							T		
Eggs with Iberian acorn-fed ham					T				T	T		T		T	
Eggs with organic blood sausage with onion					T				T	T		T		T	
Bravas with iberian minced chorizo					T				T	T		T		T	
Andalusian-style Mediterranean squid					T				T			T			
Fried squid rings					T				T			T		T	
Crispy free-range Chicken					T			T	T	T		T		T	
Vegetable tempura	VEGAN				T			T	T	T		T			
Iberian ham croquettes					T			T		T		T		T	
Roasted chicken croquettes					T			T		T		T			
Cod fritters					T			T	T	T				T	
Coca of matured cow tenderloin	GLUTEN FREE OPTION														
Coca with grilled Iberian pork fillet	GLUTEN FREE OPTION														
Organic blood sausage with onion	GLUTEN FREE OPTION					T		T	T		T		T	T	
Mussels with citrus, bay leaf, garlic and onion					T							T			
Mussels with white wine, celery, garlic and parsley					T							T			
Maxicannelloni by our chef Mercè		T		T	T					T		T			
Bread with tomato and olive oil	VEGAN GLUTEN FREE OPTION					T		T	T				T	T	
Bread with garlic and olive oil	VEGAN GLUTEN FREE OPTION					T		T	T				T	T	

# DISHES

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

Gluten-free bread																				
Bread																				T

## RICES

Creamy rice with blue crab from the Delta de l'Ebre																				
Rice with baby cuttlefish and its ink																				
Rice with seafood																				
Rice with lobster																				
Surf and turf rice with organic Iberian ham veil																			T	
Rice with duck and mushrooms																				
Vegetable rice with candied leek																				T
Rossos noodles																				

## GRILLED

Organic veal burger																				
Roasted Duroc pork ribs																				
Grilled Iberian pork fillet																				
Matured beef tenderloin																				
Grilled octopus leg																				
Grilled Mediterranean squid																				
Wild seabass with vegetables and citrus vinaigrette																				
Sardines																				
Km0 grilled vegetables																				
Grilled organic avocado with pico de gallo and vegetable ceviche																				
Organic oyster mushroom from Montseny and hazelnut PDO Reus																				
Grilled artichokes with Iberian shavings																				

## SAUCES

Romesco																				
Aioli																				

## DESSERTS, HOMEMADE

Maria's Coffee Fritters																				
Carrot cake, matcha tea and pollen																				
Grilled pineapple with passion fruit sauce																				
Bread with chocolate, oil and salt																				
Homemade organic cheesecake with strawberry jam and Sichuan pepper																				
Brownie																				
Kefir and lime ice cream with crunchy artisan biscuit																				
Vanilla ice cream																				
Fruit ice pop, lemon lime flavor																				
Fruit ice pop, coconut and strawberry flavor																				

# 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
Apropòsit Malvasia														
Apropòsit Muscat D.O. Terra Alta														
Apropòsit Garnatxa Blanca D.O. Montsant														
Apropòsit Macabeu D.O. Terra Alta														
Apropòsit Xarel·lo D.O. Penedès														
Apropòsit Viognier D.O. Terra Alta														
Apropòsit 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
Apropòsit Garnatxa Negra D.O. Montsant														
Apropòsit Trepat D.O. Conca de Barberà														
Apropòsit D.O.Q. Priorat														
Les Brugueres														
El Senat del Montsant														
Marqués de Vargas Reserva														
Lan D-12														
Trus Ageing														
Marqués de Burgos														
Condado de Oriza														
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
Apropòsit 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
Apropòsit Brut Nature Grand Reserve														
Reverté Electe														
Milesimé Blanc de Noirs														

# DRINKS

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

Pere Ventura Vintage																						
Gramona Innoble																						
Frexinet Alcohol-free																						

## SANGRIA

Wine sangría																						
Cava sangría																						

## BEERS

Daura																						
Duet																						
Inedit																						
Voll Damm																						
AK Damm																						
Free Damm Tostada																						
Free Damm Lemon																						
Free Damm																						
Complot IPA																						
Malquerida																						
Estrella Damm																						
Damm Lemon																						
Turia																						

## VERMOUTH - SPRITZ

Vermouth																						
Aperol Spritz																						

## COCKTAILS - GIN & TONIC

Propòsit																						
Fresito																						
Moscow Mule																						
Moscow Mule, non-alcoholic																						
Cuban Mojito																						
Mojito, non-alcoholic																						
Piña colada																						
Strawberry daiquiri																						
Passion fruit daiquiri																						
Gin & tonic Seagram's																						
Gin & tonic Tanqueray																						
Gin & tonic Hendrick's Lunar																						
Gin & tonic Hendrick's Midsummer																						
Gin & tonic Hendrick's Neptunia																						
Gin & tonic Hendrick's																						
Gin & tonic Master's Pink																						
Gin & tonic Master's																						
Gin & tonic Whitley Neill Rhubarb																						
Gin & tonic Whitley Neill Blackberry																						
Gin & tonic Nordés																						

# DRINKS

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

Gin tonic 25 Lolita's

## COFFEE, ORGANIC

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Coffee														
Grand reserve								■						
Milk coffee								■						
Cappuccino								■					■	
Irish coffee							■	■						■
Scottish coffee							■	■						■

## INFUSIONS, ORGANIC

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Darjeeling														
Shooting star														
Pu Erh Fresh														
Green tea, ginger and lemon														
Black Chai tea														
Royal Fruits														
Chamomile														
Verbena and mint														
Rooibos with orange														
Vitality														
Moorish tea with herbs														
Cinnamon tea														

**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.