DISHES		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
SALADS															
Green salad with seeds				Т											
Tomato and tuna belly salad															
Salad with salmon and apple				Т	Т					Т					
Salad with melon and prawns				Т						Т		Т			
Cod salad with orange and romesco	GLUTEN FREE OPTION			Т	Т					Т			Т		
Goat cheese and bacon salad	GLUTEN FREE OPTION			Т	$\Box$								Т		
STARTERS															
Candied artichokes with Iberian shavings															
Balfegó tuna tartare with avocado	GLUTEN FREE OPTION			Т	Т					Т					
Oyster from the Delta de l'Ebre					Т							T			
Anchovies				Т	Т					Т					
lberian acorn-fed ham															
Fish soup			Т												Т
Mantis shrimp cream			Т			Т				Т		Т			
FRIED															
Fried battered calamari					Т				Т			Т		Т	
Fried anchovies					Т			Т	Т	Т				Т	П
Fried baby squids					Т			Т	Т			Т		Т	
Andalusian-style Mediterranean squid					Т				Т			T			
Patatas Bravas					Т				Т	Т		T		Т	
Cod fritters					Т			Т		Т				Т	
Roasted chicken croquettes					Т			Т		Т		T			
Iberian ham croquettes					Т		Ļ	Т		Т	$\square$	Т	$oxed{oxed}$	Т	
GRILLED															
Grilled baby squids with asparagus				Т	Т							T			
Grilled Mediterranean cuttlefish				Т	Т							Т			
Grilled sardines					Т					Т					
Grilled mediterranean triple-grooved shrimps										Т		T			Т
Red prawns										Т		T			Т
Razor shells		Ш			Т		$oxed{oxed}$		<u> </u>		Щ	T	<u> </u>	$\square$	$\square$
BOILED															
White octopus from Cambrils					Т							Т			
Clams in seaman's style				Т	Т							Т	Т		
Sea snails					Т							T			
Galician style octopus					Т		Щ					Т		Щ	
MUSSELS															
Steamed mussels from Delta de l'Ebre					Т							Т			
Mussels from Delta de l'Ebre in seaman's style				Т	Т							Т	Т		
Mussels from Delta de l'Ebre with vinaigrette					Т							Т			
RICES															
Seafood paella															
Creamy rice with blue crab from the Delta de l'Ebre															

DISHES		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Mik	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					Т							Т			
Rice with duck and mushrooms															
Vegetable rice with candied leek	GAN					Т								Т	
NOODLES															
Rossos noodles															
Noodles in ink								Т							
COMBINATION PLATES															
Fried					Т				Т					Т	
Special Pòsit		$\dashv$							Т					Т	
Seafood												Т			Т
Complete seafood												Т			Т
Grilled vegetables VEGAN GLUTEN FREE OPT	TION			Т									Т		
STEWS					1										
Monkfish with romesco sauce		i		Т									Т		
Fish and seafood zarzuela															
Hake in marinara sauce				Т									Т		
FISH															
Grilled monkfish and pumpkin purée				Т	Т					Т					
Grilled sole with vegetables					Т					Т					
Cod in fisherman's suquet					Т					Т					
Hake baked with almonds and potato				T	Т					Т					
MEAT															
Matured beef tenderloin					Т			Т	Т	Т		Т		Т	
Roasted Duroc pork ribs				Т											
Maxicannelloni by our chef Mercè			Т		Т	Т				Т		Т			
CHILD'S															
Macaroni Bolognese								Т							
Homemade free-range chicken nuggets					Т			Т	Т	Т		Т		Т	
Homemade fish fingers					Т				Т	Т				Т	
Organic veal burger					Т			Т	T	Т		Т		Т	
BREAD															
Bread VEGAN GLUTEN FREE OPT	TION												Т		
Gluten-free bread															Ĺ
Bread with garlic and olive oil GLUTEN FREE OPT	TION					Т		Τ	Т				Т	Т	L
Bread with tomato and olive oil GLUTEN FREE OPT	TION					Т		Т	T				Т	Т	L
SAUCES															
Romesco				Т									Т		
Aioli															S

## **DISHES**

Chocolate ice cream, sugar-free

Crustaceans
Nuts
Gluten
Eggs
Milk
Molluscs
Mustard
Fish
Sesame **DESSERTS, HOMEMADE** Homemade organic cheesecake with strawberry jam and Sichuan pepper Tiramisu cake 70% Dark chocolate fuet Т Cottage cheese with crunchy honey and caramelized walnuts Т Pineapple carpaccio with catalan cream Catalan cream GLUTEN FREE OPTION Т Т Т Т Panna cotta Baileys Т Caramelized French toast Lemon sorbet VEGAN Irish coffee **ICE CREAMS** Children's ice cream Т Vanilla ice cream Т Fruit ice pop, coconut and strawberry flavor VEGAN Fruit ice pop, lemon lime flavor VEGAN Chocolate ice cream, lactose-free Τ

Т

DRINKS	Lupins	Celeny	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Z X	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
WHITE WINE														
Aproppòsit Malvasia														
Aproppòsit Muscat D.O. Terra Alta														
Aproppòsit Garnatxa Blanca D.O. Montsant														
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														
RED WINE							1							
Aproppòsit Garnatxa Negra D.O. Montsant														
Aproppòsit Trepat 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														
Tinto de verano				Ш		L	$oxed{oxed}$		Щ		Ш	Ш		
ROSÉ WINE	 		1 1 1 1				 	1 1 1 1						
Aproppòsit Garnatxa Negra D.O. Montsant														
Flors i Violes														
CAVA. CORPINNAT. SPARKLING														
Aproppòsit Brut Nature Grand Reserve														
Gramona Innoble														
Frexinet Alcohol-free NON-ALCOHOLIC VEGAN														
BEERS														
Estrella Damm													$\Box$	
Daura													$\Box$	
Inedit														



DRINKS		Lupins	Celeny	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Mik	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Voll Damm															
AK Damm															
Free Damm	NON-ALCOHOLIC														
Free Damm Lemon	NON-ALCOHOLIC														
Free Damm Tostada	NON-ALCOHOLIC														
Damm Lemon															
SANGRIA															
Cava Sangria															
COFFEE, ORGANIC															
Mediterranean															
Decaffeinated															
INFUSIONS, ORGANIC						1	1								
Darjeeling															
Shooting Star															
Pu Erh Fresh															
Green tea, ginger and lemon															
Black Chai tea															
Royal Fruits															
Chamomile															
Verbena and mint															
Rooibos with orange															
Vitality														iΠ	

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

Our kitchen staff is trained in food handling with special emphasis on allergen management.