

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	GLUTEN FREE OPTION													T	
Gluten-free bread															

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Bread with garlic and olive oil	GLUTEN FREE VEGAN					T		T	T					T	T	
Bread with tomato and olive oil	VEGAN GLUTEN FREE OPTION					T		T	T					T	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								T		
Rice with duck and mushrooms																
Vegetable rice with grilled leek	VEGAN						T								T	
Rossos noodles																

GRILLED

Organic veal burger	GLUTEN FREE OPTION					T			T		T		T			
Roasted Duroc pork ribs						T										
Iberian pork fillet						T										
Matured beef tenderloin						T			T	T	T		T		T	
Octopus leg						T								T		
Mediterranean squid						T	T							T		
Wild seabass with vegetables and citrus vinaigrette						T					T					
Sardines						T					T					
Km0 vegetables	VEGAN GLUTEN FREE OPTION					T									T	
Organic avocado with pico de gallo and vegetable ceviche	VEGAN															
Organic oyster mushroom from Montseny and hazelnut PDO Reus	VEGAN					T										
Artichokes with Iberian shavings																

SAUCES

Romesco															T	
Aioli																

DESSERTS, HOMEMADE

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

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Gin & tonic Nordés															
Gin tonic 25 Lolita's															

COFFEE, ORGANIC

Coffee															
Grand reserve															
Milk coffee															
Cappuccino															
Irish coffee															
Scottish coffee															

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															
Cinnamon tea															
Moorish tea with herbs															

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.