

# DISHES

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

## SALADS

Green salad with tuna belly																			
Goat cheese salad <small>GLUTEN FREE OPTION</small>			T																
Salad with salmon and apple			T	T															
Lukewarm salad with surimi baby eels																			
Salad with melon and prawns																			
Cod salad with romesco <small>GLUTEN FREE OPTION</small>			T	T															

## COLD STARTERS

Pacific oyster from Delta de l'Ebre					T														
Gazpacho																			
Roasted vegetables toast with tuna and anchovies <small>GLUTEN FREE AVAILABLE</small>																			

## GRILL

Grilled vegetables <small>GLUTEN FREE OPTION</small>																			
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## SOUPS

Fish soup																			
Mantis shrimp and Norway lobster cream <small>GLUTEN FREE OPTION</small>																			

## BREADS

Bread with garlic																			
Bread with tomato																			
Bread																			
Gluten-free bread																			

## SAUCES

Romesco																			
Aioli																			

## FRIED PORTIONS

Fried battered calamari																			
Fried anchovies																			
Fried baby squids																			
Patatas Bravas																			
Andalusian style fried squids																			
Chicken croquettes																			
Iberian ham croquettes																			
Prawn croquettes																			
Mushroom croquettes																			
Cod fritters																			

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## MUSSEL PORTIONS

Steamed mussels				T															
Mussels in seaman's style			T	T															
Mussels with vermouth vinaigrette				T															

## STEW PORTIONS

Clams in seaman's style			T	T															
Surimi baby eels with clams																			
Sea snails				T															
Galician style octopus				T															

## GRILLED PORTIONS

Lobster																			
Grilled baby squids with asparagus			T	T															
Cuttlefish			T	T															
Sardines				T															
White prawns																			
Red prawns																			
Norway lobsters																			
Razor clams				T															

## COMBINATION PLATES

Normal combination plate																			
Fried combination plate				T															
Special Pòsit combination plate																			
Complete combination plate <small>GLUTEN FREE OPTION</small>			T																
Seafood combination plate																			
Complete seafood combination plate																			

## RICES, 100% NATURAL

Rice with blue crab, creamy																			
Rice with baby cuttlefish in its own ink																			
Seafood paella																			
Rice with lobster, creamy																			
Señorito's rice																			
Surf and turf rice																			
Rice with duck and mushrooms, creamy																			
Rice with vegetables, creamy <small>VEGAN</small>																			

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## NOODLES

Rossos noodles							T						
Noodles with baby cuttlefish in its own ink							T						

## FISH STEWS

Monkfish with romesco sauce			T										
Zarzuela													
Hake in marinara sauce			T										

## CHILD'S

Fish menu				T				T				T	
Meat menu				T									
Macaroni Bolognese							T						
Homemade chicken nuggets				T				T				T	
Homemade fish fingers				T				T	T			T	
Pork loin with french fries				T				T	T	T		T	

## FISH

Grilled monkfish and pumpkin purée			T	T				T					
Grilled sole with vegetables				T				T					
Cod with black garlic and potato				T				T					
Hake baked with almonds and potato			T	T				T					

## MEAT

Ribs with mediterranean sauce			T	T				T	T	T		T	
Lamb ribs				T				T	T	T		T	
Veal tenderloin				T				T	T	T		T	
Handmade chicken cannelloni					T								

## NATURAL FRUIT

Strawberries with homemade cream													
Melon with mint syrup, anise seeds and lime		T			T					T		T	
Pineapple with molasses													

## ICE CREAMS

Viennetta <small>GLUTEN FREE OPTION</small>			T										
Ice cream covered in almond bits			T										
Truffles / with cream													
Magnum Almond			T										
Magnum Frac												T	

# DISHES

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

Children's ice cream with surprise			T		T										
Chocolate ice cream, lactose-free															
Chocolate ice cream, sugar-free					T										
Vanilla ice cream															

## HOMEMADE DESSERTS

Brownie			T												
Pineapple carpaccio with Crema catalana (Crème brûlée)															
Crema catalana (Crème brûlée)															
Cheesecake with walnuts and honey			T												
Cheesecake with strawberries															
Pannacotta Bailey's®															
Milk curd with honey															
Apple tarte Tatin															
Tiramisu cake															
Caramelized French toast			T												
Irish coffee															
Lemon sorbet															
Mandarin sorbet															



# DRINKS

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

Freixenet Cordón Negro mini

## SANGRIA

Wine sangria

Cava Sangria

## BEERS

Estrella Damm

Inedit

A.K. Damm

Voll Damm

Free Damm NON-ALCOHOLIC

Daura

## ORGANIC COFFEES

Kahova

Grand Reserve

Colombia

Decaffeinated

## ORGANIC TEAS

Darjeeling

Shooting Star

Pu Erh Fresh

Green tea, ginger and lemon

Black Chai tea

## ORGANIC INFUSIONS

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 of 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.*