



● GLUTEN FREE ● GLUTEN FREE OPTION ● GLUTEN FREE AVAILABLE ● VEGAN

Ask your waiter

## SALADS

- Green salad with tuna belly 8,70
- Goat cheese salad 11,90
- Salad with salmon and apple 11,65
- Lukewarm salad with surimi baby eels 10,95
- Salad with melon and prawns 12,45
- Cod salad with romesco 11,40

## COLD STARTERS

- Pacific oyster from Delta de l'Ebre u. 3,25  
Gazpacho 6,80
- Roasted vegetables toast with tuna belly and anchovies 10,70

## GRILL

- Grilled vegetables 13,65

## SOUPS

- Fish soup 9,60
- Mantis shrimp and Norway lobster cream 9,80

## FRIED PORTIONS

- Fried battered calamari 10,65
- Fried anchovies 9,80
- Fried baby squids 11,95
- Patatas Bravas 5,90
- Andalusian style fried squids 12,90
- Chicken croquettes 8,90
- Iberian ham croquettes 10,85
- Prawn croquettes 10,50
- Mushroom croquettes 9,90
- Cod fritters 9,85

## MUSSEL PORTIONS

- Steamed mussels 8,90
- Mussels in seaman's style 9,70
- Mussels with vermouth vinaigrette 9,45

## STEW PORTIONS

- Clams in seaman's style 14,90
- Surimi baby eels with clams 9,40
- Sea snails 14,70
- Galician style octopus 15,80

## GRILLED PORTIONS

- Lobster 12,10 23,10
- Grilled baby squids with asparagus 13,80
- Cuttlefish 11,80
- Sardines 8,50
- White prawns 14,70
- Red prawns 19,85
- Norway lobsters 18,75
- Razor clams 13,60

## COMBINATION PLATES

- Normal combination plate 19,75
- Fried combination plate 19,85
- Special Pòsit combination plate 26,80
- Complete combination plate 35,70
- Seafood combination plate 38,00
- Complete seafood combination plate 69,00

## RICES, 100% NATURAL

- Rice with blue crab, creamy 15,80
- Rice with baby cuttlefish in its own ink 16,60
- Seafood paella 16,80
- Rice with lobster, creamy 23,90
- Señorito's rice 18,80
- Surf and turf rice 17,70
- Rice with duck and mushrooms, creamy 16,65
- Rice with vegetables, creamy 15,75

## NOODLES

- Rossos noodles 15,80
- Noodles with baby cuttlefish in its own ink 16,50

## FISH STEWS

- Monkfish with romesco sauce 24,70
- Zarzuela 26,85
- Hake in marinara sauce 19,70

## FISH

- Grilled monkfish and pumpkin purée 19,70
- Grilled sole with vegetables 21,80
- Cod with black garlic and potato 18,60
- Hake baked with almonds and potato 18,40

½ unit

ration

ration

ration

## MEAT

● Ribs with mediterranean sauce	15,85
● Lamb ribs	14,80
● Veal tenderloin	21,80
Handmade chicken cannelloni	9,20

## CHILD'S

● Fish menu	10,85
● Meat menu	10,85
Macaroni Bolognese	7,85
● Homemade chicken nuggets	7,80
● Homemade fish fingers	8,80
● Pork loin with french fries	8,90

## NATURAL FRUIT

● Strawberries with homemade cream	5,90
● Melon with mint syrup, anise seeds and lime	4,50
● Pineapple with molasses	4,90

## ICE CREAMS

● Viennetta	4,85
● Ice cream covered in almond bits	4,90
● Truffles / with cream	5,20
● Magnum Almond	2,80
● Magnum Frac	2,80
● Children's ice cream with surprise	4,50
● Chocolate ice cream, lactose-free	4,30
● Chocolate ice cream, sugar-free	4,30
● Vanilla ice cream	4,30

## HOMEMADE DESSERTS

● Brownie	5,35
● Pineapple carpaccio with Crema catalana (Crème brûlée)	5,80
● Crema catalana (Crème brûlée)	4,95
Cheesecake with walnuts and honey	5,70
Cheesecake with strawberries	5,70
Pannacotta Bailey's®	5,60
● Milk curd with honey	5,25
Apple tarte Tatin	5,80
Tiramisu cake	5,75
Caramelized French toast	5,90
● Irish coffee	6,80
● Lemon sorbet	4,90
● Mandarin sorbet	4,90

## BREADS

Bread with garlic	2,95
Bread with tomato	2,95
Bread	0,75
● Gluten-free bread	1,60

## SAUCES

Romesco	-
● Aioli	-



# EL PÒSIT



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## OWN WINES

We focus on excellence in both wine and menu, always based on the same philosophy:

**Respect for our environment, a sustainable production method and the perfect conjunction of biodynamic wine in the mediterranean kitchen.**

● **Aproppòsit** Fresh & fruity. D.O. Terra Alta. **13,50**

Created by Sergi Montalà and Salvi Moliner for El Pòsit, Aproppòsit is the Mediterranean expression of the D.O. Terra Alta. Fresh wine with fruity notes.

● **Cosechero** Young and fruity. D.O. Rías Baixas **14,20**

Created by Bodegas Marqués de Vizhoja for El Pòsit from Albariño and other Galician grapes.

● ● **Blanc del Pòsit** Fruity, 100% Xarel·lo **11,20**

● ● **Blanc del Pòsit** Dry, Sauvignon Blanc **11,80**

● ● **Negre del Pòsit** Young, grenache, carignan and merlot **11,40**

● ● **Negre del Pòsit** Ageing, Black grenache and carignan **12,50**

Our wines Blanc and Negre del Pòsit are created jointly by the winemaking team of Celler Ronadelles and the culinary team of El Pòsit.

## RED WINES

**Lan D-12** D.O. Rioja. Tempranillo **18,25**

**El Senat del Montsant** **19,80**

D.O. Montsant. Grenache, Carignan and Syrah

**Marqués de Burgos** D.O. Ribera del Duero. Tempranillo **15,75**

## ROSÉ WINES

**Mia** D.O. Penedès. Muscat with bubbles **13,65**

**Mustillant** D.O. Penedès. Rosé. Syrah and Merlot. Pearl wine **14,55**

**Flors i Violes** D.O. Tarragona. Grenache, Syrah and Tempranillo **15,60**

## WHITE WINES

**El Terrat** D.O. Tarragona. Macabeo and Muscat **15,45**

**Sedució** D.O. Tarragona. Muscat, Xarel·lo and Chardonnay **14,55**

**Petites estones** D.O. Terra Alta. Grenache **15,65**

**Rebels de Batea** D.O. Terra Alta. Grenache **16,85**

**Intramurs de Poblet** D.O. Conca de Barberà. Chardonnay **15,20**

**Mireia** D.O. Penedès. Gewürztraminer **16,30**

**Crisalys** D.O. Penedès. Xarel·lo **16,60**

**Creu de Lavit** D.O. Penedès. Xarel·lo **14,95**

**Sensualis** D.O. Penedès. Xarel·lo, Muscat, Gewürztraminer **17,95**

**Aura** D.O. Rueda. Verdejo **13,90**

**Vionta** D.O. Rías Baixas. Albariño **15,45**

**Muscàndia** D.O. Penedès. Muscat and Sauvignon Blanc **17,40**

**Jean Leon 3055** D.O. Penedès. Organic Chardonnay **19,85**

**Mustillant** D.O. Penedès. Parel·lada. Pearl wine **14,25**

## CAVA

**Alsina & Sardà** D.O. Cava. Brut Nature Reserve **15,65**

**Gramona Imperial** D.O. Corpinnat. Brut Reserve. Organic **24,10**

**Pere Ventura** D.O. Cava. Brut Reserve **16,80**

**Anna de Codorniu Rosé** D.O. Cava. Brut **17,75**

**Freixenet Blanc de Blancs** D.O. Cava. Brut Nature **13,85**

**Freixenet Cordón Negro mini** D.O. Cava. Brut **5,90**

## SANGRIA

● **Wine sangria** **12,55**

● **Cava Sangria** **17,50**

## BEERS

**Estrella Damm** bottle pitcher ½ **3,60**

**Inedit** Malt & wheat with spices **2,95**

**A.K. Damm** Soft **2,90**

**Voll Damm** Double malt **2,60**

● **Free Damm** NON-ALCOHOLIC **2,60**

● **Daura** **2,60**

## ORGANIC COFFEES

**Kahova** Mediterranean personality, dense and aromatic. Intensity 5/5 - Acidity 1/5 - Bitterness 5/5 -

**Grand Reserve** Soft, balanced and very aromatic. Intensity 3/5 - Acidity 2/5 - Bitterness 2/5 -

**Colombia** Soft and refined, citrus notes. Intensity 2/5 - Acidity 3/5 - Bitterness 1/5 -

**Decaffeinated** Aromatic, with body. Intensity 2/5 - Acidity 1/5 - Bitterness 2/5 -

## ORGANIC TEAS

**Darjeeling** Black tea -

**Shooting Star** Green tea, cornflower and calendula -

**Pu Erh Fresh** Red tea, natural vanilla aroma and strawberry -

**Green tea, ginger and lemon** Black pepper & licorice -

**Black Chai tea** Ginger, cinnamon, clove and black pepper -

## ORGANIC INFUSIONS

**Royal Fruits** Elderberries, chokeberries, wild rose and hibiscus -

**Chamomile** Chamomile, ecological flower -

**Verbena and mint** Menthe et verveine citronnelle -

**Rooibos with orange** Rooibos, orange et citronnelle -

**Vitality** Arôme naturel de miel, rooibos, camomille et anis -