DISHES

Marinared salmon with crieme fraiche	DISHES		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Codi esqueixada' Olivier seidid GLUTISH-REELEPTION TOTAL Salad with yellow chill 'salmorejo' Quean 17	COLD									 						
Colliner salad	Marinated salmon with crème fraîche	GLUTEN FREE OPTION			Т	Т					Т					
Tomato salad with yellow chill 'salmorejo' YEGAN T	Cod 'esqueixada'					Т					Т					
Critical peper with coeds	Olivier salad	GLUTEN FREE OPTION														
Cited Pepper with cod Caucamole with handmade nachos Veawa T T Caucamole with handmade nachos Veawa T Caucamole with handmade nachos Caucamole with handmade nachos Caucamole with vermouth viriagette Caucamole with a dessings Cauca	Tomato salad with yellow chili 'salmorejo'	VEGAN	Т							Т						
Commonweigness	Green salad with seeds	VEGAN			Т											
Hummus with crispy vegetables	Grilled pepper with cod					Т										
Balflegd tuna tartare with avocado	Guacamole with handmade nachos	VEGAN		Т												
Anchovies from Vinarios Mussels with vermouth vinaigrette Oyster from the Deta de l'Ebre Oyster control Balfegó tuna carpaccio with 3 dressings Baef carpaccio and parmesan sauce OUTENPRECOPTION T T T T T T T T T T T T T T T T T T T	Hummus with crispy vegetables	VEGAN														
Mussels with vermouth vinaignette	Balfegó tuna tartare with avocado	GLUTEN FREE OPTION			Т	Т					Т					
Oyster from the Delta de l'Ebre Image: Control of the Co	Anchovies from Vinaròs				Т	Т					Т					
System coviche	Mussels with vermouth vinaigrette					Т							Т			
Oyster ceviche Balfago funa carapaccio with 3 dressings Beef carpaccio and parmesan sauce GUITEN PRECOPTION Coca with Balfago funa GUITEN PRECOPTION Coca with anchovies from Vinaròs GUITEN PRECOPTION Coca with garlic sauce Coca with garlic deleran pork fillet Coca with garlic deleran pork fillet Coca with grilled berian pork fillet Coca with grilled garlic and onion Coca with grilled berian pork fillet Coca with with evine, celery, garlic and parsley Coca with with evine, celery, garlic and parsley Coca with grilled berian pork fillet Coca with grilled Coca with with with with evine, celery, garlic and parsley Coca with grilled Coca with with with with evine, celery, garlic an	Oyster from the Delta de l'Ebre					Т							Т		\neg	
Baffegó tuna carpaccio with 3 dressings	Oyster ceviche					Т									\top	\exists
Coca with Balfegó tuna Coca with Anchovies from Vinaròs GUTENFREE OPTION Coca with anchovies from Vinaròs GUTENFREE OPTION T T T T T T T T T T T T T	Balfegó tuna carpaccio with 3 dressings					Т					Т					
Coca with Balfegó tuna GLUTEN FREE OPTION GL	Beef carpaccio and parmesan sauce	GLUTEN FREE OPTION			Т	Т					Т					
Coca with anchovies from Vinaros Cauten Free Option T T T T T T T T T		GLUTEN FREE OPTION				Т					Т				T	
Cachonditas Olives Olive		GLUTEN FREE OPTION			Т	Т					Т				7	
Prawns with garlic sauce Pluled pork bun Padrón peppers Adolfina's meatballs Herminia's pork in sauce Our torezno Gutten Free Option Gutten Free Option Gutten Free Option T T T T T T T T T T T T T T T T T T T															1	
Prawns with garlic sauce Pluled pork bun Padrón peppers Adolfina's meatballs Herminia's pork in sauce Our torezno Gutten Free Option Gutten Free Option Gutten Free Option T T T T T T T T T T T T T T T T T T T		GLUTEN FREE OPTION			Т									Т	\dashv	\dashv
Prawns with garlic sauce					-											
Pulled pork bun	НОТ															
Padrón peppers	Prawns with garlic sauce										Т		Т			
Adolfina's meatballs Herminia's pork in sauce Our torrezno GLUTEN FREE OPTION T T T T T T T T T T T T T T T T T T T	Pulled pork bun						Т		Т	Т		Т		Т		
Adolfina's meatballs	Padrón peppers					Т			Т	Т	Т		Т			
Curtorrezno	-				Т					Т				Т	\Box	
Eggs with Iberian acorn-fed ham T <t< td=""><td>Herminia's pork in sauce</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>7</td><td></td></t<>	Herminia's pork in sauce														7	
Eggs with organic blood sausage with onion Bravas with iberian minced chorizo Andalusian-style Mediterranean squid T T T T T T T T T T T T T T T T T T	Our torrezno	GLUTEN FREE OPTION				Т	Т		Т	Т	Т			Т	Т	
Bravas with iberian minced chorizo Andalusian-style Mediterranean squid Fried squid rings Crispy free-range Chicken T T T T T T T T T T T T T T T T T T T	Eggs with Iberian acorn-fed ham					Т				Т	Т		Т		T	\neg
Andalusian-style Mediterranean squid Fried squid rings Crispy free-range Chicken T T T T T T T T T T T T T T T T T T T	Eggs with organic blood sausage with onion					Т				Т	Т		Т		寸	П
Fried squid rings T T T T T T T T T T T T T T T T T T T	Bravas with iberian minced chorizo					Т				Т	Т		Т		Т	
Crispy free-range Chicken Crispy free-range Chicken Vegetable tempura T T T T T T T T T T T T T T T T T T T	Andalusian-style Mediterranean squid					Т				Т			Т			
Vegetable tempura VEGAN T T T T T T T T T T T T T T T T T T	Fried squid rings					Т				Т			Т		Т	
Derian ham croquettes	Crispy free-range Chicken			Т		Т			Т	Т	Т		Т	Т	Т	
Derian ham croquettes	Vegetable tempura	VEGAN				Т			Т	Т	Т		Т			
Roasted chicken croquettes T T T T T T T T T T T T T T T T T T T	lberian ham croquettes					Т			Т		Т		Т		Т	\neg
Coca of matured cow tenderloin Coca with grilled liberian pork fillet GLUTEN FREE OPTION Organic blood sausage with onion GLUTEN FREE OPTION T T T T T T T T T T T T T T T T T T T						Т			Т		Т		Т			\neg
Coca of matured cow tenderloin Coca with grilled liberian pork fillet GLUTEN FREE OPTION Organic blood sausage with onion GLUTEN FREE OPTION T T T T T T T T T T T T T T T T T T T	· · · · · · · · · · · · · · · · · · ·					Т			Т	Т	Т				T	\neg
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 T T T T Maxicannelloni by our chef Mercè T T T T T T T Rigatoni Bolognese Bread GLUTEN FREE OPTION T T T T T T T T T T T T T T T T T T T		GLUTEN FREE OPTION												\Box		
Organic blood sausage with onion GLUTEN FREE OPTION T T T T T T Mussels with citrus, bay leaf, garlic and onion Mussels with white wine, celery, garlic and parsley T T T T T T Maxicannelloni by our chef Mercè T T T T T T Rigatoni Bolognese Bread GLUTEN FREE OPTION T T T T T T T T T T T T T T T T T T															7	
Mussels with citrus, bay leaf, garlic and onion T Mussels with white wine, celery, garlic and parsley T Maxicannelloni by our chef Mercè T T T T T T T T T T T T T							Т		Т	Т		Т		Т	Т	
Mussels with white wine, celery, garlic and parsley Maxicannelloni by our chef Mercè T T T T Rigatoni Bolognese Bread GLUTEN FREE OPTION T T T T T T T T T T T T T T T						Т							Т	Н	-	
Maxicannelloni by our chef Mercè T T T Rigatoni Bolognese Bread GLUTEN FREE OPTION T T T T T T T T T T T T T T T														\vdash	\dashv	
Rigatoni Bolognese Bread GLUTEN FREE OPTION T				Т			Т				Т			\vdash	\dashv	
Bread GLUTEN FREE OPTION T				•			•				H		Ė	\vdash	\dashv	
		GLUTEN FREE OPTION									\vdash			 	\dashv	
tallien-liee pread	Gluten-free bread	SECTEMBLE OF HON									\vdash			\vdash	+	\dashv

DISHES			Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy Sulfites
Bread with garlic and olive oil		GLUTEN FREE VEGAN					Т		Т	Т				Т	Т
Bread with tomato and olive oil	VEGAN	GLUTEN FREE OPTION					Т		Т	Т				Т	Т
RICES															
Rice with free-range chicken, Norway lobsters and artichokes											Т				
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						Т							Т		
Rice with duck and mushrooms															
Vegetable rice with grilled leek		VEGAN		Т		Т		Т	Т	Т	Т	Т	Т	Т	
Rossos noodles															
GRILLED															
Organic veal burger		GLUTEN FREE OPTION		Т		Т			Т		Т	Т	Т	Т	
Roasted Duroc pork ribs					Т										
lberian pork fillet					Т										
Matured beef tenderloin						Т			Т	Т	Т		Т		Т
Octopus leg						Т							Т		
Mediterranean squid					Т	Т							Т		
Cod with quince aioli				Т		Т		Т			Т	Т		Т	
Wild seabass with vegetables and citrus vinaigrette						Т					Т				
Sardines						Т					Т				
Km0 vegetables	VEGAN	GLUTEN FREE OPTION			Т									Т	
Organic avocado with pico de gallo and vegetable ceviche		VEGAN													
Artichokes with Iberian shavings															
SAUCES															
Romesco					Т									Т	
Aioli															
DESSERTS, HOMEMADE															
Maria's Coffee Fritters															
Carrot cake, matcha tea and pollen					Т										
Grilled pineapple with passion fruit sauce		VEGAN													
Homemade organic cheesecake with strawberry jam and Sich	uan peppe	r													
Bread with chocolate, oil and salt		GLUTEN FREE OPTION			Т				Т					Т	
Brownie					Т										
Kefir and lime ice cream with crunchy artisan biscuit		GLUTEN FREE OPTION							Т			Т			
Vanilla ice cream															
Fruit ice pop, lemon lime flavor		VEGAN													$\neg \vdash \vdash$
Fruit ice pop, coconut and strawberry flavor		VEGAN					Т								

DRINKS

Crustaceans
Nuts
Gluten
Eggs
Milk
Molluscs
Mustard
Fish
Sesame WHITE WINE Aproppòsit Macabeu D.O. Terra Alta Aproppòsit Malvasia Aproppòsit Garnatxa Blanca D.O. Montsant Aproppòsit Viognier D.O. Terra Alta Aproppòsit Xarel·lo D.O. Penedès Aproppòsit Garnatxa Blanca D.O. Terra Alta Aproppòsit Parellada D.O. Conca de Barberà Aproppòsit Chardonnay D.O. Penedès Petites estones Rebels de Batea El Terrat Les Brugueres Grimau Chardonnay Via Edetana Excellens Verdejo VEGAN Torre la Moreira VEGAN La Capilla Blanco Finca Montico Lagar de Cervera Pazo de San Mauro **RED WINE** Aproppòsit Garnatxa Negra D.O. Montsant Aproppòsit Trepat D.O. Conca de Barberà Aproppòsit D.O.Q. Priorat Les Brugueres Excellens Cuvée Especial VEGAN Finca San Martín Condado de Oriza El Senat del Montsant LAN 7 metros Viña Mayor Crianza La Capilla Crianza Trus Ageing Marqués de Vargas Reserva Tinto de verano **ROSÉ WINE** Aproppòsit Garnatxa Negra D.O. Montsant Aproppòsit Ancestral Rosé Flors i Violes **SPARKLING** Aproppòsit Brut Nature Grand Reserve Aproppòsit Ancestral Rosé Gramona Ca La Mar Mustillant Gran Juvé & Camps





DRINKS	Lupins	Celery	Peanuts	Crustaceans	Nuts	Sluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfitee
Pere Ventura Vintage	T				_		Ē	_	_	_		, 		Ĭ
Reverté Electe	+													۲
Frexinet Alcohol-free Non-alcoholic VEGAN														
	-					_				_	_			
SANGRIA														
Wine sangría														
Cava sangría	╙					L				L	L			
BEERS														
Daura VEGAN	İ													
Inedit														T
Voll Damm														T
AK Damm														T
Free Damm Tostada Non-ALCOHOLIC														T
Free Damm Lemon NON-ALCOHOLIC														T
Free Damm NON-ALCOHOLIC														T
Complot IPA														
Malquerida														
Estrella Damm														T
Damm Lemon														T
Turia														T
VERMOUTH - SPRITZ Vermouth														
Aperol Spritz														₽
					_									_
COCKTAILS			 											
Propòsit														
Fresito														
Moscow Mule														
Mojito														
Piña colada														L
Strawberry daiquiri														L
Passion fruit daiquiri														lacksquare
Moscow Mule, non-alcoholic Non-alcoholic														L
Mojito, non-alcoholic Non-alcoholic														L
Piña colada, non-alcoholic Non-alcoholic														L
MIXED DRINKS														
Gin & tonic Seagram's														
Gin & tonic Tanqueray														L
Gin & tonic Hendrick's Lunar														
Gin & tonic Hendrick's Midsummer														
Gin & tonic Hendrick's Neptunia														L
Gin & tonic Hendrick's														
Gin & tonic Master's Pink														
Gin & tonic Master's														
Gin & tonic Whitley Neill Rhubarb														



DRINKS	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Gin & tonic Whitley Neill Blackberry														
Gin & tonic Nordés														
Gin & tonic 25 Lolita's														
COFFEE, ORGANIC														
Coffee														
Grand reserve														
Milk coffee														
Cappuccino														
lrish 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

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