

DISHES

COLD

| | | 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 | | | | | | | | | | | | | | |
| Tomato salad with yellow chili 'salmorejo' | VEGAN | T | | | | | | | T | | | | | | |
| 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 | | | | | |
| 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 | | | | | |
| Iberian acorn-fed ham | | | | | | | | | | | | | | | |
| Organic cheeseboard | GLUTEN FREE OPTION | | | T | | | | | | | | | T | | |
| 'Cachonditas' Olives | VEGAN | | | | | | | | | | | | | | |

HOT

| | | | | | | | | | | | | | | | |
|---|--------------------|--|---|---|---|---|--|---|---|---|---|---|---|---|--|
| Prawns with garlic sauce | | | | | | | | | | T | | T | | | |
| Pulled pork bun | | | | | T | | | 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 | | T | T | T | | | 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 | 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 | | | |
| Rigatoni Bolognese | | | | | | | | | | | | | | | |
| Bread | GLUTEN FREE OPTION | | | | | | | | | | | | T | | |
| Gluten-free bread | | | | | | | | | | | | | | | |

DISHES

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

| | | | | | | | | | | | | | | | |
|--|-------|--|---|---|---|--|---|---|---|---|---|---|---|--|--|
| Rice with free-range chicken, Norway lobsters and artichokes | | | | | | | | | | T | | | | | |
| 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 | | T | T | T | T | T | T | T | | |
| Rossos noodles | | | | | | | | | | | | | | | |

GRILLED

| | | | | | | | | | | | | | | | |
|--|--------------------------|--|---|---|---|--|---|---|---|---|---|---|---|---|--|
| Organic veal burger | GLUTEN FREE OPTION | | T | | T | | | T | | 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 | | | |
| Cod with quince aioli | | | T | | T | | T | | | 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 | | | | | | | | | | | | | | |
| Artichokes with Iberian shavings | | | | | | | | | | | | | | | |

SAUCES

| | | | | | | | | | | | | | | | |
|---------|--|--|--|---|--|--|--|--|--|--|--|--|---|--|--|
| Romesco | | | | T | | | | | | | | | T | | |
| Aioli | | | | | | | | | | | | | | | |

DESSERTS, HOMEMADE

| | | | | | | | | | | | | | | | |
|--|--------------------|--|--|---|--|---|--|---|--|--|---|--|---|--|--|
| Maria's Coffee Fritters | | | | | | | | | | | | | | | |
| Carrot cake, matcha tea and pollen | | | | T | | | | | | | | | | | |
| 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 | | | T | | | | T | | | | | T | | |
| Brownie | | | | T | | | | | | | | | | | |
| Kefir and lime ice cream with crunchy artisan biscuit | GLUTEN FREE OPTION | | | | | | | T | | | T | | | | |
| Vanilla ice cream | | | | | | | | | | | | | | | |
| Fruit ice pop, lemon lime flavor | VEGAN | | | | | | | | | | | | | | |
| Fruit ice pop, coconut and strawberry flavor | VEGAN | | | | | T | | | | | | | | | |

DRINKS

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

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 | | | | | | | | | | | | | | | | | | | | |
| Torre la Moreira | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | |

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|-----------------------|--------|--------|---------|-------------|------|--------|------|------|----------|---------|------|--------|-----|----------|
| Pere Ventura Vintage | | | | | | | | | | | | | | |
| Reverté Electe | | | | | | | | | | | | | | |
| Frexinet Alcohol-free | | | | | | | | | | | | | | |

SANGRIA

| | | | | | | | | | | | | | | |
|--------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Wine sangría | | | | | | | | | | | | | | |
| Cava sangría | | | | | | | | | | | | | | |

BEERS

| | | | | | | | | | | | | | | |
|-------------------|---------------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Daura | VEGAN | | | | | | | | | | | | | |
| Inedit | | | | | | | | | | | | | | |
| Voll Damm | | | | | | | | | | | | | | |
| AK Damm | | | | | | | | | | | | | | |
| Free Damm Tostada | NON-ALCOHOLIC | | | | | | | | | | | | | |
| Free Damm Lemon | NON-ALCOHOLIC | | | | | | | | | | | | | |
| Free Damm | NON-ALCOHOLIC | | | | | | | | | | | | | |
| Complot IPA | | | | | | | | | | | | | | |
| Malquerida | | | | | | | | | | | | | | |
| Estrella Damm | | | | | | | | | | | | | | |
| Damm Lemon | | | | | | | | | | | | | | |
| Turia | | | | | | | | | | | | | | |

VERMOUTH - SPRITZ

| | | | | | | | | | | | | | | |
|---------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Vermouth | | | | | | | | | | | | | | |
| Aperol Spritz | | | | | | | | | | | | | | |

COCKTAILS

| | | | | | | | | | | | | | | |
|----------------------------|---------------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Propòsit | | | | | | | | | | | | | | |
| Fresito | | | | | | | | | | | | | | |
| Moscow Mule | | | | | | | | | | | | | | |
| Mojito | | | | | | | | | | | | | | |
| Piña colada | | | | | | | | | | | | | | |
| Strawberry daiquiri | | | | | | | | | | | | | | |
| Passion fruit daiquiri | | | | | | | | | | | | | | |
| Moscow Mule, non-alcoholic | NON-ALCOHOLIC | | | | | | | | | | | | | |
| Mojito, non-alcoholic | NON-ALCOHOLIC | | | | | | | | | | | | | |
| Piña colada, non-alcoholic | NON-ALCOHOLIC | | | | | | | | | | | | | |

MIXED DRINKS

| | | | | | | | | | | | | | | |
|-----------------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Gin & tonic Seagram's | | | | | | | | | | | | | | |
| Gin & tonic Tanqueray | | | | | | | | | | | | | | |
| Gin & tonic Hendrick's Lunar | | | | | | | | | | | | | | |
| Gin & tonic Hendrick's Midsummer | | | | | | | | | | | | | | |
| Gin & tonic Hendrick's Neptunia | | | | | | | | | | | | | | |
| Gin & tonic Hendrick's | | | | | | | | | | | | | | |
| Gin & tonic Master's Pink | | | | | | | | | | | | | | |
| Gin & tonic Master's | | | | | | | | | | | | | | |
| Gin & tonic Whitley Neill Rhubarb | | | | | | | | | | | | | | |

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|--------------------------------------|--------|--------|---------|-------------|------|--------|------|------|----------|---------|------|--------|-----|----------|
| Gin & tonic Whitley Neill Blackberry | | | | | | | | | | | | | | |
| 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.