DISHES

Maintended authorn with criteme fratche	DISHES		pins	elery	anuts	ustaceans	rts	uten	sbi	¥	olluscs	ustard	ť	Sesame	Soy	Sulfites
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Clivier salad	Marinated salmon with crème fraîche	GLUTEN FREE OPTION			Т	Т					Т					
Tomato salad with yellow chill 'salmorejo'	Cod 'esqueixada'					Т					Т					
Grielled pepper with coed Grielled pool with coed Grielled pepper with coed Grielled pepper with coed Grielled pepper with coed Grielled pepper with coed Grielled pool kinn Grielled pepper with coed choice Grielled pepper with coed cho	Olivier salad	GLUTEN FREE OPTION														
Guilled pepper with cod Guiden with handmade nachos VECAN VECA	Tomato salad with yellow chili 'salmorejo'	VEGAN	Т							Т						
Commonweight Comm	Green salad with seeds	VEGAN			Т											
Hummus with crispy vegetables	Grilled pepper with cod					Т										
Balfego funa tartare with avocado	Guacamole with handmade nachos	VEGAN		Т												
Anchovies from Vinarios Mussels with vermouth vinaignette Oyster from the Delta de l'Ebre Baef carpaccio with 3 dressings Beef carpaccio with 4 dressings Beef carpaccio with 6 dressings Beef carpaccio with 6 dressings Beef with 1 dressings Beef with 4 dressings Beef with 9 dressings Beef with	Hummus with crispy vegetables	VEGAN														
Mussels with vermouth vinaignette Image: Control of the	Balfegó tuna tartare with avocado	GLUTEN FREE OPTION			Т	Т					Т					
Oyster from the Delta de l'Ebre Ballegd funa carpaccio with 3 dressings Beef carpaccio and parmesan sauce GLUTENFREE OPTION Coca with Ballegd funa GLUTENFREE OPTION COCA with Ballegd funa GLUTENFREE OPTION T T T T T T T T T T T T T	Anchovies from Vinaròs				Т	Т					Т					
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Balfegó tuna carpaccio with 3 dressings	Oyster from the Delta de l'Ebre					Т							Т			
Beef carpaccio and parmesan sauce GLUTEN PREE OPTION Coca with Baffegó funa GLUTEN PREE OPTION GLUTEN PREE OPTION T T T T GREAT T T T T T T T T T T T T T T T T T T	Balfegó tuna carpaccio with 3 dressings					-					Т					
Coca with Balfegó tuna Coca with anchovies from Vinaròs GLUTENFREE OPTION Derian corn-fed ham GLUTENFREE OPTION Organic cheeseboard GLUTENFREE OPTION Organic cheeseboard GLUTENFREE OPTION ORGAN HOT Prawns with garlic sauce Pulled pork bun Padrón peppers Adolfina's meatballs Ordon from sauce Out forezon GLUTENFREE OPTION ORGAN OUT T T T T T T T T T T T T T T T T T T		GLUTEN FREE OPTION			Т	-								\vdash		
Coca with anchovies from Vinarios GLUTEN PREE OPTION PROMINE VEGAN HOT Prayms with garlic sauce Pulled pork bun Padrion peppers Adolfina's meatballs Herminia's pork in sauce Our torrezno GLUTEN PREE OPTION GLUTEN PREE OPTION T T T T T T T T T T T T T T T T T T T					_	-					_					
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Prawns with garlic sauce Pulled pork bun T T T T T T T T T T T T T T T T T T T	Cachonditas Olives	VEGAN	Ш					Ш			igsqcup		<u> </u>	Ш	!	
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Adolfina's meatballs Herminia's pork in sauce Our torrezno GLUTENFREE OPTION T T T T T T T T T T T T T T T T T T T	Pulled pork bun						Τ		Т	Т		Т		Т		
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	Padrón peppers					Т			Т	Т	Т		Т			П
Our torrezno GLUTEN FREE OPTION T T T T T T T T T T T T T T T T T T T	Adolfina's meatballs				Т					Т				Т		П
Eggs with Iberian acorn-fed ham Eggs with organic blood sausage with onion Bravas with iberian minced chorizo Andalusian-style Mediterranean squid Fried squid rings T T T T T T T T T T T T T T T T T T T	Herminia's pork in sauce															
Eggs with organic blood sausage with onion T	Our torrezno	GLUTEN FREE OPTION				Т	Т		Т	Т	Т			Т	Т	\Box
Eggs with organic blood sausage with onion T	Eggs with Iberian acorn-fed ham					Т				Т	Т		Т		Т	一
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Andalusian-style Mediterranean squid T T T T T T T T T T T T T T T T T T T						Т				Т	Т		Т		T	
Fried squid rings T T T T T T T T T T T T T T T T T T T						_							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						-							_		Т	
Vegetable tempura VEGAN T T T T T T T T T T T T T T T T T T				Т		_			Т	_	Т			Т		
Iberian ham croquettes		VEGAN											-			
Roasted chicken croquettes T T T T T T T T T T T T T T T T T T T		VEGAIN							_	'			_		Т	\dashv
Cod fritters T T T T T T T T T T T T T T T T T T T									_		_		_			\dashv
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Coca with grilled Iberian pork fillet GLUTEN FREE OPTION Organic blood sausage with onion GLUTEN FREE OPTION T T 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 T Rigatoni Bolognese Bread GLUTEN FREE OPTION											'				\dashv	
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Mussels with citrus, bay leaf, garlic and onion Mussels with white wine, celery, garlic and parsley T T Maxicannelloni by our chef Mercè T T T T T T T T Gluten-free bread							_		-	-	\vdash	-		-	_	
Mussels with white wine, celery, garlic and parsley Maxicannelloni by our chef Mercè T T T T T Rigatoni Bolognese Bread GLUTEN FREE OPTION Gluten-free bread		GLUTEN FREE OPTION				_	ı		-				-	ı	1	
Maxicannelloni by our chef Mercè Rigatoni Bolognese Bread GLUTEN FREE OPTION Gluten-free bread						_							_			
Rigatoni Bolognese Bread GLUTEN FREE OPTION T Gluten-free bread				_			_									
Bread GLUTEN FREE OPTION T	-			T		T	Τ				\Box		T			
Gluten-free bread																
	Bread	GLUTEN FREE OPTION												Т		
Bread with garlic and olive oil VEGAN GLUTEN FREE OPTION T T T	Gluten-free bread															
	Bread with garlic and olive oil VE	GAN GLUTEN FREE OPTION					T		Т	Τ				Т	Т	

RICES RICE with free-range chicken, Norway lobeters and artichokes Creamy rice with blue crab from the Delta de l'Ebve Rice with sealoud Rice with grilled leek Rice with gr	DISHES		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Rice with free-range chicken, Norway lobsters and artichokes Creamy rice with blue crab from the Delta de l'Ebre Rice with baby cuttlefish and its ink Rice with salcodd Rice with object of the salcodd Rice with lobster Surf and furf rice with organic Iberian ham veil Rice with doubter Surf and furf rice with organic Iberian ham veil Rice with duck and mushroome Vegetable rice with grilled leek VEONN Rossos noodles CRILLED Organic veal burger GUIDENESSOS noodles CRILLED Organic veal burger T T T T T T T T T T T T T T T T T T T	Bread with tomato and olive oil	GLUTEN FREE VEGAN					Т		Τ	Т				Т	Т	
Creamy rice with baby cuttefish and its ink Rice with biobster Surf and turf rice with organic Iberian ham veil Rice with duck and mushrooms Vegetable inc with grilled leek Rossos noodles CRILLED Organic veal burger GLUTEN FISES OPTION T T T T T T T T T T T T T T T T T T T	RICES															
Rice with baby cuttleffer and its ink Rice with seafood Rice with seafood Rice with obster Surf and turf rice with organic Iberian ham veil Rice with duck and mushrooms Vegetable rice with grilled leek VEGNAN ROSSOS noordles CRILLED Cryganic veal burger GUUTEN FREE OPTION T T T T T T T T T T T T T T T T T T T	Rice with free-range chicken, Norway lobsters and artichokes										Т					
Rice with boster Rice with obster Rice with doubter Rice with with organic liberian ham veil Rice with durf rice with organic liberian ham veil Rice with durf rice with organic liberian ham veil Rice with durf rice with grilled leek VEGAN Rossos noodles GRILLED Organic veal burger GLUTEN FREE OPTION T T T T T T T T T T T T T T T T T T T	Creamy rice with blue crab from the Delta de l'Ebre															
Rice with lobster Surf and turf rice with organic Iberian ham well Rice with duck and mushrooms Rice with duck and mushrooms Rice with duck and mushrooms Rossos noodles GRILLED Organic vala burger GRILLED Organic vala burger Rossed Duroc pork ribs Iberian pork fillet Matured beef tenderloin Cotopus leg Mediterranean squid T T T T T T T T T T T T T T T T T T T	Rice with baby cuttlefish and its ink															
Surf and turf rice with organic Iberian ham veil Rice with duck and mushrooms Vegetable rice with grilled leek VEGAN T T T T T T T T T T T T T	Rice with seafood															
Rice with duck and mushrooms Vegetable rice with grilled leek VEGAN T T T T T T T T T T T T T	Rice with lobster															
Vegetable rice with grilled leek vean T T T T T T T T T T T T T T T T T T T	Surf and turf rice with organic Iberian ham veil					Т							Т			\Box
Residence of the control of the cont	Rice with duck and mushrooms															
GRILLED Organic veal burger QUITENFREE OPTION T T T T T T T T T T T T T	Vegetable rice with grilled leek	VEGAN		Т		Т		Т	Т	Т	Т	Т	Т	Т		\Box
Organic veal burger Roasted Duroc pork ribs Derian pork fillet Roasted Duroc pork ribs Roasted Du	Rossos noodles															
Roasted Duroc pork ribs T	GRILLED															
Iberian pork fillet	Organic veal burger	GLUTEN FREE OPTION		Т		Т			Т		Т	Т	Т	Т		
Matured beef tenderloin Octopus leg IT T T T T T T T T T T T T T T T T T T	Roasted Duroc pork ribs				Т											
Cotopus leg Mediterranean squid Cod with quince aioli T T T T T T T T T T T T T T T T T T T	lberian pork fillet				Т											ヿ
Mediterranean squid Cod with quince aioli T T T T T T T T T T T T T T T T T T T	Matured beef tenderloin					Т			Т	Т	Т		Т		Т	
Cod with quince aioli T T T T T T T T T T T T T T T T T T T	Octopus leg					Т							Т			目
Wild seabass with vegetables and citrus vinaigrette Sardines Km0 vegetables VEGAN GLUTEN FREE OPTION T Organic avocado with pico de gallo and vegetable ceviche Artichokes with liberian shavings SAUCES Romesco T Aioli DESSERTS, HOMEMADE Maria's Coffee Fritters Carrot cake, matcha tea and pollen Grilled pineapple with passion fruit sauce Homemade organic cheesecake with strawberry jam and Sichuan pepper Bread with chocolate, oil and salt GLUTEN FREE OPTION T T T T T T T T T T T Vanilla ice cream Fruit ice pop, lemon lime flavor	Mediterranean squid				Т	Т							Т			
Sardines Km0 vegetables VEGAN GLUTEN FREE OPTION T T T T T T T T T T T T T	Cod with quince aioli			Т		Т		Т			Т	Т		Т		\neg
Km0 vegetables VEGAN GLUTEN FREE OPTION T Organic avocado with pico de gallo and vegetable ceviche Artichokes with Iberian shavings SAUCES Romesco Aioli DESSERTS, HOMEMADE Maria's Coffee Fritters Carrot cake, matcha tea and pollen Grilled pineapple with passion fruit sauce Homemade organic cheesecake with strawberry jam and Sichuan pepper Bread with chocolate, oil and salt GLUTEN FREE OPTION T Vegan T Vegan T Vegan T Vegan T Vegan Fruit ice pop, lemon lime flavor	Wild seabass with vegetables and citrus vinaigrette					Т					Т					
Crganic avocado with pico de gallo and vegetable ceviche Artichokes with Iberian shavings SAUCES Romesco Aioli DESSERTS, HOMEMADE Maria's Coffee Fritters Carrot cake, matcha tea and pollen Grilled pineapple with passion fruit sauce Homemade organic cheesecake with strawberry jam and Sichuan pepper Bread with chocolate, oil and salt GLUTEN FREE OPTION T Vanilla ice cream Fruit ice pop, lemon lime flavor	Sardines					Т					Т					
Artichokes with Iberian shavings SAUCES Romesco T T T T T Aioli DESSERTS, HOMEMADE Maria's Coffee Fritters Carrot cake, matcha tea and pollen T T T T T T T T T T T T T T T T T T T	Km0 vegetables VEGAN	GLUTEN FREE OPTION			Т									Т		
Romesco Aioli DESSERTS, HOMEMADE Maria's Coffee Fritters Carrot cake, matcha tea and pollen Grilled pineapple with passion fruit sauce Homemade organic cheesecake with strawberry jam and Sichuan pepper Bread with chocolate, oil and salt GLUTEN FREE OPTION T Kefir and lime ice cream with crunchy artisanal biscuit VEGAN Fruit ice pop, lemon lime flavor	Organic avocado with pico de gallo and vegetable ceviche	VEGAN														
Romesco T T T T T T T T T T T T T T T T T T T	Artichokes with Iberian shavings													Ш	\Box	
Aioli DESSERTS, HOMEMADE Maria's Coffee Fritters Carrot cake, matcha tea and pollen Grilled pineapple with passion fruit sauce Homemade organic cheesecake with strawberry jam and Sichuan pepper Bread with chocolate, oil and salt GLUTEN FREE OPTION T T Vanilla ice cream Fruit ice pop, lemon lime flavor	SAUCES															
Maria's Coffee Fritters Carrot cake, matcha tea and pollen Grilled pineapple with passion fruit sauce Homemade organic cheesecake with strawberry jam and Sichuan pepper Bread with chocolate, oil and salt GLUTEN FREE OPTION T T T Vanilla ice cream Fruit ice pop, lemon lime flavor	Romesco				Т									Т		
Maria's Coffee Fritters Carrot cake, matcha tea and pollen Grilled pineapple with passion fruit sauce Homemade organic cheesecake with strawberry jam and Sichuan pepper Bread with chocolate, oil and salt GLUTEN FREE OPTION T T T T Wanilla ice cream Fruit ice pop, lemon lime flavor	Aioli															
Carrot cake, matcha tea and pollen Grilled pineapple with passion fruit sauce Homemade organic cheesecake with strawberry jam and Sichuan pepper Bread with chocolate, oil and salt Brownie Kefir and lime ice cream with crunchy artisanal biscuit VEGAN T T T T Vanilla ice cream Fruit ice pop, lemon lime flavor	DESSERTS, HOMEMADE															
Grilled pineapple with passion fruit sauce Homemade organic cheesecake with strawberry jam and Sichuan pepper Bread with chocolate, oil and salt GLUTEN FREE OPTION T T T T Kefir and lime ice cream with crunchy artisanal biscuit GLUTEN FREE OPTION T T T T T T T T T T T T T	Maria's Coffee Fritters														\Box	\Box
Homemade organic cheesecake with strawberry jam and Sichuan pepper Bread with chocolate, oil and salt Brownie Kefir and lime ice cream with crunchy artisanal biscuit Vanilla ice cream Fruit ice pop, lemon lime flavor	Carrot cake, matcha tea and pollen				Т											
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Brownie Kefir and lime ice cream with crunchy artisanal biscuit Vanilla ice cream Fruit ice pop, lemon lime flavor T T T VEGAN	Homemade organic cheesecake with strawberry jam and Sichuan peppe	er														
Kefir and lime ice cream with crunchy artisanal biscuit Vanilla ice cream Fruit ice pop, lemon lime flavor VEGAN T T T	Bread with chocolate, oil and salt	GLUTEN FREE OPTION			Т				Т					Т		
Vanilla ice cream Fruit ice pop, lemon lime flavor VEGAN	Brownie				Т											
Fruit ice pop, lemon lime flavor	Kefir and lime ice cream with crunchy artisanal biscuit	GLUTEN FREE OPTION							Τ			Т				
	Vanilla ice cream															
Fruit iso non-coccuit and stroubern flavor	Fruit ice pop, lemon lime flavor	VEGAN														
rruit ice pop, coconut and strawberry navor	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	+													
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														igspace
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.