

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 sauce	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			
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					
100% 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 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															
Bread with garlic and olive oil	VEGAN					T		T	T				T	T	

DISHES

		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Bread with tomato and olive oil	GLUTEN FREE VEGAN					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	T		
Rossos noodles															

GRILLED

Organic veal burger	GLUTEN FREE OPTION		T		T			T		T	T	T	T		
Roasted Iberian 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 artisanal 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																			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	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
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														

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														
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.