

DISHES

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

COLD

Cod 'esqueixada'				T					T									
Olivier salad																		
Salad with salmon and mango			T	T	T					T	T	T					T	T
Tomato salad with yellow chili sauce																		
Green salad with seeds					T													
Grilled pepper with cod																		
Guacamole with handmade nachos																		
Hummus with crispy vegetables																		
Balfegó tuna tartare with avocado																		
Anchovies from Vinaròs																		
Mussels with vermouth vinaigrette																		
Oyster from the Delta de l'Ebre																		
Balfegó tuna carpaccio with 3 dressings																		
Beef carpaccio and parmesan sauce																		
100% Iberian acorn-fed ham																		
Organic cheeseboard																		

HOT

Mantis shrimp and norway lobster cream																		
Prawns with garlic sauce																		
Pulled pork bun																		
Adolfina's meatballs																		
Herminia's pork in sauce																		
Eggs with Iberian acorn-fed ham																		
Eggs with organic blood sausage with onion																		
Bravas with minced chorizo																		
Andalusian-style Mediterranean squid																		
Fried squid rings																		
Crispy free-range Chicken																		
Vegetable tempura																		
Iberian ham croquettes																		
Roasted chicken croquettes																		
Cod fritters																		
Mussels with citrus, bay leaf, garlic and onion																		
Mussels with white wine, celery, garlic and parsley																		
Maxicannelloni by our chef Mercè																		
Rigatoni Bolognese																		
Bread																		
Gluten-free bread																		
Bread with garlic and olive oil																		
Bread with tomato and olive oil																		
Organic blood sausage with onion																		

RICES

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																		

DRINKS

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Gin & tonic Whitley Neill Rhubarb														
Gin & tonic Whitley Neill Blackberry														
Gin & tonic Nordés														
Gin & tonic 25 Lolita's														

COFFEE, ORGANIC

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Coffee														
Grand reserve								■						
Milk coffee								■						
Cappuccino								■					■	
Irish coffee							■	■						■
Scottish coffee							■	■						■

INFUSIONS, ORGANIC

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