

# DISHES

## COLD

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Cod 'esqueixada'				T					T					
Olivier salad	GLUTEN FREE OPTION													
Salad with salmon and mango		T	T	T			T	T	T			T	T	
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					
100% Iberian acorn-fed ham														
Organic cheeseboard	GLUTEN FREE OPTION		T									T		

## HOT

Mantis shrimp and norway lobster cream									T					
Prawns with garlic sauce									T		T			
Pulled pork bun					T		T	T		T		T		
Adolfina's meatballs			T					T				T		
Herminia's pork in sauce														
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	T			
Cod fritters				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		T	T		T		T	T	
Gluten-free bread														
Bread with garlic and olive oil	VEGAN				T		T	T				T	T	
Bread with tomato and olive oil	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														

# DISHES

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

		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
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	T		T		T	T	
Organic avocado with pico de gallo and vegetable ceviche	VEGAN														
Artichokes with Iberian shavings															

## SAUCES

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

## DESSERTS, HOMEMADE

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

# DRINKS

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Pere Ventura Vintage														
Reverté Electe														
Gramona Innoble														
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														

# 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

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.