

DISHES

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

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	T		
Adolfina's meatballs		T					T				T		
Herminia's pork in sauce													
Eggs with Iberian acorn-fed ham				T			T	T	T	T	T		
Eggs with organic blood sausage with onion				T			T	T	T	T	T		
Bravas with minced chorizo				T			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	GLUTEN FREE OPTION				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													

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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	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	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	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											
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								

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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													

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Pere Ventura Vintage														
Reverté Electe														
Gramona Innoble														
Freixenet Alcohol-free	NON-ALCOHOLIC	VEGAN												

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

Gin & tonic Whitley Neill Rhubarb

Gin & tonic Whitley Neill Blackberry

Gin & tonic Nordés

Gin & tonic 25 Lolita's

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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.