

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 | | T | | | | | | | | T | | | | | | | | |
| Green salad with seeds | | | | T | | | | | | | | | | | | | | |
| Grilled pepper with cod | | | | T | | | | | | | | | | | | | | |
| Hummus with crispy vegetables | | | | | | | | | | | | | | | | | | |
| Balfegó tuna tartare with avocado | | | 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 | | | T | T | | | | | | | T | | | | | | | |
| 100% Iberian acorn-fed ham | | | | | | | | | | | | | | | | | | |
| Organic cheeseboard | | | T | | | | | | | | | | | | | T | | |

HOT

| | | | | | | | | | | | | | | | | | | |
|---|--|---|---|---|---|--|--|--|---|---|---|---|---|---|---|---|---|---|
| Mantis shrimp and norway lobster cream | | | | | | | | | | | T | | | | | | | |
| Prawns with garlic sauce | | | | | | | | | | | T | | | | T | | | |
| Pulled pork bun | | | | T | | | | | T | T | | | | T | | | | |
| Adolfina's meatballs | | | T | | | | | | | T | | | | | | T | | |
| Herminia's pork in sauce | | | | | | | | | | | | | | | | | | |
| Eggs with beef tenderloin sautéed in garlic | | | | T | | | | | | | T | T | | | T | | T | |
| Eggs with Iberian acorn-fed ham | | | | 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 | | | | T | | | | | | | T | T | T | | | T | | |
| Iberian ham croquettes | | | | T | | | | | | | T | | | | T | | T | |
| Roasted chicken croquettes | | | | 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 | | | | | | | | | T | | T | T | | | T | | T | T |
| Gluten-free bread | | | | | | | | | | | | | | | | | | |
| Bread with garlic and olive oil | | | | | | | | | T | | T | T | | | | | T | T |
| Bread with tomato and olive oil | | | | | | | | | T | | T | T | | | | | T | T |

RICES

| | | | | | | | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|---|--|--|--|
| Rice with free-range chicken, Norway lobsters and artichokes | | | | | | | | | | | | | | | T | | | |
| Creamy rice with blue crab | | | | | | | | | | | | | | | | | | |
| Rice with baby cuttlefish and its ink | | | | | | | | | | | | | | | | | | |
| Rice with seafood | | | | | | | | | | | | | | | | | | |
| Rice with lobster | | | | | | | | | | | | | | | | | | |

DISHES

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

| | | | | | | | | | | | | | | | | | | | | |
|--|-------|---|--|---|--|---|---|---|---|---|---|---|---|---|---|--|--|--|--|--|
| Surf and turf rice with organic Iberian ham veil | | | | T | | | | | | | | | | | | | | | | |
| Rice with duck and mushrooms | | | | | | | | | | | | | | | | | | | | |
| Vegetable rice with grilled leek | VEGAN | T | | T | | 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 | | | | | | |
| Braised bunch carrot with hummus, chickpea "migas" and hazelnuts Reus PDO | VEGAN | | | | | | | | | | | | | | | | | | | |
| Km0 vegetables | VEGAN GLUTEN FREE OPTION | | | T | | | | | | T | T | | | T | | | | | T | T |
| 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 | | | | | | | | | | | |

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.