

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	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	
Wild seabass with vegetables and citrus vinaigrette						T													
Sardines						T													
Km0 vegetables	VEGAN GLUTEN FREE OPTION																		
Avocado with pico de gallo and vegetable ceviche	VEGAN																		
Artichokes with Iberian shavings																			

SAUCES

Romesco				T															
Aioli																			

DESSERTS, HOMEMADE

Maria's Coffee Fritters																			
Carrot cake, matcha tea and pollen																			
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																		
Brownie																			
Caramelized French toast																			
Kefir and lime ice cream with crunchy artisanal biscuit	GLUTEN FREE OPTION																		
Vanilla ice cream																			
Fruit ice pop, lemon lime flavor	VEGAN																		
Fruit ice pop, coconut and strawberry flavor	VEGAN																		

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.