

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	T					T						T					
Iberian pork fillet				T																
Matured beef tenderloin					T				T	T	T			T				T		
Grilled octopus with Vera's red pepper aioli and "romesco migas"				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	
Avocado with pico de gallo and vegetable ceviche	VEGAN																			
Artichokes with Iberian shavings																				

SAUCES

Romesco				T								T	T					T	T	
Aioli																				

DESSERTS, HOMEMADE

Maria's Coffee Fritters			T	T	T	T								T	T	T	T	T	T	
Carrot cake, matcha tea and pollen				T																
Grilled pineapple with passion fruit sauce	VEGAN																			
Homemade organic cheesecake with strawberry jam and Sichuan pepper																				T
Bread with chocolate, oil and salt	GLUTEN FREE OPTION			T															T	
Brownie				T															T	
Caramelized French toast				T															T	
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
Pere Ventura Vintage														
Reverté Electe														
Gramona Innoble														
Frexinet Alcohol-free														

SANGRIA

Wine sangría														
Cava sangría														

COCKTAILS

Propòsit														
Fresito														
Moscow Mule														
Mojito														
Piña colada														
Strawberry daiquiri														
Passion fruit daiquiri														
Moscow Mule, non-alcoholic														
Mojito, non-alcoholic														
Piña colada, non-alcoholic														

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.