DISHES

		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
STARTERS															
Green salad with tuna belly															
Salad with salmon and apple				T	T					T					
Salad with melon and prawns										T		T			
Cod salad with orange and romesco				T	T					T			T		
Goat cheese salad	GLUTEN FREE OPTION			T									T		
Salad with cottage cheese with tomato confit															
Pacific oyster					T							T			
Artisan anchovy with hazelnuts				T	T					T					
Roasted vegetables toast with tuna belly and anchovies	GLUTEN FREE AVAILABLE					T		T	T				T	T	
Gazpacho													T		
Fish soup from El Pòsit													T		T
Mantis shrimp and Norway lobster cream	GLUTEN FREE OPTION									T		T	T		T
RICES															
Rice with blue crab															
Rice with baby cuttlefish in its own ink															
Seafood paella															
Rice with lobster															
Señorito's rice															
Surf and turf rice															
Rice with duck and mushrooms															
Rice with vegetables	VEGAN														
NOODLES															
Rossos noodles								T							
Noodles with baby cuttlefish in its own ink								T							
COMBINATION PLATES															
Normal combination plate									T					T	
Fried combination plate					T				T					T	
Special Pòsit combination plate									T					T	
Complete combination plate	GLUTEN FREE OPTION			T					T				T	T	
Seafood combination plate												T			T
Complete seafood combination plate												T			T
Grilled vegetables	GLUTEN FREE OPTION												T		
PORTIONS															
Bread													T		
Gluten-free bread															
Bread with garlic						T		T	T				T	T	
Bread with tomato						T		T	T				T	T	
Steamed mussels					T							T			
Mussels in seaman's style				T	T							T	T		
Mussels with vermouth vinaigrette					T							T			
Fried battered calamari					T				T			T		T	
Fried anchovies					T			T	T	T				T	
Fried baby squids					T			T	T			T		T	
Andalusian style fried squids					T			T	T			T		T	

EL PÒSIT

DOES NOT CONTAIN | T TRACES | CONTAINS | TO BE DETERMINED

DISHES

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Prawn in tempura with spicy crispy									T		T			T
Patatas Bravas				T				T	T		T		T	
Cod fritters				T			T	T	T				T	
Chicken croquettes				T			T		T		T			
Iberian ham croquettes				T			T		T		T		T	
Prawn croquettes							T		T				T	T
Mushroom croquettes				T			T		T		T		T	
Lobster									T		T			T
Grilled baby squids with asparagus			T	T							T			
Cuttlefish			T	T							T			
Sardines				T					T					
White prawns									T		T			T
Red prawns									T		T			T
Norway lobsters sautéed with onion confit									T		T			
Razor clams				T							T			
Artichokes with Iberian shavings														
Grilled monkfish and pumpkin purée			T	T					T					
Grilled sole with vegetables				T					T					
Cod with fisherman's suquet and mushrooms				T					T					
Hake baked with almonds and potato			T	T					T					
Clams in seaman's style			T	T								T		
Sea snails				T							T			
Galician style octopus				T							T			
Monkfish with romesco sauce			T									T		
Zarzuela														
Hake in marinara sauce			T									T		
Ribs with mediterranean sauce			T	T			T	T	T		T		T	
Veal tenderloin				T			T	T	T		T		T	
Maxicannelloni with traditional roast		T		T	T				T		T			
Romesco			T									T		
Aioli														

CHILD'S

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Fish menu				T				T					T	
Meat menu				T							T			
Macaroni Bolognese							T							
Homemade chicken nuggets				T				T	T		T		T	
Homemade fish fingers				T				T	T				T	

NATURAL FRUIT

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Strawberries with homemade cream														
Seasonal fruit ceviche														

HOMEMADE DESSERTS

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Brownie			T											
Pineapple carpaccio with catalan cream														
Catalan cream														
Cheesecake with walnuts and honey			T											T
Cheesecake with strawberries														T

EL PÒSIT

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DISHES

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Dark chocolate fuet													T	
White chocolate fuet			T											
Pannacotta Baileys														
Milk curd with honey														
Apple tarte Tatin													T	
Tiramisu cake														
Caramelized French toast			T										T	
Lemon sorbet														
Mandarin sorbet														
Irish coffee														

ICE CREAMS

Viennetta GLUTEN FREE OPTION			T											
Ice cream covered in almond bits			T											
Truffles / with cream														
Magnum Almond			T											
Magnum Frac													T	
Children's ice cream with surprise			T		T									
Chocolate ice cream, lactose-free														
Chocolate ice cream, sugar-free					T									
Vanilla ice cream														

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DRINKS

		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
OWN WINES															
Aproppòsit															
Cosechero															
Blanc del Pòsit - Fruity	VEGAN														
Blanc del Pòsit - Dry	VEGAN														
Negre del Pòsit - Young	VEGAN														
Negre del Pòsit - Ageing	VEGAN														
RED WINES															
Lan D-12															
El Senat del Montsant															
Marqués de Burgos															
ROSÉ WINES															
Mia															
Mustillant															
Flors i Violes															
WHITE WINES															
El Terrat															
Seducció															
Petites estones															
Rebels de Batea															
Mireia															
Creu de Lavit															
Aura															
Vionta															
Jean Leon 3055															
Mustillant															
CAVA															
Cava Gran del Pòsit															
Alsina & Sardà															
Gramona Imperial															
Pere Ventura															
Anna de Codorniu Rosé															
Freixenet Blanc de Blancs															
Freixenet Cordón Negro mini															
SANGRIA															
Wine sangria															
Cava Sangria															
BEERS															
Estrella Damm															
Inedit															
A.K. Damm															
Voll Damm															
Free Damm	NON-ALCOHOLIC														

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DRINKS

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

ORGANIC COFFEES

Kahova														
Grand Reserve														
Colombia														
Decaffeinated														

ORGANIC TEAS

Darjeeling														
Shooting Star														
Pu Erh Fresh														
Green tea, ginger and lemon														
Black Chai tea														

ORGANIC INFUSIONS

Royal Fruits														
Chamomile														
Verbena and mint														
Rooibos with orange														
Vitality														

The composition of our dishes may undergo modifications, so this information isconstantly 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 of 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.

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