

DISHES

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

STARTERS

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
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			T									T		
Salad with cottage cheese with tomato confit														
Pacific oyster, unit				T							T			
Artisan anchovy with hazelnuts			T	T					T					
Roasted vegetables toast with tuna belly and anchovies					T		T	T				T	T	
Gazpacho												T		
Fish soup from El Pòsit												T		T
Mantis shrimp and Norway lobster cream									T		T	T		T

RICES

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

NOODLES

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Rossos noodles							T							
Noodles in ink							T							

COMBINATION PLATES

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Normal combination plate								T					T	
Fried combination plate			T					T					T	
Special Pòsit combination plate								T					T	
Complete combination plate			T					T				T	T	
Seafood combination plate											T			T
Complete seafood combination plate											T			T
Grilled vegetables												T		

PORTIONS

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Bread												T		
Gluten-free bread					T			T				T		
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	

DISHES

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Prawn in tempura with spicy crispy				T					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	T
Mushroom croquettes				T			T		T		T		T	
Lobster, ½ ration				T					T		T			T
Lobster				T					T		T			T
Grilled baby squids with asparagus			T	T							T			
Cuttlefish			T	T							T			
Sardines				T					T					
White prawns				T					T		T			T
Red prawns				T					T		T			T
Norway lobsters sautéed with onion confit				T					T		T			
Razor clams				T							T			
Artichokes with Iberian shavings														
Grilled monkfish and pumpkin purée			T	T					T					
Grilled sole with vegetables				T					T					
Octopus with potato and aioli				T							T			
Cod with fisherman's suquet and mushrooms		T		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								T		
Zarzuela		T		T										
Hake in marinara sauce		T		T								T		
Grilled Iberian pork fillet			T											
Mellow veal confit with glazed onions														
Maxicannelloni with traditional roast		T		T	T				T		T			
Romesco			T									T		
Aioli														

CHILD'S

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

Strawberries with homemade cream														
Seasonal fruit ceviche														

HOMEMADE DESSERTS

Brownie			T											
Pineapple carpaccio with catalan cream														
Catalan cream														

DISHES

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Cheesecake with walnuts and honey			T											T
Cheesecake with strawberries														T
Dark chocolate fuet													T	
White chocolate fuet			T											
Pannacotta Baileys			T											
Cottage cheese with crunchy honey and caramelized walnuts			T											
Apple tarte Tatin													T	
Tiramisu cake														
Caramelized French toast			T										T	
Lemon sorbet														
Irish coffee														

ICE CREAMS

Vanilla ice cream														
Fruit ice pop, coconut and strawberry flavor					T									
Fruit ice pop, lemon lime flavor														
Chocolate ice cream, lactose-free														
Chocolate ice cream, sugar-free					T									

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OWN WINES

Apropòsit																			
Cosechero																			
73																			
Blanc del Pòsit - Fruity																			
Blanc del Pòsit - Dry																			
Negre del Pòsit - Young																			

RED WINES

Lan D-12																			
El Senat del Montsant																			
Marqués de Burgos																			

ROSÉ WINES

Mustillant																			
Flors i Violes																			

WHITE WINES

El Terrat																			
Sedució																			
Petites estones																			
Rebels de Batea																			
Mireia																			
Creu de Lavit																			
Aura																			
Vionta																			
Jean Leon 3055																			

CAVA

Cava Gran del Pòsit																			
Alsina & Sardà																			
Gramona Imperial																			
Anna de Codorniu Rosé																			
Freixenet Blanc de Blancs																			
Freixenet Cordon Negro mini																			

SANGRIA

Wine sangria																			
Cava Sangria																			

BEERS

Estrella Damm, cup 0.33cl																			
Estrella Damm, pitcher ½																			
Inedit																			
A.K. Damm																			
Voll Damm																			
Free Damm																			
Daura																			

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ORGANIC COFFEES

Kahova																				
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 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 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.