

# 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				T												T	
Salad with fresh cheese with tomato confit																	
Pacific oyster				T										T			
Anchovies			T	T							T						
Roasted vegetables toast					T				T	T					T	T	
Gazpacho																T	
Fish soup																T	T
Mantis shrimp cream												T		T	T		T

## RICES

Creamy rice with blue crab from the Delta de l'Ebre																	
Rice with baby cuttlefish in its own ink																	
Seafood paella																	
Rice with lobster																	
Señorito's rice																	
Surf and turf rice with organic Iberian ham veil																	
Rice with duck and mushrooms																	
Rice with vegetables																	

## NOODLES

Rossos noodles																	
Noodles in ink																	

## COMBINATION PLATES

Fried combination plate																	
Special Pòsit combination plate																	
Seafood combination plate																	
Complete seafood combination plate																	
Grilled vegetables																	

## PORTIONS

Bread																	
Gluten-free bread																	
Bread with garlic																	
Bread with tomato																	
Steamed mussels from Delta de l'Ebre																	
Mussels from Delta de l'Ebre in seaman's style																	
Mussels from Delta de l'Ebre with vinaigrette																	
Fried battered calamari																	
Fried anchovies																	
Fried baby squids																	
Andalusian style fried squids																	
White prawn in tempura from Tarragona																	
Patatas Bravas																	

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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, ½ ration									T		T			T
Lobster									T		T			T
Grilled baby squids with asparagus			T	T							T			
Grilled Mediterranean cuttlefish			T	T							T			
Grilled sardines				T					T					
White prawns from Tarragona									T		T			T
Red prawns									T		T			T
Norway lobsters sautéed with onion confit									T		T			
Razor clams				T							T			
Candied artichoke flowers														
Grilled monkfish and pumpkin purée			T	T					T					
Grilled sole with vegetables				T					T					
Small octopus from Cambrils				T							T			
Cod in fisherman's suquet				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		
Fish and seafood zarzuela														
Hake in marinara sauce			T									T		
Grilled Iberian pork fillet			T											
Mellow veal confit with glazed onions														
Cannelloni by our chef Mercè		T		T	T				T		T			

## 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														

## DESSERTS, HOMEMADE

Brownie			T											
Pineapple carpaccio with catalan cream														
Catalan cream														
Cheesecake with walnuts and honey			T											T
Cheesecake with strawberries														T
70% Dark chocolate fuet													T	
White chocolate fuet			T											

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Panna cotta Baileys			T											
Cottage cheese with crunchy honey and caramelized walnuts			T											
Tiramisu cake														
Caramelized French toast			T										T	
Lemon sorbet														
Irish coffee														

# ICE CREAMS

Children's ice cream			T		T									
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									

# DRINKS

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

## WHITE WINE

Apropòsit del Pòsit																				
Cosechero																				
73																				
Rebels de Batea																				
Aura																				
Petites estones																				
Nivarius Semi-sweet																				
Mireia																				
El Terrat																				
Creu de Lavit																				
Jean Leon 3055																				
Grimau Chardonnay																				
Vionta																				

## RED WINE

Apropòsit Priorat																				
El Senat del Montsant																				
Lan D-12																				
Marqués de Burgos																				

## ROSÉ WINE

Flors i Violes																				
Mustillant																				

## CAVA - CORPINNAT - SPARKLING

Apropòsit Brut Nature Grand Reserve																				
Apropòsit Gran																				
Gramona Imperial																				
Alsina & Sardà																				
Freixenet Blanc de Blancs																				
Freixenet Cordón Negro mini																				

## BEERS

Estrella Damm																				
Daura																				
Inedit																				
Voll Damm																				
AK Damm																				
Free Damm																				
Estrella Damm, pitcher ½																				

## SANGRIA

Wine sangria																				
Cava Sangria																				

## COFFEE, ORGANIC

Kahova																				
Decaffeinated																				

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## 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														

**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.