

DISHES

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

SALADS

| | | | | | | | | | | | | | | | | | | | |
|-----------------------------------|--|--|---|---|--|--|--|--|--|---|--|--|---|--|--|--|--|---|--|
| Green salad with seeds | | | T | | | | | | | | | | | | | | | | |
| Salad with salmon and apple | | | T | T | | | | | | T | | | | | | | | | |
| Salad with melon and prawns | | | T | | | | | | | T | | | T | | | | | | |
| Cod salad with orange and romesco | | | T | T | | | | | | T | | | | | | | | T | |
| Goat cheese and bacon salad | | | T | | | | | | | | | | | | | | | T | |

STARTERS

| | | | | | | | | | | | | | | | | | | | |
|--|--|---|---|---|---|--|--|---|---|---|---|--|--|--|--|--|--|---|---|
| Candied artichokes with Iberian shavings | | | | | | | | | | | | | | | | | | | |
| Balfegó tuna tartare with avocado | | | T | T | | | | | | T | | | | | | | | | |
| Oyster from the Delta de l'Ebre | | | | T | | | | | | | | | | | | | | T | |
| Anchovies | | | T | T | | | | | | T | | | | | | | | | |
| Iberian acorn-fed ham | | | | | | | | | | | | | | | | | | | |
| Roasted vegetables toast | | | | | T | | | T | T | | | | | | | | | T | T |
| Fish soup | | T | | | | | | | | | | | | | | | | | T |
| Mantis shrimp cream | | T | | | T | | | | | | T | | | | | | | T | |

FRIED

| | | | | | | | | | | | | | | | | | | | |
|--------------------------------------|--|--|--|---|--|--|--|--|--|---|---|---|--|--|--|--|--|---|---|
| Fried battered calamari | | | | T | | | | | | T | | | | | | | | T | T |
| Fried anchovies | | | | T | | | | | | T | T | T | | | | | | | T |
| Fried baby squids | | | | T | | | | | | T | T | | | | | | | T | |
| Andalusian-style Mediterranean squid | | | | T | | | | | | | T | | | | | | | | |
| Patatas Bravas | | | | T | | | | | | | T | T | | | | | | T | |
| Cod fritters | | | | T | | | | | | T | | | | | | | | | T |
| Roasted chicken croquettes | | | | T | | | | | | T | | | | | | | | | |
| Iberian ham croquettes | | | | T | | | | | | T | | | | | | | | | T |

GRILLED

| | | | | | | | | | | | | | | | | | | | |
|--|--|--|--|---|---|--|--|--|--|--|--|--|--|--|--|--|--|--|---|
| Grilled baby squids with asparagus | | | | T | T | | | | | | | | | | | | | | T |
| Grilled Mediterranean cuttlefish | | | | T | T | | | | | | | | | | | | | | T |
| Grilled sardines | | | | | T | | | | | | | | | | | | | | T |
| Grilled mediterranean triple-grooved shrimps | | | | | | | | | | | | | | | | | | | T |
| Red prawns | | | | | | | | | | | | | | | | | | | T |
| Razor shells | | | | | T | | | | | | | | | | | | | | T |

BOILED

| | | | | | | | | | | | | | | | | | | | |
|-----------------------------|--|--|--|--|---|---|--|--|--|--|--|--|--|--|--|--|--|--|---|
| White octopus from Cambrils | | | | | T | | | | | | | | | | | | | | T |
| Clams in seaman's style | | | | | T | T | | | | | | | | | | | | | T |
| Sea snails | | | | | | T | | | | | | | | | | | | | T |
| Galician style octopus | | | | | | T | | | | | | | | | | | | | T |

MUSSELS

| | | | | | | | | | | | | | | | | | | | |
|--|--|--|--|--|---|---|--|--|--|--|--|--|--|--|--|--|--|--|---|
| Steamed mussels from Delta de l'Ebre | | | | | | T | | | | | | | | | | | | | T |
| Mussels from Delta de l'Ebre in seaman's style | | | | | T | T | | | | | | | | | | | | | T |
| Mussels from Delta de l'Ebre with vinaigrette | | | | | | T | | | | | | | | | | | | | T |

RICES

| | | | | | | | | | | | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Seafood paella | | | | | | | | | | | | | | | | | | | |
| Creamy rice with blue crab from the Delta de l'Ebre | | | | | | | | | | | | | | | | | | | |

DISHES

| | Lupins | Celery | Peanuts | Crustaceans | Nuts | Gluten | Eggs | Milk | Molluscs | Mustard | Fish | Sesame | Soy | Sulfites |
|---|--------|--------|---------|-------------|------|--------|------|------|----------|---------|------|--------|-----|----------|
| Rice with baby cuttlefish and its ink | | ■ | | ■ | | | ■ | | ■ | | ■ | | | ■ |
| Rice with lobster | | ■ | | ■ | | | | | ■ | | ■ | | | ■ |
| Señorito's rice | | ■ | | ■ | | | | | ■ | | ■ | | | ■ |
| Surf and turf rice with organic Iberian ham veil | | | | T | | | | | ■ | | T | | | |
| Rice with duck and mushrooms | | | | | | | | | | | | | | ■ |
| Vegetable rice with candied leek and young garlic | | | | | | | | | | | | | | |

NOODLES

| | | | | | | | | | | | | | | |
|----------------|--|---|--|---|--|---|---|--|---|--|---|--|--|---|
| Rossos noodles | | ■ | | ■ | | ■ | | | ■ | | ■ | | | ■ |
| Noodles in ink | | ■ | | ■ | | ■ | T | | ■ | | ■ | | | ■ |

COMBINATION PLATES

| | | | | | | | | | | | | | | |
|--------------------|--|--|--|---|--|---|---|---|---|--|---|---|---|---|
| Fried | | | | T | | | ■ | T | ■ | | ■ | | T | ■ |
| Special Pòsit | | | | ■ | | | ■ | T | ■ | | ■ | | T | ■ |
| Seafood | | | | ■ | | | | | ■ | | T | | | T |
| Complete seafood | | | | ■ | | | | | ■ | | T | | | T |
| Grilled vegetables | | | | T | | ■ | ■ | | | | | T | | ■ |

STEWES

| | | | | | | | | | | | | | | |
|-----------------------------|--|---|---|---|--|--|--|--|---|--|---|--|---|---|
| Monkfish with romesco sauce | | ■ | T | ■ | | | | | ■ | | ■ | | T | ■ |
| Fish and seafood zarzuela | | ■ | | ■ | | | | | ■ | | ■ | | T | ■ |
| Hake in marinara sauce | | ■ | T | ■ | | | | | ■ | | ■ | | T | ■ |

FISH

| | | | | | | | | | | | | | | |
|------------------------------------|--|---|---|---|---|--|--|---|---|--|---|--|--|---|
| Grilled monkfish and pumpkin purée | | | T | T | ■ | | | ■ | T | | ■ | | | ■ |
| Grilled sole with vegetables | | | | T | | | | ■ | T | | ■ | | | ■ |
| Cod in fisherman's suquet | | ■ | | T | | | | ■ | T | | ■ | | | ■ |
| Hake baked with almonds and potato | | | T | T | ■ | | | | T | | ■ | | | ■ |

MEAT

| | | | | | | | | | | | | | | |
|----------------------------------|--|---|---|---|---|---|---|---|---|--|---|--|---|---|
| Matured beef tenderloin | | | | T | | | T | T | T | | T | | T | |
| Roasted Duroc pork ribs | | | T | | ■ | | | | | | | | | ■ |
| Maxicannelloni by our chef Mercè | | T | | T | T | ■ | ■ | ■ | T | | T | | | ■ |

CHILD'S

| | | | | | | | | | | | | | | |
|-------------------------------------|--|--|--|---|--|---|---|---|---|--|---|--|---|---|
| Macaroni Bolognese | | | | | | ■ | T | | | | | | | ■ |
| Homemade free-range chicken nuggets | | | | T | | | T | T | T | | T | | T | ■ |
| Homemade fish fingers | | | | T | | | ■ | T | T | | ■ | | T | ■ |
| Organic veal burger | | | | T | | | T | T | T | | T | | T | |

BREAD

| | | | | | | | | | | | | | | |
|---------------------------------|--|--|--|--|---|---|---|---|--|--|--|---|---|--|
| Bread | | | | | | ■ | | | | | | | T | |
| Gluten-free bread | | | | | | | ■ | | | | | | | |
| Bread with garlic and olive oil | | | | | T | ■ | T | T | | | | T | T | |
| Bread with tomato and olive oil | | | | | T | ■ | T | T | | | | T | T | |

SAUCES

| | | | | | | | | | | | | | | |
|---------|--|--|---|--|---|--|---|--|--|--|--|--|---|---|
| Romesco | | | T | | ■ | | | | | | | | T | ■ |
| Aioli | | | | | | | ■ | | | | | | | ■ |

DISHES

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

DESSERTS, HOMEMADE

| | Lupins | Celery | Peanuts | Crustaceans | Nuts | Gluten | Eggs | Milk | Molluscs | Mustard | Fish | Sesame | Soy | Sulfites |
|--|--------|--------|---------|-------------|------|--------|------|------|----------|---------|------|--------|-----|----------|
| Brownie | | | T | | | | | | | | | | | |
| Homemade organic cheesecake with strawberry jam and Sichuan pepper | | | | | | | | | | | | | | |
| Tiramisu cake | | | | | | | | | | | | | | |
| 70% Dark chocolate fuet | | | | | | | | | | | | | T | |
| Cottage cheese with crunchy honey and caramelized walnuts | | | T | | | | | | | | | | | |
| Pineapple carpaccio with catalan cream | | | | | | | | | | | | | | |
| Catalan cream | | | T | | T | | | | | | | T | | |
| Panna cotta Baileys | | | T | | | | | | | | | | | |
| Caramelized French toast | | | T | | | | | | | | | | | |
| Lemon sorbet | | | | | | | | | | | | | | |
| Irish coffee | | | | | | | | | | | | | | |

ICE CREAMS

| | Lupins | Celery | Peanuts | Crustaceans | Nuts | Gluten | Eggs | Milk | Molluscs | Mustard | Fish | Sesame | Soy | Sulfites |
|--|--------|--------|---------|-------------|------|--------|------|------|----------|---------|------|--------|-----|----------|
| 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 | | | | | T | | | | | | | | | |
| Chocolate ice cream, sugar-free | | | | | T | | | | | | | | | |

DRINKS

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

WHITE WINE

| | | | | | | | | | | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|-------|--|--|--|--|--|--|--|--|
| Apropòsit Muscat D.O. Terra Alta | | | | | | | | | | | | | | | | | | |
| Apropòsit Garnatxa Blanca D.O. Montsant | | | | | | | | | | | | | | | | | | |
| Apropòsit Macabeu D.O. Terra Alta | | | | | | | | | | | | | | | | | | |
| Apropòsit Xarel·lo D.O. Penedès | | | | | | | | | | | | | | | | | | |
| Apropòsit Viognier D.O. Terra Alta | | | | | | | | | | | | | | | | | | |
| Apropòsit Malvasia | | | | | | | | | | | | | | | | | | |
| Apropòsit Chardonnay D.O. Penedès | | | | | | | | | | | | | | | | | | |
| Rebels de Batea | | | | | | | | | | | | | | | | | | |
| Petites estones | | | | | | | | | | | | | | | | | | |
| Les Brugueres | | | | | | | | | | | | | | | | | | |
| Els Pics | | | | | | | | | | | | | | | | | | |
| Grimau Chardonnay | | | | | | | | | | | | | | | | | | |
| Mustillant | | | | | | | | | | | | | | | | | | |
| El Terrat | | | | | | | | | | | | | | | | | | |
| Aura | | | | | | | | | | | | | | | | | | |
| Finca Montico | | | | | | | | | | | | | | | | | | |
| Torre la Moreira | | | | | | | | | | VEGAN | | | | | | | | |
| Pazo de San Mauro | | | | | | | | | | | | | | | | | | |

RED WINE

| | | | | | | | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Apropòsit Garnatxa Negra D.O. Montsant | | | | | | | | | | | | | | | | | | |
| Apropòsit Trepat D.O. Conca de Barberà | | | | | | | | | | | | | | | | | | |
| Apropòsit D.O.Q. Priorat | | | | | | | | | | | | | | | | | | |
| Les Brugueres | | | | | | | | | | | | | | | | | | |
| El Senat del Montsant | | | | | | | | | | | | | | | | | | |
| Els Pics | | | | | | | | | | | | | | | | | | |
| Marqués de Vargas Reserva | | | | | | | | | | | | | | | | | | |
| Lan D-12 | | | | | | | | | | | | | | | | | | |
| Trus Ageing | | | | | | | | | | | | | | | | | | |
| Marqués de Burgos | | | | | | | | | | | | | | | | | | |
| Tinto de verano | | | | | | | | | | | | | | | | | | |

ROSÉ WINE

| | | | | | | | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Apropòsit Garnatxa Negra D.O. Montsant | | | | | | | | | | | | | | | | | | |
| Flors i Violes | | | | | | | | | | | | | | | | | | |

CAVA. CORPINNAT. SPARKLING

| | | | | | | | | | | | | | | | | | | |
|-------------------------------------|--|--|--|--|--|--|--|--|--|---------------|-------|--|--|--|--|--|--|--|
| Apropòsit Brut Nature Grand Reserve | | | | | | | | | | | | | | | | | | |
| Gramona Innoble | | | | | | | | | | | | | | | | | | |
| Frexinet Alcohol-free | | | | | | | | | | NON-ALCOHOLIC | VEGAN | | | | | | | |

BEERS

| | | | | | | | | | | | | | | | | | | |
|---------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Estrella Damm | | | | | | | | | | | | | | | | | | |
| Daura | | | | | | | | | | | | | | | | | | |
| Inedit | | | | | | | | | | | | | | | | | | |
| Voll Damm | | | | | | | | | | | | | | | | | | |
| AK Damm | | | | | | | | | | | | | | | | | | |

DRINKS

| | | Lupins | Celery | Peanuts | Crustaceans | Nuts | Gluten | Eggs | Milk | Molluscs | Mustard | Fish | Sesame | Soy | Sulfites |
|-------------------|---------------|--------|--------|---------|-------------|------|--------|------|------|----------|---------|------|--------|-----|----------|
| Free Damm | NON-ALCOHOLIC | | | | | | | | | | | | | | |
| Free Damm Lemon | NON-ALCOHOLIC | | | | | | | | | | | | | | |
| Free Damm Tostada | NON-ALCOHOLIC | | | | | | | | | | | | | | |
| Damm Lemon | | | | | | | ■ | | | | | | | | |

SANGRIA

| | | | | | | | | | | | | | | | |
|--------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|---|
| Wine sangria | | | | | | | | | | | | | | | ■ |
| Cava Sangria | | | | | | | | | | | | | | | ■ |

COFFEE, ORGANIC

| | | | | | | | | | | | | | | | |
|---------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Mediterranean | | | | | | | | | | | | | | | |
| Decaffeinated | | | | | | | | | | | | | | | |

INFUSIONS, ORGANIC

| | | | | | | | | | | | | | | | |
|-----------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| 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 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.