

DISHES

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

SALADS

Green salad with seeds			T										T		
Salad with salmon and mango		T	T	T				T	T	T				T	T
Salad with melon and prawns			T		T					T			T	T	
Cod salad with orange and romesco			T	T						T				T	
Tomato and tuna belly salad															
Goat cheese salad			T				T							T	

STARTERS

Tomato, burrata and yellow chili sauce	T														
Candied artichokes with Iberian shavings															
Balfegó tuna tartare with avocado			T	T						T					
Oyster from the Delta de l'Ebre				T									T		
Mediterranean anchovies		T	T	T				T	T	T	T			T	T
100% Iberian acorn-fed ham															
Fish soup															
Mantis shrimp cream															

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	T	T	T	T	T	
Cod fritters				T				T	T	T				T	
Crispy free-range Chicken		T		T				T	T	T			T	T	
Roasted chicken croquettes				T				T		T	T				
Iberian ham croquettes				T				T		T				T	

GRILLED

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

OCTOPUS & MORE

White octopus from Cambrils				T									T		
Galician style octopus				T									T		
Octopus with Vera's red pepper aioli and "romesco migas"			T	T					T	T			T	T	T
Clams in seaman's style			T	T									T	T	
Sea snails				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	T	
Mussels from Delta de l'Ebre with vinaigrette				T									T		

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.