

DISHES

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

SALADS

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

STARTERS

Balfegó tuna tartare with avocado			T	T						T									
Oyster from the Delta de l'Ebre				T															
Anchovies			T	T						T									
Iberian acorn-fed ham																			
Gazpacho																		T	
Fish soup		T																	T

PORTIONS

Fried battered calamari				T						T									T	
Fried anchovies				T						T	T	T							T	
Fried baby squids				T						T	T								T	
Andalusian-style Mediterranean squid				T							T								T	
Bravas with iberian minced chorizo				T							T	T							T	
Cod fritters				T						T	T	T							T	
Roasted chicken croquettes				T						T		T							T	
Iberian ham croquettes				T						T		T							T	
Grilled Mediterranean cuttlefish				T	T														T	
Grilled mediterranean triple-grooved shrimps																			T	
Red prawns																			T	
Razor shells																			T	
Clams in seaman's style				T	T														T	T
Sea snails					T														T	
Crispy free-range Chicken					T					T	T	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	
Mussels with white wine, celery, garlic and parsley					T														T	
Mussels with citrus, bay leaf, garlic and onion					T														T	

RICES

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

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Vegetable rice with grilled leek	VEGAN					T												
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NOODLES & PASTA

Rossos noodles																		
Noodles in ink																		
Maxicannelloni by our chef Mercè																		
Rigatoni Bolognese																		

COMBINATION PLATES

Fried																		
Special Pòsit																		
Seafood																		
Complete seafood																		

STEWES

Monkfish with romesco sauce																		
Fish and seafood zarzuela																		

FISH

Grilled monkfish and pumpkin purée																		
Grilled sole with vegetables																		

GRILLED SEAFOOD

Wild seabass with vegetables and citrus vinaigrette																		
Sardines																		
Octopus leg																		
Mediterranean squid																		
Cod with quince aioli																		
Turbot. Recommended 2 people																		

GRILLED GROUND FOOD

Artichokes with Iberian shavings																		
Km0 vegetables	VEGAN	GLUTEN FREE OPTION																
Matured beef tenderloin																		
Roasted Duroc pork ribs																		
Iberian pork fillet																		
Organic veal burger	GLUTEN FREE OPTION																	
T-bone steak, 1Kg. Recommended 2 people																		

BREAD

Bread	VEGAN	GLUTEN FREE OPTION																
Gluten-free bread																		
Bread with garlic and olive oil	GLUTEN FREE OPTION																	
Bread with tomato and olive oil	GLUTEN FREE OPTION																	

SAUCES

Romesco																		
Aioli																		

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DESSERTS, HOMEMADE

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Brownie			T		■		■	■					■	■
Homemade organic cheesecake with strawberry jam and Sichuan pepper							■	■					■	■
Tiramisu cake						■	■	■					■	■
Grilled pineapple with passion fruit sauce														
Catalan cream			T		T	■	■	■				T		■
Caramelized French toast			T		■	■	■	■					■	■
Lemon sorbet														
Carrot cake, matcha tea and pollen			T		■		■	■						■

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			■						

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WHITE WINE

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Apropòsit Macabeu D.O. Terra Alta														
Apropòsit Malvasia														
Apropòsit Garnatxa Blanca D.O. Montsant														
Apropòsit Viognier D.O. Terra Alta														
Apropòsit Xarel·lo D.O. Penedès														
Apropòsit Garnatxa Blanca D.O. Terra Alta														
Apropòsit Chardonnay D.O. Penedès														
Excellens Verdejo														VEGAN
El Terrat														
Petites estones														
Rebels de Batea														
Grimau Chardonnay														
Torre la Moreira														VEGAN
La Capilla Blanco														
Finca Montico														
Lagar de Cervera														
Les Bruguers														
Pazo de San Mauro														

RED WINE

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Apropòsit Garnatxa Negra D.O. Montsant														
Apropòsit Trepat D.O. Conca de Barberà														
Apropòsit D.O.Q. Priorat														
Excellens Cuvée Especial														VEGAN
Finca San Martín														
El Senat del Montsant														
LAN 7 metros														
Viña Mayor Crianza														
La Capilla Crianza														
Trus Ageing														
Les Bruguers														
Marqués de Vargas Reserva														
Tinto de verano														

ROSÉ WINE

Apropòsit Garnatxa Negra D.O. Montsant														
Flors i Violes														

SPARKLING

Apropòsit Brut Nature Grand Reserve														
Apropòsit Ancestral Rosé														
Reverté Electe														
Gramona Innoble														
Pere Ventura Vintage														
Gran Juvé & Camps														
Gramona Ca La Mar Mustillant														
Freixet Alcohol-free														NON-ALCOHOLIC VEGAN

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BEERS

Estrella Damm																				
Daura																				
Inedit																				
Voll Damm																				
AK Damm																				
Free Damm																				
Free Damm Lemon																				
Free Damm Tostada																				
Damm Lemon																				

SANGRIA

Wine sangria																				
Cava Sangria																				

COCKTAILS

Blueberry Mojito																				
Mojito, non-alcoholic																				
Daiquiri Frappé																				
Moscow Mule																				
Piña colada																				
Piña colada, non-alcoholic																				
Classic Gin & tonic																				
Premium Gin & tonic																				

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.