

DISHES

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

SALADS

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

STARTERS

Balfegó tuna tartare with avocado			T	T				T	T						
Oyster from the Delta de l'Ebre				T									T		
Mediterranean anchovies			T	T					T						
Iberian acorn-fed ham															
Gazpacho					T		T	T		T			T	T	
Fish soup		T													T
Mantis shrimp cream		T							T				T		

PORTIONS

Fried battered calamari				T				T					T		T
Fried anchovies				T				T	T	T				T	
Fried baby squids				T				T	T				T		T
Andalusian-style Mediterranean squid				T					T				T		
Bravas with iberian minced chorizo				T					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			T		T
Red prawns										T			T		T
Razor shells				T									T		
Clams in seaman's style			T	T				T	T				T	T	T
Sea snails				T									T		
Crispy free-range Chicken				T				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				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															
Rice with free-range chicken, Norway lobsters and artichokes													T		
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	

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Rice with duck and mushrooms																		
Vegetable rice with grilled leek				T				T	T	T			T					

NOODLES & PASTA

Rossos noodles																		
Noodles in ink										T								
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																		
Matured beef tenderloin																		
Roasted Duroc pork ribs																		
Iberian pork fillet																		
Organic veal burger																		
T-bone steak, 1Kg. Recommended 2 people																		

BREAD

Bread																		
Gluten-free bread																		
Bread with garlic and olive oil																		
Bread with tomato and olive oil																		

SAUCES

Romesco																		
Aioli																		

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DESSERTS, HOMEMADE

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Maria's Coffee Fritters							■	■						■
Brownie			T		■		■	■					■	■
Homemade organic cheesecake with strawberry jam and Sichuan pepper							■	■					T	■
Tiramisu cake						■	■	■					■	■
Grilled pineapple with passion fruit sauce														
Catalan cream							■	■						■
Caramelized French toast			T		■	■	■	■				T	■	
Lemon sorbet														
Carrot cake, matcha tea and pollen			T		■		■	■					T	■
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			■						

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WHITE WINE

Aproppòsit Macabeu D.O. Terra Alta

Aproppòsit Malvasia

Aproppòsit Garnatxa Blanca D.O. Montsant

Aproppòsit Viognier D.O. Terra Alta

Aproppòsit 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 Brugueres

Pazo de San Mauro

RED WINE

Aproppòsit Garnatxa Negra D.O. Montsant

Aproppòsit Trepà D.O. Conca de Barberà

Aproppòsit 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 Brugueres

Marqués de Vargas Reserva

Tinto de verano

ROSÉ WINE

Aproppòsit Garnatxa Negra D.O. Montsant

Aproppòsit Ancestral Rosé

Flors i Violes

SPARKLING

Aproppòsit Brut Nature Grand Reserve

Aproppòsit Ancestral Rosé

Reverté Electe

Gramona Innoble

Pere Ventura Vintage

Gran Juvé & Camps

Gramona Ca La Mar Mustillant

Freixnet Alcohol-free

NON-ALCOHOLIC VEGAN



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BEERS

Estrella Damm						■									
Daura															
Inedit							■								
Voll Damm							■								
AK Damm							■								
Free Damm					NON-ALCOHOLIC										
Free Damm Lemon					NON-ALCOHOLIC										
Free Damm Tostada					NON-ALCOHOLIC										
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.