

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	GLUTEN FREE OPTION		T	T			T	T	T	T		T	T	
Goat cheese salad			T			T						T		

STARTERS

Balfegó tuna tartare with avocado	GLUTEN FREE OPTION			T	T				T	T				
Oyster from the Delta de l'Ebre				T								T		
Mediterranean anchovies			T	T					T					
Iberian acorn-fed ham														
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		
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		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		

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		
Rice with duck and mushrooms														

DISHES

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Vegetable rice with grilled leek	VEGAN			T			T	T	T		T			

NOODLES & PASTA

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

COMBINATION PLATES

Fried				T			T					T		
Special Pòsit							T					T		
Seafood											T			T
Complete seafood											T			T

STEWES

Stewed lobster casserole			T					T			T			
Monkfish with romesco sauce			T				T	T		T		T	T	
Fish and seafood zarzuela														

FISH

Grilled monkfish and pumpkin purée			T	T				T						
Grilled sole with vegetables				T				T						

GRILLED SEAFOOD

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

GRILLED GROUND FOOD

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

BREAD

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

SAUCES

Romesco			T				T	T		T		T	T	
Aioli														

DISHES

[illegible]

ICE CREAMS

Children's ice cream			T		T								
Vanilla ice cream													
Fruit ice pop, coconut and strawberry flavor	VEGAN				T								
Fruit ice pop, lemon lime flavor	VEGAN												
Chocolate ice cream, lactose-free					T								
Chocolate ice cream, sugar-free					T								

DRINKS

**NOTICE: UNDEFINED INDEX: TITLE IN
/VAR/WWW/VHOSTS/ELPOSIT.COM/HTTPDOCS/VIEWS/MENU/TH
ON LINE 90**

Blueberry Mojito

Mojito, non-alcoholic

Daiquiri Frappé

Moscow Mule

Piña colada

Piña colada, non-alcoholic

Classic Gin & tonic

Premium Gin & tonic

WHITE WINE

Aproppòsit Macabeu D.O. Terra Alta

Aproppòsit Malvasia

Aproppòsit Garnatxa Blanca D.O. Montsant

Aproppòsit Viognier D.O. Terra Alta

Aproppòsit Xarel·lo D.O. Penedès

Aproppòsit Garnatxa Blanca D.O. Terra Alta

Aproppòsit Parellada D.O. Conca de Barberà

Aproppòsit Chardonnay D.O. Penedès

Petites estones

Rebels de Batea

El Terrat

Les Brugueres

Grimau Chardonnay

Via Edetana

Excellens Verdejo

Torre la Moreira

La Capilla Blanco

Finca Montico

Lagar de Cervera

Pazo de San Mauro

RED WINE

Aproppòsit Garnatxa Negra D.O. Montsant

Aproppòsit Trepat D.O. Conca de Barberà

Aproppòsit D.O.Q. Priorat

Les Brugueres

Excellens Cuvée Especial

Finca San Martín

El Senat del Montsant

LAN 7 metros

Viña Mayor Crianza

La Capilla Crianza



DRINKS

Trus Ageing

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

Gramona Ca La Mar Mustillant

Gran Juvé & Camps

Pere Ventura Vintage

Reverté Electe

Gramona Innoble

Frexinet Alcohol-free

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

Mojito

Caipiriña

Frambu kiss

Piña colada

Gin basil

Moscow mule

Hugo Spritz

Old Cuban

Porn Star Martini

Last word

Margarita hibiscus

Aperol spritz

Mojito, non-alcoholic



DRINKS

Piña colada, non-alcoholic

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.