

# DISHES

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

## SALADS

|                                            |   |   |   |   |   |   |   |   |   |   |   |   |   |  |
|--------------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|--|
| Green salad with seeds                     |   |   | T |   |   |   |   |   |   |   |   | T |   |  |
| Tomato, burrata and yellow chili salmorejo | T |   |   |   |   |   |   |   |   |   |   |   |   |  |
| 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 |  |
| Tomato and tuna belly salad                |   |   |   |   |   |   |   |   |   |   |   |   |   |  |
| 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             |  |   |   |   |  |  |  |   |   |  |   |  |  |   |
| Fish soup                         |  | 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 |   | 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 | 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 | 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 |        |        |         | 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 |  |  |  |  |  |  |
| 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                          |  |  | 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                     |  |  |   | T |  |  | T |   | T |   | T |   |   |  |
| T-bone steak, 1Kg. Recommended 2 people |  |  |   | T |  |  | T | T | T |   | T |   | T |  |

## BREAD

|                                 |  |  |  |  |   |  |   |   |  |   |  |   |   |  |
|---------------------------------|--|--|--|--|---|--|---|---|--|---|--|---|---|--|
| Bread                           |  |  |  |  | T |  | T | T |  | T |  | T | 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 | T |  | T |  | T | T |  |
| Aioli   |  |  |   |  |  |  |   |   |  |   |  |   |   |  |

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Soy  
Sulfites

## DESSERTS, HOMEMADE

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

## ICE CREAMS

|                                              |  |  |   |  |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|----------------------------------------------|--|--|---|--|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| 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

## 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.