DISHES		Lupins	Celeny	Peanuts	Crustacear	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
SALADS															
Green salad with seeds				Т									Т		
Tomato, burrata and yellow chili sauce		Т													
Salad with salmon and mango			Т	Т	Т			Т	Т	Т			Т	Т	
Salad with melon and prawns				Т		Т				Т		Т			
Cod salad with orange and romesco GLUTEN FREE	OPTION			Т	Т			Т	Т	Т	Т		Т	Т	
Tomato and tuna belly salad															
Goat cheese salad				T			Т						T		
STARTERS															
Balfegó tuna tartare with avocado GLUTEN FREE	OPTION			Т	Т				Т	Т					
Oyster from the Delta de l'Ebre					Т							Т			П
Mediterranean anchovies				Т	Т					Т					
100% Iberian acorn-fed ham															
Fish soup			Т												Т
Mantis shrimp cream			T							Т		T			
PORTIONS															
Fried battered calamari					Т				Т			Т		Т	
Fried anchovies					Т			Т	Т	Т				Т	\blacksquare
Fried baby squids					Т			Т	Т			Т		Т	\Box
Andalusian-style Mediterranean squid					Т				Т			Т			
Bravas with minced chorizo					Т				Т	Т		Т		Т	
Cod fritters					Т			Т	Т	Т				Т	
Roasted chicken croquettes					Т			Т		Т		Т			
lberian ham croquettes					Т			Т		Т		Т		Т	
Grilled Mediterranean cuttlefish				Т	Т							Т			
Grilled mediterranean triple-grooved shrimps										Т		Т			Т
Red prawns										Т		Т			Т
Razor shells					Т							Т			
Clams in seaman's style				Т	Т			Т	Т		Т	Т	Т	Т	
Sea snails					Т							Т			
Crispy free-range Chicken					Т	Ш		Т	Т	Т		Τ	Ш	Т	
MUSSELS															
Steamed mussels from Delta de l'Ebre					Т							Т			
Mussels from Delta de l'Ebre in seaman's style				Т	Т			Т	Т		Т	Т	Т	Т	
Mussels from Delta de l'Ebre with vinaigrette					Т							Т			
Mussels with white wine, celery, garlic and parsley					Т							Т			
Mussels with citrus, bay leaf, garlic and onion					Т							T	\bigsqcup		
RICES															
Seafood paella															
Rice with free-range chicken, Norway lobsters and artichokes										Τ					
Creamy rice with blue crab from the Delta de l'Ebre															
Rice with baby cuttlefish and its ink															
Rice with lobster															
Señorito's rice														\square	
Surf and turf rice with organic Iberian ham veil					Т							Т			

DISHES		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	gs	~	Molluscs	Mustard	ح	Sesame	>	Sulfites
		Ĕ	Ö	Pe	_ნ	Ž	 	Eggs	Ĭ	Š	⅀	Fish	Š	Soy	Sul
Rice with duck and mushrooms									_						
Vegetable rice with grilled leek	VEGAN	Ш			Т	Ш	Ш	T	Т	Т		Т	Ш		
NOODLES & PASTA															
Rossos noodles															
Noodles in ink								T							
Maxicannelloni by our chef Mercè			Т		Т	Т				Т		Т			
Rigatoni Bolognese															
COMBINATION PLATES															
Fried					Т				Т					Т	
Special Pòsit									T					Т	
Seafood												Т			Т
Complete seafood												Т			Т
STEWS									 						1
Stewed lobster casserole				Т						Т			Т		
Monkfish with romesco sauce				T				Т	Т		Т		Т	Т	
Fish and seafood zarzuela															
FISH						_	_								
Grilled monkfish and pumpkin purée					Т					Т					
Grilled sole with vegetables					_ <u>'</u> 					<u>'</u> Т					
		Ш			·	Ш				<u>. </u>			Ш		
GRILLED SEAFOOD															
Wild seabass with vegetables and citrus vinaigrette					Т					Т					
Sardines					Т					Т					
Octopus leg					Т							Т			
Mediterranean squid				Т	Т							Т			<u> </u>
Cod with quince aioli			T		Т		Т			Т	T		Т		
Turbot. Recommended 2 people					T	Ш	Щ		L	Т			Ш		
GRILLED GROUND FOOD															
Artichokes with Iberian shavings															
Km0 vegetables VEGAN G	SLUTEN FREE OPTION			Т				Т	Т		Т		Т	Т	
Matured beef tenderloin					Т			Т	Т	Т		Т		Т	
Roasted Iberian pork ribs				Т											
lberian pork fillet				Т											
Organic veal burger	SLUTEN FREE OPTION				Т			T		Т		Т			
T-bone steak, 1Kg. Recommended 2 people					Т			T	Т	Т		Т		T	
BREAD															
Bread VEGAN G	GLUTEN FREE OPTION					Т		Т	Т		Т		Т	Т	
Gluten-free bread															
Bread with garlic and olive oil	SLUTEN FREE OPTION					Т		Т	Т				Т	Т	
Bread with tomato and olive oil	SLUTEN FREE OPTION					Т		Т	Т				Т	Т	
SAUCES									1						1
Romesco				Т				Т	Т		Т		Т	Т	
				•				•	<u>'</u>			<u> </u>	ــــــا	_	

DISHES		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy
Aioli														
DESSERTS, HOMEMADE														
Maria's Coffee Fritters														
Brownie				Т										
Homemade organic cheesecake with strawberry jam and Sichuan pepper														Т
Tiramisu cake														
Grilled pineapple with passion fruit sauce	EGAN													
Catalan cream GLUTEN FREE OP	PTION													
Caramelized French toast				Т									Т	
Lemon sorbet VE	EGAN													
Carrot cake, matcha tea and pollen				Т										Т
lrish coffee														

Irish coffee					$oxed{oxed}$			$oxed{oxed}$		
ICE CREAMS										
Children's ice cream			Т	Т						
Vanilla ice cream										
Fruit ice pop, coconut and strawberry flavor	VEGAN			Т						
Fruit ice pop, lemon lime flavor	VEGAN									
Chocolate ice cream, lactose-free				Т						

Chocolate ice cream, sugar-free

DRINKS

NOTICE: UNDEFINED INDEX: TITLE IN /VAR/WWW/VHOSTS/ELPOSIT.COM/HTTPDOCS/VIEWS/MENU/T ON LINE OO

ON LINE 70
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

Vitality

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

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

Our kitchen staff is trained in food handling with special emphasis on allergen management.