

DISHES

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

SALADS

Green salad with seeds			T										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

Tomato, burrata and yellow chili sauce	T														
Balfegó tuna tartare with avocado			T	T					T	T					
Oyster from the Delta de l'Ebre				T									T		
Mediterranean anchovies			T	T						T					
100% 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	T	
Andalusian-style Mediterranean squid				T					T				T		
Bravas with minced chorizo				T					T	T			T	T	
Cod fritters				T				T	T	T				T	
Roasted chicken croquettes				T				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	
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															
Rice with baby cuttlefish and its ink															
Rice with lobster															
Señorito's rice															
Surf and turf rice with organic Iberian ham veil					T									T	

DRINKS

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Reverté Electe														
Gramona Innoble														
Louis Roederer Vintage														
Frexinet Alcohol-free														

SANGRIA

Wine sangria														
Cava Sangria														

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.