

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	T		
Cod salad with orange and romesco			T	T					T			T		
Goat cheese salad			T			T						T		

STARTERS

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

FRIED

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		
Patatas Bravas		T		T				T	T	T	T	T	T	
Cod fritters				T				T	T	T			T	
Roasted chicken croquettes				T				T		T				
Iberian ham croquettes				T				T		T			T	

GRILLED

Grilled baby squids with asparagus			T	T							T	T		
Grilled Mediterranean cuttlefish			T	T							T	T		
Grilled sardines				T					T					
Grilled mediterranean triple-grooved shrimps									T		T			T
Red prawns									T		T			T
Razor shells				T							T			

BOILED

White octopus from Cambrils				T							T			
Clams in seaman's style			T	T							T	T		
Sea snails				T							T			
Galician style octopus				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		
Mussels from Delta de l'Ebre with vinaigrette				T							T			

RICES

Seafood paella														
Rice with free-range chicken, Norway lobsters and artichokes														

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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														
Vegetable rice with candied leek	VEGAN	T		T		T	T	T	T	T	T	T		

NOODLES

Rossos noodles														
Noodles in ink							T							

COMBINATION PLATES

Fried				T				T					T	
Special Pòsit								T					T	
Seafood											T			
Complete seafood											T			
Grilled vegetables	VEGAN		T									T		

STEWES

Monkfish with romesco sauce			T									T		
Fish and seafood zarzuela														
Hake in marinara sauce			T									T		

FISH

Grilled monkfish and pumpkin purée			T	T				T				T		
Grilled sole with vegetables				T				T						
Cod in fisherman's suquet								T						
Hake baked with almonds and potato			T	T			T	T	T			T	T	

MEAT

Matured beef tenderloin				T			T	T	T		T		T	
Roasted Duroc pork ribs		T	T			T				T		T		
Maxicannelloni by our chef Mercè			T	T	T				T	T	T	T		

CHILD'S

Rigatoni Bolognese														
Homemade free-range chicken nuggets		T		T			T	T	T	T	T	T	T	
Homemade fish fingers				T				T	T				T	
Organic veal burger	GLUTEN FREE OPTION	T		T			T		T	T	T	T		

BREAD

Bread	VEGAN	GLUTEN FREE OPTION										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		
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Aioli														

DESSERTS, HOMEMADE

Maria's Coffee Fritters														
Brownie			T											
Homemade organic cheesecake with strawberry jam and Sichuan pepper														
Tiramisu cake														
70% Dark chocolate fuet													T	
Cottage cheese with crunchy honey and praline toast nuts			T											
Pineapple carpaccio with catalan cream														
Catalan cream														
Panna cotta Baileys			T											
Caramelized French toast			T											
Lemon sorbet	VEGAN													
Irish coffee														

ICE CREAMS

Children's ice cream			T		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

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

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																				
El Terrat																				
Petites estones																				
Rebels de Batea																				
Grimau Chardonnay																				
Torre la Moreira																				
La Capilla Blanco																				
Finca Montico																				
Lagar de Cervera																				
Les Brugueres																				
Pazo de San Mauro																				
Els Pics																				

RED WINE

Aproppòsit Garnatxa Negra D.O. Montsant																				
Aproppòsit Trepat D.O. Conca de Barberà																				
Aproppòsit D.O.Q. Priorat																				
Excellens Cuvée Especial																				
Finca San Martín																				
El Senat del Montsant																				
LAN 7 metros																				
Viña Mayor Crianza																				
La Capilla Crianza																				
Trus Ageing																				
Els Pics																				
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																				

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		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Frexinet Alcohol-free	NON-ALCOHOLIC														

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															

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.