SALADS  Creen salad with seeds  Creen salad with seeds  Tomstoo, burntar and yelow chil sauce  Salad with manny and mange  Salad with manny and mange  Salad with manny and mange  Salad with the consequence of the control of the con	DISHES		Lupins	Celeny	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Tomato and transpo  Guid with samon and mango  Guid with samon and mango  Guid with morand and pawws  Cod salad with reange and romesco  Guid with orange an	SALADS															
Saled with realor and preams  Side with treator and preams  Guittmarram common  Guittm	Green salad with seeds				Т									Т		
Saled with melon and prawns  Cod saled with crange and romesco  Gut Saled with crange and romesco  STARTERS  Candied anticholes with beins shavings  Salfleg a tuno tartere with avocado  Qutto-FRECOPION  Gutto-FRECOPION  Gutto-FRECOPION  Machinerian an anchovies  Gutto-FRECOPION  Gutto-FRECOPION  Machinerian an anchovies  Gutto-FRECOPION  Machinerian an anchovies  Gutto-FRECOPION  Machinerian an anchovies  T T T T T T T T T T T T T T T T T T T	Tomato, burrata and yellow chili sauce		Т													
Cod salad with orange and romesco  GLIDENTRES ORANGE CORTION  STARTERS  Candida dartchokes with Iberian shavings  Balfegó tuna tratrare with avocado  GLIDENTRES CENTRE CORTION  Oyster from the Delta de l'Ebre  Manufacturan analysis orange and romesco orange an	Salad with salmon and mango			Т	Т	Т			Т	Т	Т			Т	Τ	
Tomato and runs belly saled Gost cheese saled  STARTERS  Cardied artichokes with Iberian shawings Beliega fruns naturae with avocado  Oyster from the Delta de l'Ebre  Beliega fruns naturae with avocado  Oyster from the Delta de l'Ebre  Beliega fruns naturae with avocado  Oyster from the Delta de l'Ebre  Beliega fruns naturae with avocado  Oyster from the Delta de l'Ebre  Beliega fruns naturae with avocado  Beuniesia scarillon  T T T T T T T T T T T T T T T T T T T	Salad with melon and prawns				Т		Т				Т		Т	Т		
STARTERS  Candled artichokes with liberian shavings Ballegol tuns latrate with avocado  QUITEN FRECOPTION  T T T T T T T T T T T T T T T T T T T	Cod salad with orange and romesco	GLUTEN FREE OPTION			Т	T					Т			Т		
STARTERS  Candied artichokes with Iberian shavings Bailegó funa tartare with avocado  QUITENTECOPTION  T T T T T T T T T T T T T T T T T T T	Tomato and tuna belly salad															
Candied artichokes with Iberian shavings Balfogo funa tartare with avocado Oyster from the Delta de l'Ebre Oyster from Delta de l'Ebre	Goat cheese salad				Т			Т						Т		
Balflegó funa tartare with avocado Oyster from the Delta de l'Ebre Oyster from Delta de l'Ebre Oyster from Delta de l'Ebre Oyster from Delta de l'Ebre Oscilican style octopus  NUSSELS Steaned mussels from Delta de l'Ebre Mussels from Delta de l'Ebre Oscilican style octopus Oscilican style octopus or mussels from Delta de l'Ebre in seaman's style Oscilica del Strom Delta de l'Ebre in seaman's style Oscilica del Strom Delta de l'Ebre in seaman's style Oscilica del Strom Delta de l'Ebre in seaman's style Oscilica del Strom Delta de l'Ebre in seaman's style Oscilica del Strom Delta de l'Ebre with vinaigrette  Nussels from Delta de l'Ebre with vinaigrette	STARTERS						1	 	1		1		 			
Oyster from the Delta de l'Ebre	Candied artichokes with Iberian shavings															
Mediterranean anchovies         T	Balfegó tuna tartare with avocado	GLUTEN FREE OPTION			Τ	Т					Т					
100% Iberian acom-fed ham Fish soup Mantis shrimp cream FRIED Fried battered calamari Fried anchowies Fried battered calamari Fried anchowies Tried anchowies	Oyster from the Delta de l'Ebre					Т							Т			
Fish soup  Mantis shrimp cream  Fried battered calamari Fried androwise Fried battered calamari Fried				Т	Т	Т			Т	Т	Т	Т		Т		Т
FRIED  Fried battered calamari Fried anchovies Fried battered calamari Fried anchovies Fried battered calamari Fried anchovies Fried battered calamari	100% Iberian acorn-fed ham															
FRIED  Fried battered calamari Fried anchowes	· · · · · · · · · · · · · · · · · · ·															
Fried battered calamari  Fried anchovies  Fried baty squids  Andalusian-style Mediterranean squid  Fried baty squids  Andalusian-style Mediterranean squid  Fried baty squids  Fried baty squids with asparagus  Fried baty squids with asparagus  Fried batteranean cuttlefish  Fried batteranean cuttlefish  Fried batteranean triple-growed shrimps  Fried parwns  Fried batteranean triple-growed shrimps  F	Mantis shrimp cream							_	L		Т					
Fried anchovies  Fried haby squids  Andalusian-style Mediterranean squid  Patatas Bravas  T T T T T T T T T T T T T T T T T T T	FRIED															
Fried baby squids  Andalusian-style Mediterranean squid  Patatas Bravas  T T T T T T T T T T T T T T T T T T T	Fried battered calamari					Т				Т			Т		Т	
Andalusian-style Mediterranean squid  Patatas Bravas  T T T T T T T T T T T T T T T T T T T	Fried anchovies					T			Т	Т	Т				Τ	
Patatas Bravas  T T T T T T T T T T T T T T T T T T T	Fried baby squids	ds				T			Т	Т			Т		Τ	
Cod fritters  Roasted chicken croquettes  T T T T T T T T T T T T T T T T T T T	Andalusian-style Mediterranean squid	erranean squid				T				Т			Т			
Roasted chicken croquettes    T	Patatas Bravas			Τ		T					Т	T	Т	Т		
Derian ham croquettes									-	Т					T	
GRILLED  Grilled baby squids with asparagus  Grilled Mediterranean cuttlefish  T T T T T T T T T T T T T T T T T T T	·								$\vdash$				$\vdash$			
Grilled baby squids with asparagus  Grilled Mediterranean cuttlefish  Grilled Mediterranean cuttlefish  Grilled sardines  Grilled sardines  Grilled mediterranean triple-grooved shrimps  Red prawns  Razor shells  T T T T T T T T T T T T T T T T T T T	lberian ham croquettes		_	_		T	<u> </u>	L	T		Т		<u> </u>	Ш		Щ
Grilled Mediterranean cuttlefish  Grilled sardines  Grilled mediterranean triple-grooved shrimps  Grilled mediterranean triple-grooved shrimps  Red prawns  Razor shells  T T T T T T T T T T T T T T T T T T T	GRILLED								 							
Grilled sardines Grilled mediterranean triple-grooved shrimps Red prawns Red prawns Razor shells T T T T T T T T T T T T T T T T T T T	Grilled baby squids with asparagus				Т	Т							Т	Т		
Grilled mediterranean triple-grooved shrimps  Red prawns  Razor shells  T T T T T T T T T T T T T T T T T T T	Grilled Mediterranean cuttlefish				Т	T							Т	Т		
Red prawns Razor shells T T T T T T T T T T T T T T T T T T T	Grilled sardines					T					Т					
Razor shells  BOILED  White octopus from Cambrils  Clams in seaman's style  Sea snails  Galician style octopus  MUSSELS  Steamed mussels from Delta de l'Ebre  Mussels from Delta de l'Ebre with vinaigrette  RICES	Grilled mediterranean triple-grooved shrimps										Т		_			
White octopus from Cambrils  Clams in seaman's style  T T T T T T T T T T T T T T T T T T T							_				Т		_			Т
White octopus from Cambrils  Clams in seaman's style  T T T T T T T T T T T T T T T T T T T	Razor shells		_			T	<u> </u>	L	L	L			<u> </u>	Ш		Щ
Clams in seaman's style  Sea snails  Galician style octopus  T  T  T  T  Sea snails  Galician style octopus  T  T  T  T  T  T  T  T  T  T  T  T  T	BOILED										1					
Sea snails  Galician style octopus  T  T  T  MUSSELS  Steamed mussels from Delta de l'Ebre  Mussels from Delta de l'Ebre in seaman's style  Mussels from Delta de l'Ebre with vinaigrette  T  T  T  T  T  T  T  T  T  T  T  T  T	White octopus from Cambrils					T							Т			
MUSSELS  Steamed mussels from Delta de l'Ebre  Mussels from Delta de l'Ebre in seaman's style  Mussels from Delta de l'Ebre with vinaigrette  RICES	Clams in seaman's style				Т	Т							Т	Т		
MUSSELS  Steamed mussels from Delta de l'Ebre  Mussels from Delta de l'Ebre in seaman's style  Mussels from Delta de l'Ebre with vinaigrette  T T T T T T T T T T T T T T T T T T T	Sea snails					Т							Т			
Steamed mussels from Delta de l'Ebre  Mussels from Delta de l'Ebre in seaman's style  T T T T T T T T T T T T T T T T T T T	Galician style octopus					T		L					Т			
Mussels from Delta de l'Ebre in seaman's style  Mussels from Delta de l'Ebre with vinaigrette  T T T T T T T T T T T T T T T T T T T	MUSSELS															
Mussels from Delta de l'Ebre with vinaigrette  T  T  T	Steamed mussels from Delta de l'Ebre					Т							Т			
RICES	Mussels from Delta de l'Ebre in seaman's style				Т	Т							Т	Т		
	Mussels from Delta de l'Ebre with vinaigrette					Т							Т			
Seafood paella	RICES										 ! !					
	Seafood paella															

DISHES		Lupins	Celeny	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy
Rice with free-range chicken, Norway lobsters and artichokes										Т				
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					Т							Т		
Rice with duck and mushrooms														
Vegetable rice with candied leek	VEGAN	$\bigsqcup$	Т		Т		Т	Τ	Т	T	T	Т	Т	
NOODLES														
Rossos noodles														
Noodles in ink								Τ						
COMBINATION PLATES														
Fried					Т				Т					Т
Special Pòsit									Т					Т
Seafood												Т		
Complete seafood												Т		
Grilled vegetables VEGAN	GLUTEN FREE OPTION			Т									Т	
STEWS														
Stewed lobster casserole				Т						Т			Т	
Monkfish with romesco sauce				Т									Т	
Fish and seafood zarzuela		$\bigsqcup$											Щ	
FISH														
Cod gratin with quince aioli			Т		Т		Т			Т	Т		Т	
Baked turbot with sliced potatoes					Т					Т				
Grilled monkfish and pumpkin purée					Т					Т				
Grilled sole with vegetables		Ш			Τ					Τ			Ш	
MEAT														
Matured beef tenderloin					Т			Т	Т	Т		Т		Т
Roasted Iberian pork ribs			Т	Т			Н				Т		Т	
Maxicannelloni by our chef Mercè				Т	Т	Т				Т	Т	Т	Т	
CHILD'S														
Rigatoni Bolognese														
Homemade free-range chicken nuggets			Т		Т			Т	Т	Т	Т	Т	Т	Т
Homemade fish fingers					Т				Т	Т				Т
Organic veal burger	GLUTEN FREE OPTION	igsqcup	Т		Т			Т		T	Т	Т	Т	
BREAD														
Bread VEGAN	GLUTEN FREE OPTION												Т	
Gluten-free bread														
Bread with garlic and olive oil	GLUTEN FREE OPTION					Т		Т	Т				Т	Т
Bread with tomato and olive oil	GLUTEN FREE OPTION					Т		Т	Т				Т	Т
SAUCES														

DISHES		Lupins	Celeny	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Mik	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Romesco				Т									Т		
Aioli															
DESSERTS, HOMEMADE															
Maria's Coffee Fritters															
Brownie				Т											
Homemade organic cheesecake with strawberry jam and Sichuan pepper															
Tiramisu cake															
70% Dark chocolate fuet														Т	
Cottage cheese with crunchy honey and praline toast nuts				Т											
Pineapple carpaccio with catalan cream															
Catalan cream															
Panna cotta Baileys				Т											
Caramelized French toast				Т											
Lemon sorbet	VEGAN														
Irish coffee															
ICE CREAMS															
Children's ice cream				Т		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	_					Т									

DRINKS		8	Lupins Celery	ıts	aceans		Ę			scs	ard		ne		es
DRIITING		Lupin	Celer	Pean	Crust	Nuts	Glute	Eggs	Ĭ	Mollu	Must	Fish	Sesal	Soy	Sulfites
WHITE WINE															
Aproppòsit Macabeu D.O. Terra Alta															
Aproppòsit Malvasia															
Aproppòsit Garnatxa Blanca D.O. Montsant															
Aproppòsit Viognier D.O. Terra Alta														$\neg$	
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															
Els Pics															
Excellens Verdejo	VEGAN														
Torre la Moreira	VEGAN														
La Capilla Blanco															
Finca Montico															
Lagar de Cervera															
Pazo de San Mauro															
RED WINE														1	
Aproppòsit Garnatxa Negra D.O. Montsant															
Aproppòsit Trepat D.O. Conca de Barberà															
Aproppòsit D.O.Q. Priorat															
Les Brugueres															
Els Pics															
Excellens Cuvée Especial	VEGAN														
Finca San Martín															
El Senat del Montsant															
LAN 7 metros															
Viña Mayor Crianza															
La Capilla Crianza															
Trus Ageing															
Marqués de Vargas Reserva															
Tinto de verano		$\bigsqcup$					$\bigsqcup$								
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



DRINKS			Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Gran Juvé & Camps																
Pere Ventura Vintage																
Reverté Electe																
Gramona Innoble																
Frexinet Alcohol-free	NON-ALCOHOLI	C VEGAN														
BEERS																
Estrella Damm																
Daura																
Inedit																
Voll Damm																
AK Damm																
Free Damm	NON-A	ALCOHOLIC														
Free Damm Lemon	NON-A	ALCOHOLIC														
Free Damm Tostada	NON-A	ALCOHOLIC														
Damm Lemon																
SANGRIA																
Wine sangria																
Cava Sangria																
COFFEE, ORGANIC																
Mediterranean																П
Decaffeinated																П
INFUSIONS, ORGANIC																
Darjeeling																
Shooting Star																
Pu Erh Fresh																
Green tea, ginger and lemon																П
Black Chai tea																П
Royal Fruits																П
Chamomile																П
Verbena and mint																П
Rooibos with orange																П
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

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