

DISHES

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

Green salad with seeds			T								T		
Tomato, burrata and yellow chili sauce	T												
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	GLUTEN FREE OPTION		T	T				T			T		
Tomato and tuna belly salad													
Goat cheese salad			T		T						T		

STARTERS

Candied artichokes with Iberian shavings													
Balfegó tuna tartare with avocado	GLUTEN FREE OPTION		T	T				T					
Oyster from the Delta de l'Ebre				T							T		
Mediterranean anchovies		T	T	T				T	T	T	T	T	T
100% 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		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
Crispy free-range Chicken	T	T					T	T	T		T	T	T
Roasted chicken croquettes				T			T		T		T		
Iberian ham croquettes				T			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		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

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

NOODLES & PASTA

Rossos noodles														
Noodles in ink											T			
Rigatoni Bolognese														

COMBINATION PLATES

Fried				T				T				T		
Special Pòsit			T									T		
Seafood												T		
Complete seafood												T		
Grilled vegetables	VEGAN	GLUTEN FREE OPTION	T									T		

STEWES

Stewed lobster casserole			T					T			T			
Monkfish with romesco sauce			T									T		
Fish and seafood zarzuela														

FISH

Cod gratin with quince aioli	T	T	T					T	T	T	T			
Baked turbot with sliced potatoes		T							T					
Grilled monkfish and pumpkin purée		T								T				
Grilled sole with vegetables		T								T				

MEAT

Matured beef tenderloin				T				T	T	T	T	T	T	
Roasted Iberian pork ribs	T	T			T					T		T	T	
Organic veal burger	T		T			T			T	T	T	T	T	
Maxicannelloni by our chef Mercè		T	T	T					T	T	T	T	T	

BREAD

Bread	VEGAN	GLUTEN FREE OPTION			T		T	T		T		T	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		
Aioli														

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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
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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													
Els Pics													
Excellens Verdejo			VEGAN										
Torre la Moreira		VEGAN											
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													
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													

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

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Gran Juvé & Camps														
Pere Ventura Vintage														
Reverté Electe														
Gramona Innoble														
Freixenet Alcohol-free	NON-ALCOHOLIC	VEGAN												

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.