

DISHES

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

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 | | | 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 | | | 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 |
| 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

DISHES

| | | Lupins | Celery | Peanuts | Crustaceans | Nuts | Gluten | Eggs | Milk | Molluscs | Mustard | Fish | Sesame | Soy | Sulfites |
|--|-------|--------|--------|---------|-------------|------|--------|------|------|----------|---------|------|--------|-----|----------|
| 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 | | | |
| 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 | | |
| Roasted Iberian pork ribs | | T | T | | | T | | | | T | | T | | | |
| Organic veal burger | GLUTEN FREE OPTION | T | | T | | | T | | | T | T | T | T | | |
| Maxicannelloni by our chef Mercè | | | 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 | | | | | | | | | | | | | | | |

DISHES

[illegible]

DRINKS

WHITE WINE

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

| | 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-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.