

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	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

DISHES	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
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														
Irish coffee														
ICE CREAMS														
Children's ice cream			T		T								T	
Vanilla ice cream														
Fruit ice pop, coconut and strawberry flavor					T									
Fruit ice pop, lemon lime flavor														
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 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														

BEERS

Estrella Damm														
Daura														
Inedit														
Voll Damm														
AK Damm														
Free Damm														
Free Damm Lemon														
Free Damm Tostada														
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.