

DISHES

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

SALADS

Green salad with seeds			T									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

Tomato, burrata and yellow chili sauce	T													
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	
Roasted chicken croquettes				T				T		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		

OCTOPUS & MORE

White octopus from Cambrils				T								T		
Galician style octopus				T								T		
Octopus with Vera's red pepper aioli and "romesco migas"			T	T					T	T		T	T	
Clams in seaman's style			T	T								T	T	
Sea snails				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		

DISHES

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

RICES

Seafood paella																				
Rice with free-range chicken, Norway lobsters and artichokes																				
Creamy rice with blue crab																				
Rice with baby cuttlefish and its ink																				
Rice with lobster																				
Señorito's rice																				
Surf and turf rice with organic Iberian ham veil																				
Rice with duck and mushrooms																				
Vegetable rice with candied leek																				
	VEGAN																			

NOODLES & PASTA

Rossos noodles																				
Noodles in ink																				
Rigatoni Bolognese																				

COMBINATION PLATES

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

STEWES

Stewed lobster casserole																				
Monkfish with romesco sauce																				
Fish and seafood zarzuela																				

FISH

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

MEAT

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

BREAD

Bread																				
Gluten-free bread																				
Bread with garlic and olive oil																				
Bread with tomato and olive oil																				

SAUCES

Romesco																				
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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.