

# 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	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															

## 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		
Bravas with minced chorizo				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		

## OCTOPUS & MORE

White octopus from Cambrils				T									T		
Octopus with Vera's red pepper aioli and "romesco migas"				T										T	
Clams in seaman's style				T	T				T	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			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				■					■		■			■
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		■		■		■			■	T	■		T	■
Noodles in ink		■		■		■	T		■	T	■		T	■
Rigatoni Bolognese						■		T						■

## COMBINATION PLATES

Fried				T		■		T	■		■		T	■
Special Pòsit			T	■	■				■		■		T	■
Seafood				■					■		T			■
Complete seafood				■					■		T			■
Grilled vegetables	VEGAN		T		■	■	T	T		T		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		
Bread with tomato and olive oil	GLUTEN FREE OPTION				T	■		T		T		T		

## SAUCES

Romesco			T		■	■	T	T		T		T	T	■
Aioli							■							■

# DISHES

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

## DESSERTS, HOMEMADE

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Maria's Coffee Fritters		T	T	T	T					T	T	T	T	T
Brownie			T										T	
Homemade organic cheesecake with strawberry jam and Sichuan pepper													T	
Tiramisu cake										T				
70% Dark chocolate fuet		T								T		T		
Cottage cheese with crunchy honey and praline toast nuts			T									T		
Pineapple carpaccio with catalan cream														
Catalan cream														
Panna cotta Baileys			T							T		T		
Caramelized French toast			T							T		T		
Lemon sorbet														
Irish coffee														

## ICE CREAMS

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





**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.