



EL PÒSIT



● GLUTEN FREE ● GLUTEN FREE OPTION ● GLUTEN FREE AVAILABLE ● VEGAN

Ask your waiter

STARTERS

- Green salad with tuna belly 8,85
- Salad with salmon and apple 11,80
- Salad with melon and prawns 12,65
- Cod salad with orange and romesco 12,90
- Goat cheese salad 12,50
- Salad with cottage cheese with tomato confit 11,85
- Pacific oyster, unit 3,40
- Artisan anchovy with hazelnuts 12,85
- Roasted vegetables toast with tuna belly and anchovies 11,70
- Gazpacho 6,90
- Fish soup from El Pòsit 10,80
- Mantis shrimp and Norway lobster cream 11,90

RICES

- Rice with blue crab 16,70
- Rice with baby cuttlefish in its own ink 16,90
- Seafood paella 16,90
- Rice with lobster 23,90
- Señorito's rice 18,80
- Surf and turf rice 17,70
- Rice with duck and mushrooms 17,85
- Rice with vegetables 16,30

NOODLES

- Rossos noodles 16,50
- Noodles in ink 16,80

COMBINATION PLATES

- Normal combination plate 20,60
- Fried combination plate 20,85
- Special Pòsit combination plate 27,50
- Complete combination plate 36,40
- Seafood combination plate 39,00
- Complete seafood combination plate 69,50
- Grilled vegetables 13,85

CHILD'S

- Fish menu 10,85
- Meat menu 10,85
- Macaroni Bolognese 7,85
- Homemade chicken nuggets 8,50
- Homemade fish fingers 8,80

PORTIONS

- Bread 0,75
- Gluten-free bread 1,90
- Bread with garlic 2,95
- Bread with tomato 2,95
- Steamed mussels 9,20
- Mussels in seaman's style 10,40
- Mussels with vermouth vinaigrette 9,75
- Fried battered calamari 10,90
- Fried anchovies 10,50
- Fried baby squids 11,95
- Andalusian style fried squids 12,90
- Prawn in tempura with spicy crispy 11,75
- Patatas Bravas 5,90
- Cod fritters 9,85
- Chicken croquettes 8,90
- Iberian ham croquettes 10,85
- Prawn croquettes 10,75
- Mushroom croquettes 9,90
- Lobster, ½ ration 12,50
- Lobster 23,80
- Grilled baby squids with asparagus 13,90
- Cuttlefish 11,80
- Sardines 8,75
- White prawns 15,60
- Red prawns 21,50
- Norway lobsters sautéed with onion confit 16,80
- Razor clams 13,70
- Artichokes with Iberian shavings 13,60
- Grilled monkfish and pumpkin purée 20,90
- Grilled sole with vegetables 22,50
- Octopus with potato and aioli 16,60
- Cod with fisherman's suquet and mushrooms 19,75
- Hake baked with almonds and potato 18,80
- Clams in seaman's style 15,90
- Sea snails 14,80
- Galician style octopus 16,80
- Monkfish with romesco sauce 26,20
- Zarzuela 27,50
- Hake in marinara sauce 20,50
- Grilled Iberian pork fillet 15,70
- Mellow veal confit with glazed onions 19,70
- Maxicannelloni with traditional roast 12,60

NATURAL FRUIT

- Strawberries with homemade cream 5,90
- Seasonal fruit ceviche 5,85

HOMEMADE DESSERTS

● Brownie	5,70
● Pineapple carpaccio with catalan cream	5,90
● Catalan cream	4,95
Cheesecake with walnuts and honey	5,80
Cheesecake with strawberries	5,80
● Dark chocolate fuet	5,70
● White chocolate fuet	5,70
Pannacotta Baileys	5,85
● Cottage cheese <small>crunchy honey and caramelized walnuts</small>	5,90
Apple tarte Tatin	5,80
Tiramisu cake	5,90
Caramelized French toast	6,20
● Lemon sorbet	4,90
● Irish coffee	6,80

ICE CREAMS

● Vanilla ice cream	4,80
● Fruit ice pop, coconut and strawberry flavor	2,60
● Fruit ice pop, lemon lime flavor	2,60
● Chocolate ice cream, lactose-free	4,50
● Chocolate ice cream, sugar-free	4,50



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OWN WINES

We focus on excellence in both wine and menu, always based on the same philosophy:

Respect for our environment, a sustainable production method and the perfect conjunction of biodynamic wine in the mediterranean kitchen.

- **Aproppòsit** Fresh & fruity. D.O. Terra Alta. **14,80**
Created by Sergi Montalà and Salvi Moliner for El Pòsit, Aproppòsit is the Mediterranean expression of the D.O. Terra Alta. Fresh wine with fruity notes.
- **Cosechero** Young and fruity. D.O. Rías Baixas **15,70**
Created by Bodegas Marqués de Vizhoja for El Pòsit from Albariño and other Galician grapes.
- **73** D.O. Penedès. Xarel·lo. Semi-sparkling wine **15,75**
- **Blanc del Pòsit** Fruity, 100% Xarel·lo **12,45**
- **Blanc del Pòsit** Dry, Sauvignon Blanc **12,85**
- **Negre del Pòsit** Young, grenache, carignan and merlot **12,70**

RED WINES

- **Lan D-12** D.O. Rioja. Tempranillo **18,25**
- **El Senat del Montsant** **19,80**
D.O. Montsant. Grenache, Carignan and Syrah
- **Marqués de Burgos** D.O. Ribera del Duero. Tempranillo **15,75**

ROSÉ WINES

- **Mustillant** D.O. Penedès. Rosé. Syrah and Merlot. Pearl wine **14,55**
- **Flors i Violes** D.O. Tarragona. Grenache, Syrah and Tempranillo **15,60**

WHITE WINES

- **El Terrat** D.O. Tarragona. Macabeo and Muscat **15,45**
- **Sedució** D.O. Tarragona. Muscat, Xarel·lo and Chardonay **14,55**
- **Petites estones** D.O. Terra Alta. Grenache **15,65**
- **Rebels de Batea** D.O. Terra Alta. Grenache **16,85**
- **Mireia** D.O. Penedès. Gewürztraminer **16,30**
- **Creu de Lavit** D.O. Penedès. Xarel·lo **14,95**
- **Aura** D.O. Rueda. Verdejo **13,90**
- **Vionta** D.O. Rías Baixas. Albariño **15,45**
- **Jean Leon 3055** D.O. Penedès. Organic Chardonnay **19,85**

CAVA

- **Cava Gran del Pòsit** D.O. Cava. Brut Nature. Organic **16,90**
- **Alsina & Sardà** D.O. Cava. Brut Nature Reserve **15,65**
- **Gramona Imperial** D.O. Corpinnat. Brut Reserve. Organic **24,10**
- **Anna de Codorniu Rosé** D.O. Cava. Brut **17,75**
- **Freixenet Blanc de Blancs** D.O. Cava. Brut Nature **13,85**
- **Freixenet Cordón Negro mini** D.O. Cava. Brut **5,90**

SANGRIA

- **Wine sangria** **12,85**
- **Cava Sangria** **17,80**

BEERS

- Estrella Damm, cup ^{0.33cl} **2,40**
- Estrella Damm, pitcher ^{1/2} **3,70**
- Inedit Malt & wheat with spices **3,05**
- A.K. Damm Soft **3,00**
- Voll Damm Double malt **2,70**
- **Free Damm** **NON-ALCOHOLIC** **2,70**
- **Daura** **2,70**

ORGANIC COFFEES

- **Kahova** Mediterranean personality, dense and aromatic. -
- **Decaffeinated** Aromatic, with body. -

ORGANIC TEAS

- **Darjeeling** Black tea -
- **Shooting Star** Green tea, cornflower and calendula -
- **Pu Erh Fresh** Red tea, natural vanilla aroma and strawberry -
- **Green tea, ginger and lemon** Black pepper & licorice -
- **Black Chai tea** Ginger, cinnamon, clove and black pepper -

ORGANIC INFUSIONS

- **Royal Fruits** Elderberries, chokeberries, wild rose and hibiscus -
- **Chamomile** Chamomile, ecological flower -
- **Verbena and mint** Menthe et verveine citronnelle -
- **Rooibos with orange** Rooibos, orange et citronnelle -
- **Vitality** Arôme naturel de miel, rooibos, camomille et anis -