

EL PÒSIT

GLUTEN FREE ■
GLUTEN FREE OPTION ■
VEGAN ■



SALADS

- Green salad with seeds 10,9
- Tomato and tuna belly salad 11,8
- Salad with salmon and mango 13,8
- Salad with melon and prawns 13,9
- Cod salad with orange and romesco 12,8
- Goat cheese salad 13,6

STARTERS

- Balfegó tuna tartare with avocado 17,8
- Oyster from the Delta de l'Ebre 3,9
- Anchovies 12,9
- Iberian acorn-fed ham 19,8
- Fish soup 14,5
- Mantis shrimp cream 14,8

PORTIONS

- Fried battered calamari 12,9
- Fried anchovies 12,7
- Fried baby squids 13,6
- Andalusian-style Mediterranean squid 16,8
- Bravas with iberian minced chorizo 6,9
- Cod fritters 13,0
- Roasted chicken croquettes 10,8
- Iberian ham croquettes 12,7
- Grilled Mediterranean cuttlefish 13,5
- Grilled mediterranean triple-grooved shrimps 16,0
- Red prawns 24,0
- Razor shells 15,0
- Clams in seaman's style 19,8
- Sea snails 16,5
- Crispy free-range Chicken 11,6

MUSSELS

- Steamed mussels 11,8
- Mussels in seaman's style 12,6
- Mussels with vinaigrette 12,5
- Mussels with white wine, celery, garlic and parsley 12,8
- Mussels with citrus, bay leaf, garlic and onion 12,7

FISH

- Grilled monkfish and pumpkin purée 25,0
- Grilled sole with vegetables 26,0

RICES

- Seafood paella 19,8
- Creamy rice with blue crab from the Delta de l'Ebre 19,9
- Rice with baby cuttlefish and its ink 19,8
- Rice with lobster 26,0
- Señorito's rice 20,7
- Surf and turf rice with organic Iberian ham veil 20,5
- Rice with duck and mushrooms 20,8
- Vegetable rice with grilled leek 19,8

NOODLES & PASTA

- Rossos noodles 18,0
- Noodles in ink 19,3
- Maxicannelloni by our chef Mercè 13,8
- Rigatoni Bolognese 9,5

COMBINATION PLATES

- Fried 25,0
- Special Pòsit 34,0
- Seafood 43,0
- Complete seafood 74,0

STEWES

- Monkfish with romesco sauce 29,0
- Fish and seafood zarzuela 29,8

GRILLED SEAFOOD

- Wild seabass with vegetables and citrus vinaigrette 18,9
- Sardines 9,8
- Octopus leg 19,5
- Mediterranean squid 18,5
- Cod with quince aioli 23,0
- Turbot Recommended 2 people 49,0

GRILLED GROUND FOOD

- Artichokes with Iberian shavings 15,5
- Km0 vegetables 16,8
- Matured beef tenderloin 25,8
- Roasted Duroc pork ribs 17,9
- Iberian pork fillet 19,5
- Organic veal burger 12,9
- T-bone steak, 1Kg Recommended 2 people 58,0

BREAD

■ Bread	0,95
■ Gluten-free bread	2,1
■ Bread with garlic and olive oil	3,6
■ Bread with tomato and olive oil	3,6

SAUCES

Romesco	0,95
■ Aioli	0,75

DESSERTS

■ Brownie	6,4
■ Homemade organic cheesecake with strawberry jam	6,9
Tiramisu cake	6,7
■ Grilled pineapple with passion fruit sauce	6,5
■ Catalan cream	5,9
Caramelized French toast	7,3
■ Lemon sorbet	5,9
■ Carrot cake, matcha tea and pollen	7,5

ICE CREAMS

■ Children's ice cream	3,9
■ Vanilla ice cream	4,9
■ Fruit ice pop, coconut and strawberry flavor	2,9
■ Fruit ice pop, lemon lime flavor	2,9
■ Chocolate ice cream, lactose-free	4,9
■ Chocolate ice cream, sugar-free	4,9

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WHITE WINE

	bottle	cup
■ Apropòsit Macabeu D.O. Terra Alta	17,00	3,10
■ Apropòsit Malvasia	18,00	3,10
■ Apropòsit Garnatxa Blanca D.O. Montsant	19,00	3,50
■ Apropòsit Viognier D.O. Terra Alta	19,00	3,50
■ Apropòsit Xarel·lo D.O. Penedès	19,00	3,50
■ Apropòsit Garnatxa Blanca D.O. Terra Alta	20,00	
■ Apropòsit Chardonnay D.O. Penedès	25,00	
■ Excellens Verdejo D.O. Rueda	15,00	
■ El Terrat D.O. Tarragona	16,00	
■ Petites estones D.O. Terra Alta	17,00	
■ Rebels de Batea D.O. Terra Alta	17,00	
■ Grimau Chardonnay D.O. Penedès	18,00	
■ Torre la Moreira D.O. Rías Baixas	18,00	
■ La Capilla Blanco D.O. Rueda	20,00	
■ Finca Montico D.O. Rueda	22,00	
■ Lagar de Cervera D.O. Rías Baixas	22,00	
■ Les Brugueres D.O.Q. Priorat	27,00	
■ Pazo de San Mauro D.O. Rías Baixas	27,00	

RED WINE

	bottle	cup
■ Apropòsit Garnatxa Negra D.O. Montsant	19,00	3,50
■ Apropòsit Trepat D.O. Conca de Barberà	21,00	3,80
■ Apropòsit D.O.Q. Priorat	23,00	3,90
■ Excellens Cuvée Especial D.O.CA. Rioja	17,00	
■ Finca San Martín D.O. Rioja	17,00	
■ El Senat del Montsant D.O. Montsant	22,00	
■ LAN 7 metros D.O.CA. Rioja	22,00	
■ Viña Mayor Crianza D.O. Ribera del Duero	22,00	
■ La Capilla Crianza D.O. Ribera del Duero	23,00	
■ Trus Ageing D.O. Ribera del Duero	23,00	
■ Les Brugueres D.O.Q. Priorat	29,00	
■ Marqués de Vargas Reserva D.O. Rioja	32,00	
■ Tinto de verano With lemon or soda		4,00

ROSÉ WINE

	bottle	cup
■ Apropòsit Garnatxa Negra D.O. Montsant	19,00	3,50
■ Apropòsit Ancestral Rosé Ancestral	24,00	
■ Flors i Violes D.O. Tarragona	16,00	2,90

SANGRIA

		cup
■ Wine sangria	13,00	4,50
■ Cava Sangria	17,00	

SPARKLING

	bottle	cup
■ Apropòsit Brut Nature Grand Reserve D.O. Cava	23,00	4,00
■ Apropòsit Ancestral Rosé Ancestral	24,00	
■ Reverté Electe D.O. Cava	23,00	
■ Gramona Innoble D.O. Corpinnat	30,00	
■ Pere Ventura Vintage D.O. Cava	37,00	
■ Gran Juvé & Camps D.O. Cava	39,00	
■ Gramona Ca La Mar Mustillant D.O. Penedès	16,00	
■ Frexinet Alcohol-free	16,00	

BEERS

	cup	bottle	pitch. ½
Estrella Damm Lager	2,80		3,95
■ Daura Lager			3,00
Inedit Malt & wheat with spices			3,30
Voll Damm Märzen, double malt			3,00
AK Damm Alsatian, soft			3,40
■ Free Damm Lager			3,00
■ Free Damm Lemon Shandy			3,00
■ Free Damm Tostada Lager			3,00
Damm Lemon Shandy			3,00

COCKTAILS

Blueberry Mojito	8,00
Mojito non-alcoholic	6,50
Daiquiri Frappé	8,00
Moscow Mule	9,00
Piña colada	8,00
Piña colada non-alcoholic	6,50
Classic Gin & tonic	8,50
Premium Gin & tonic	11,00

COFFEE ORGANIC

■ Mediterranean Dense and aromatic	1,80
■ Decaffeinated Aromatic, with body	1,80

INFUSIONS ORGANIC

■ Darjeeling Black tea	2,20
■ Shooting Star Green tea, cornflower and calendula	2,20
■ Pu Erh Fresh Red tea, natural vanilla aroma and strawberry	2,20
■ Green tea, ginger and lemon Black pepper & licorice	2,20
■ Black Chai tea Ginger, cinnamon, clove and black pepper	2,20
■ Royal Fruits Elderberries, chokeberries, wild rose and hibiscus	2,20
■ Chamomile Chamomile, ecological flower	2,20
■ Verbena and mint Mint and lemon verbena	2,20
■ Rooibos with orange Rooibos, orange & lemongrass	2,20
■ Vitality Natural aroma of honey, rooibos, chamomile, anise	2,20