

EL PÒSIT

GLUTEN FREE ■
GLUTEN FREE OPTION ■
VEGAN ■



SALADS

- Green salad with seeds 12,5
- Tomato, burrata and yellow chili sauce 14,6
- Salad with salmon and mango 14,8
- Salad with melon and prawns 14,9
- Cod salad with orange and romesco 14,6
- Tomato and tuna belly salad 13,5
- Goat cheese salad 14,8

STARTERS

- Balfegó tuna tartare with avocado 19,8
- Oyster from the Delta de l'Ebre 4,5
- Mediterranean anchovies 13,6
- 100% Iberian acorn-fed ham 22,0
- Fish soup 16,5
- Mantis shrimp cream 15,8

PORTIONS

- Fried battered calamari 14,6
- Fried anchovies 14,5
- Fried baby squids 14,8
- Andalusian-style Mediterranean squid 18,7
- Bravas with minced chorizo 7,3
- Cod fritters 14,5
- Roasted chicken croquettes 12,0
- Iberian ham croquettes 14,8
- Grilled Mediterranean cuttlefish 14,9
- Grilled mediterranean triple-grooved shrimps 17,8
- Red prawns 26,6
- Razor shells 16,6
- Clams in seaman's style 22,0
- Sea snails 18,0
- Crispy free-range Chicken 12,8

MUSSELS

- Steamed mussels 13,0
- Mussels in seaman's style 13,8
- Mussels with vinaigrette 13,9
- Mussels with white wine, celery, garlic and parsley 13,9
- Mussels with citrus, bay leaf, garlic and onion 13,9

FISH

- Grilled monkfish and pumpkin purée 27,0
- Grilled sole with vegetables 27,0
- Cod in fisherman's suquet 28,0

RICES

- Seafood paella 22,0
- Rice with free-range chicken, Norway lobsters and artichokes 22,0
- Creamy rice with blue crab 22,0
- Rice with baby cuttlefish and its ink 22,0
- Rice with lobster 28,0
- Señorito's rice 23,0
- Surf and turf rice with organic Iberian ham veil 23,0
- Rice with duck and mushrooms 23,0
- Vegetable rice with grilled leek 22,0

NOODLES & PASTA

- Rossos noodles 20,0
- Noodles in ink 21,0
- Maxicannelloni by our chef Mercè 15,5
- Rigatoni Bolognese 13,0

COMBINATION PLATES

- Fried 27,0
- Special Pòsit 45,0
- Seafood 48,0
- Complete seafood 79,0

STEWES

- Stewed lobster casserole 33,0
- Monkfish with romesco sauce 31,0
- Fish and seafood zarzuela 32,0

GRILLED SEAFOOD

- Wild seabass with vegetables and citrus vinaigrette 21,0
- Sardines 11,5
- Octopus leg 21,0
- Mediterranean squid 21,0
- Turbot Recommended 2 people 54,0

GRILLED GROUND FOOD

- Artichokes with Iberian shavings 17,5
- Km0 vegetables 18,0
- Matured beef tenderloin 28,0
- Roasted Iberian pork ribs 19,8
- Iberian pork fillet 21,5
- Organic veal burger 13,9
- T-bone steak, 1Kg Recommended 2 people 69,0

BREAD

■ Bread	1,0
■ Gluten-free bread	2,5
■ Bread with garlic and olive oil	3,8
■ Bread with tomato and olive oil	3,8

SAUCES

Romesco	1,0
■ Aioli	0,9

DESSERTS

■ Maria's Coffee Fritters	6,5
■ Brownie	6,9
■ Homemade organic cheesecake with strawberry jam	7,5
■ Tiramisu cake	7,5
■ Grilled pineapple with passion fruit sauce	7,5
■ Catalan cream	6,6
■ Caramelized French toast	7,9
■ Lemon sorbet	6,6
■ Carrot cake, matcha tea and pollen	7,9
■ Irish coffee	7,7

DESSERTS

ICE CREAMS

■ Children's ice cream	3,9
■ Vanilla ice cream	5,5
■ Fruit ice pop, coconut and strawberry flavor	3,2
■ Fruit ice pop, lemon lime flavor	3,2
■ Chocolate ice cream, lactose-free	5,5
■ Chocolate ice cream, sugar-free	5,5

WHITE WINE

	bottle	cup
■ Aproppòsit Macabeu D.O. Terra Alta	20,00	3,70
■ Aproppòsit Malvasia	19,00	3,60
■ Aproppòsit Garnatxa Blanca D.O. Montsant	20,00	3,70
■ Aproppòsit Viognier D.O. Terra Alta	20,00	3,70
■ Aproppòsit Xarel·lo D.O. Penedès	20,00	3,70
■ Aproppòsit Garnatxa Blanca D.O. Terra Alta	21,00	3,90
■ Aproppòsit Parellada D.O. Conca de Barberà	20,00	3,70
■ Aproppòsit Chardonnay D.O. Penedès	22,00	4,00
■ Petites estones D.O. Terra Alta	19,00	
■ Rebels de Batea D.O. Terra Alta	19,00	
■ El Terrat D.O. Tarragona	18,00	
■ Les Brugueres D.O.Q. Priorat	29,00	
■ Grimau Chardonnay D.O. Penedès	20,00	
■ Via Edetana D.O. Terra Alta	24,00	
■ Excellens Verdejo D.O. Rueda	17,00	
■ Torre la Moreira D.O. Rías Baixas	20,00	
■ La Capilla Blanco D.O. Rueda	21,00	
■ Finca Montico D.O. Rueda	25,00	
■ Lagar de Cervera D.O. Rías Baixas	23,00	
■ Pazo de San Mauro D.O. Rías Baixas	29,00	

ROSÉ WINE

	bottle	cup
■ Aproppòsit Garnatxa Negra D.O. Montsant	20,00	3,70
■ Aproppòsit Ancestral Rosé Ancestral	26,00	
■ Flors i Violes D.O. Tarragona	18,00	3,30

SANGRIA

		cup
■ Wine sangria	15,00	5,00
■ Cava Sangria	19,00	

RED WINE

	bottle	cup
■ Aproppòsit Garnatxa Negra D.O. Montsant	20,00	3,70
■ Aproppòsit Trepal D.O. Conca de Barberà	22,00	4,00
■ Aproppòsit D.O.Q. Priorat	24,00	4,10
■ Les Brugueres D.O.Q. Priorat	29,00	
■ Excellens Cuvée Especial D.O.CA. Rioja	19,00	
■ Finca San Martín D.O. Rioja	18,00	
■ El Senat del Montsant D.O. Montsant	24,00	
■ LAN 7 metros D.O.CA. Rioja	23,00	
■ Viña Mayor Crianza D.O. Ribera del Duero	24,00	
■ La Capilla Crianza D.O. Ribera del Duero	24,00	
■ Trus Ageing D.O. Ribera del Duero	25,00	
■ Marqués de Vargas Reserva D.O. Rioja	35,00	
■ Tinto de verano With lemon or soda		4,50

SPARKLING

	magnum	bottle	cup
■ Aproppòsit Brut Nature D.O. Cava	48,00	27,00	4,20
■ Aproppòsit Ancestral Rosé Ancestral		26,00	
■ Gramona Ca La Mar Mustillant D.O. Penedès		17,00	
■ Gran Juvé & Camps D.O. Cava		42,00	
■ Pere Ventura Vintage D.O. Cava		39,00	
■ Reverté Electe D.O. Cava		25,00	
■ Gramona Innoble D.O. Corpinnat		37,00	
■ Louis Roederer Vintage Champagne		122	
■ Frexinet Alcohol-free		17,00	