

DISHES

COLD

| | | Celery | Peanuts | Crustaceans | Tree nuts | Gluten | Eggs | Milk | Molluscs | Mustard | Fish | Sesame | Soy | Sulphites |
|--|--------------------|--------|---------|-------------|-----------|--------|------|------|----------|---------|------|--------|-----|-----------|
| Cod 'esqueixada' | | | | T | | | | | T | | | | | |
| Olivier salad | GLUTEN-FREE OPTION | T | T | | T | | | | | T | | T | | |
| Braised bunch carrot with hummus, 'romesco migas' and hazelnuts Reus PDO | VEGAN | | | T | | | | | | | | | | |
| Salad with salmon and mango | | | T | T | T | | T | T | T | | | T | T | |
| Tomato salad with yellow chili sauce | VEGAN | T | | | | | | T | | | | | | |
| Green salad with seeds | VEGAN | | | T | T | | | | | | | T | | |
| Grilled pepper with cod | | | | T | | | | | | | | | | |
| Balfegó tuna tartare with avocado | GLUTEN-FREE OPTION | | | T | T | | | T | T | | | | | |
| Anchovies from Vinaròs | | | T | T | T | | T | T | T | T | | T | | T |
| Mussels from Delta de l'Ebre with vermouth vinaigrette | | | | T | | | | | | | T | | | |
| Oyster from the Delta de l'Ebre | | | | T | | | | | | | T | | | |
| Balfegó tuna carpaccio with 3 dressings | | | T | T | | T | | | T | | | | | |
| Beef carpaccio and parmesan sauce | GLUTEN-FREE OPTION | | | | | | | | | | | T | | |
| 100% Iberian acorn-fed ham | ORGANIC | | | | | | | | | | | | | |
| Organic cheeseboard | GLUTEN-FREE OPTION | | | T | | | T | | | T | | T | T | T |

HOT

| | | | | | | | | | | | | | | |
|---|--------------------------|--|---|---|---|---|---|---|---|---|---|---|---|--|
| Mantis shrimp cream | | | | | | | | | T | | | | | |
| Prawns with garlic sauce | | | | | | | | | T | | T | | | |
| Pulled pork bun | | | T | | T | | T | | | T | | T | | |
| Adolfina's meatballs | | | T | T | | | | | | T | | T | T | |
| Herminia's pork in sauce | | | | | | | | | | | | | | |
| Eggs with beef tenderloin sautéed in garlic | | | | T | | | | T | T | | T | | T | |
| Eggs with Iberian acorn-fed ham | | | | T | | | | T | T | | T | | T | |
| Vegetable tempura | VEGAN | | T | T | | T | T | T | T | T | T | T | | |
| Bravas with minced chorizo | | | T | T | | | | T | T | T | T | T | T | |
| Crispy free-range Chicken | | | T | T | | | T | T | T | | T | T | T | |
| Cod fritters | | | | T | | | T | T | T | | | | T | |
| Roasted chicken croquettes | | | | T | | | T | | T | T | T | | | |
| Iberian ham croquettes | | | | T | | | T | | T | T | T | | | |
| Andalusian-style Mediterranean squid | | | | T | | | | T | | | T | | | |
| Fried battered calamari | | | | T | | | | T | | | T | | T | |
| Mussels with citrus, bay leaf, garlic and onion | | | | T | | | | | | | T | | | |
| Mussels with white wine, celery, garlic and parsley | | | | T | | | | | | | T | | | |
| Maxicannelloni by our chef Mercè | | | | T | T | T | | | T | T | T | T | | |
| Rigatoni Bolognese | | | | | | | | T | | | | | | |
| Bread | GLUTEN-FREE OPTION VEGAN | | | | 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 | | |

DISHES

Celery
Peanuts
Crustaceans
Tree nuts
Gluten
Eggs
Milk
Molluscs
Mustard
Fish
Sesame
Soy
Sulphites

RICES

| | | | | | | | | | | | | | | | | |
|--|-------|---|--|---|--|--|---|---|---|---|---|---|---|---|--|--|
| 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 | | | | | | | | | | | | | | | | |
| Rice with seafood | | | | | | | | | | | | | | | | |
| Surf and turf rice with organic Iberian ham veil | | | | T | | | | | | | | | T | | | |
| Rice with duck and mushrooms | | | | | | | | | | | | | | | | |
| Vegetable rice with leek | VEGAN | T | | T | | | T | T | T | T | T | T | T | T | | |
| Rossos noodles | | | | | | | | | | | | | T | | | |

GRILLED

| | | | | | | | | | | | | | | | | |
|--|--------------------------|---|---|---|--|--|---|---|---|---|---|---|---|---|---|--|
| Matured beef tenderloin | | | | T | | | T | T | T | | T | | | | T | |
| Organic veal burger | GLUTEN-FREE OPTION | T | | T | | | T | | T | T | T | T | T | T | | |
| Roasted Iberian pork ribs | | T | T | | | | T | | | | T | | | T | | |
| Iberian pork fillet | | | | T | | | | | | | | | | T | | |
| Octopus with Vera's red pepper aioli and "romesco migas" | | | | T | | | | | | | | | | T | | |
| Mediterranean squid | | T | T | T | | | T | | | | T | T | T | | | |
| Cod with quince aioli | | T | | T | | | T | | | | T | T | | T | | |
| Wild seabass with vegetables and citrus vinaigrette | | | | T | | | | | | | T | | | | | |
| Sardines | | | | T | | | | | | | T | | | | | |
| Km0 vegetables | GLUTEN-FREE OPTION VEGAN | | T | | | | | | T | T | | T | | T | T | |
| Avocado with pico de gallo and vegetable ceviche | VEGAN ORGANIC | | | | | | | | | | | | | | | |
| Artichokes with Iberian shavings | | | | | | | | | | | | | | | | |

SAUCES

| | | | | | | | | | | | | | | | | |
|---------|--|--|--|---|--|--|--|--|---|---|--|---|--|---|---|--|
| Romesco | | | | T | | | | | T | T | | T | | T | T | |
| Aioli | | | | | | | | | | | | | | | | |

DESSERTS, HOMEMADE

| | | | | | | | | | | | | | | | | |
|--|--------------------|---|---|---|---|--|--|--|---|--|---|---|---|---|---|---|
| Maria's Coffee Fritters | | T | T | T | T | | | | | | T | T | T | T | T | T |
| Brownie | | | | T | | | | | | | | | | | T | |
| Homemade organic cheesecake with strawberry jam and Sichuan pepper | | | | | | | | | | | | | | | T | |
| Carrot cake, matcha tea and pollen | | | | T | | | | | | | | | | | T | T |
| Grilled pineapple with passion fruit sauce | VEGAN | | | | | | | | | | | | | | | |
| Bread with chocolate, oil and salt | GLUTEN-FREE OPTION | T | T | | | | | | T | | | T | | T | | T |
| Caramelized French toast | | | | T | | | | | | | | T | | T | | |
| Kefir and lime ice cream with crunchy artisanal biscuit | GLUTEN-FREE OPTION | T | | | | | | | T | | | T | | | | T |
| Vanilla ice cream | | | | | | | | | | | | | | | | |
| Fruit ice pop, coconut and strawberry flavor | VEGAN | | | | | | | | | | | | | | | |
| Fruit ice pop, lemon lime flavor | VEGAN | | | | | | | | | | | | | | | |

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.