

DISHES

COLD

	Lupins	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

Lupins 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	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	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							T									
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.