

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		
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						T									
Fruit ice pop, lemon lime flavor	VEGAN															

DRINKS

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

WHITE WINE

		Lupins	Celery	Peanuts	Crustaceans	Tree nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
Primer Apropòsit D.O. Terra Alta	ORGANIC														
Apropòsit Garnatxa Blanca D.O. Montsant	ORGANIC														
Apropòsit Garnatxa Blanca D.O. Terra Alta	ORGANIC														
Apropòsit Malvasia															
Apropòsit Macabeu D.O. Tarragona	ORGANIC														
Apropòsit Xarel·lo D.O. Penedès	VEGAN ORGANIC														
Apropòsit Viognier D.O. Terra Alta	ORGANIC														
Apropòsit Parellada D.O. Conca de Barberà	ORGANIC														
Apropòsit Chardonnay D.O. Penedès	ORGANIC														
Petites estones															
Rebels de Batea															
El Terrat															
Les Brugueres															
Grimau Chardonnay															
Via Edetana															
Clos Ancestral	ORGANIC														
Excellens Verdejo	VEGAN														
Torre la Moreira	VEGAN														
La Capilla Blanco															
Finca Montico	ORGANIC														
Lagar de Cervera															
Pazo de San Mauro															
Mar de Frades Albariño															
Godeval Cepas Vellas															

RED WINE

		Lupins	Celery	Peanuts	Crustaceans	Tree nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
Apropòsit Garnatxa Negra D.O. Montsant	ORGANIC														
Apropòsit Garnatxa Negra D.O. Terra Alta	ORGANIC														
Apropòsit D.O.Q. Priorat	ORGANIC														
Apropòsit Trepal D.O. Conca de Barberà	ORGANIC														
Les Brugueres															
Excellens Cuvée Especial	VEGAN														
Finca San Martín															
Condado de Oriza															
El Senat del Montsant															
LAN D-12															
LAN 7 metros															
La Capilla Crianza															
Trus Ageing															
Marqués de Vargas Reserva															

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Fish
Sesame
Soy
Sulphites

Tinto de verano

ROSÉ WINE

Aproppòsit Rosé D.O. Montsant

ORGANIC

Aproppòsit Ancestral Rosé

ORGANIC

Flors i Violes

SPARKLING

Aproppòsit Brut Nature Grand Reserve

ORGANIC

Aproppòsit Ancestral Rosé

ORGANIC

Gramona Ca La Mar Mustillant

ORGANIC

Gran Juvé & Camps

Pere Ventura Vintage

Reverté Electe

Gramona Innoble

ORGANIC

Frexinet Alcohol-free

VEGAN ALCOHOL FREE

SANGRIA

Wine sangría

Cava sangría

COCKTAILS

Propòsit

Fresito

Moscow Mule

Mojito

Piña colada

Strawberry daiquiri

Passion fruit daiquiri

Moscow Mule, non-alcoholic

ALCOHOL FREE

Mojito, non-alcoholic

ALCOHOL FREE

Piña colada, non-alcoholic

ALCOHOL FREE

**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.