





# DISHES

	Lupins	Celery	Peanuts	Crustaceans	Tree nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
<b>BREAD</b>														
Bread					T		T	T		T		T	T	
Gluten-free bread														
Bread with garlic and olive oil					T			T		T		T		
Bread with tomato and olive oil					T			T		T		T		

## 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		
Tiramisu cake									T					
70% Dark chocolate fuet		T							T		T			
Cottage cheese with crunchy honey and praline toast nuts			T								T			
Pineapple carpaccio with catalan cream														
Catalan cream														
Panna cotta Baileys			T						T		T			
Caramelized French toast			T						T		T			
Lemon sorbet														
Irish coffee														

## ICE CREAMS

Children's ice cream			T		T								T	
Vanilla ice cream														
Fruit ice pop, coconut and strawberry flavor					T									
Fruit ice pop, lemon lime flavor														
Chocolate ice cream, lactose-free					T									
Chocolate ice cream, sugar-free					T									



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<b>ROSÉ WINE</b>														
Aproppòsit Garnatxa Negra D.O. Montsant														
Aproppòsit Ancestral Rosé														
Flors i Violes														
<b>SPARKLING</b>														
Aproppòsit Brut Nature Grand Reserve														
Gramona Ca La Mar Mustillant														
Gran Juvé & Camps														
Pere Ventura Vintage														
Reverté Electe														
Gramona Innoble														
Frexinet Alcohol-free														
<b>SANGRIA</b>														
Wine sangría														
Cava sangría														

**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.