

# DISHES

	Celery	Peanuts	Crustaceans	Tree nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
<b>SALADS</b>													
Green salad with seeds			T									T	
Salad with salmon and mango		T	T	T		T	T	T			T	T	
Salad with melon and prawns			T	T				T		T	T		
Cod salad with orange and romesco			T	T		T	T	T	T		T	T	
Tomato and tuna belly salad													
Goat cheese salad			T		T						T		

## STARTERS

Tomato, burrata and yellow chili sauce	T												
Balfegó tuna tartare with avocado			T	T			T	T					
Oyster from the Delta de l'Ebre				T						T			
Mediterranean anchovies		T	T	T		T	T	T	T		T		T
100% Iberian acorn-fed ham													
Fish soup													
Mantis shrimp cream								T					

## PORTIONS

Fried battered calamari				T				T		T		T	
Fried anchovies				T		T	T	T				T	
Fried baby squids				T		T	T			T		T	
Andalusian-style Mediterranean squid				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			
Grilled Mediterranean cuttlefish			T	T						T	T		
Grilled mediterranean triple-grooved shrimps								T		T			T
Red prawns								T		T			
Razor shells				T						T			
Clams in seaman's style			T	T		T	T		T	T	T	T	
Sea snails				T						T			

## MUSSELS

Steamed mussels from Delta de l'Ebre				T						T			
Mussels from Delta de l'Ebre in seaman's style			T	T		T	T		T	T	T	T	
Mussels from Delta de l'Ebre with vermouth vinaigrette				T						T			
Mussels with white wine, celery, garlic and parsley				T						T			
Mussels with citrus, bay leaf, garlic and onion				T						T			

# DISHES

## RICES

	Celery	Peanuts	Crustaceans	Tree nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
Seafood paella													
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													
Señorito's rice													
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		

## NOODLES & PASTA

	Celery	Peanuts	Crustaceans	Tree nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
Rossos noodles									T				T
Noodles in ink						T			T				T
Maxicannelloni by our chef Mercè		T	T	T				T	T	T	T		
Rigatoni Bolognese							T						

## COMBINATION PLATES

	Celery	Peanuts	Crustaceans	Tree nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
Fried			T				T						T
Special Pòsit		T									T		
Seafood										T			
Complete seafood										T			

## STEWES

	Celery	Peanuts	Crustaceans	Tree nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
Stewed lobster casserole		T						T			T		
Monkfish with romesco sauce		T				T	T		T		T	T	
Fish and seafood zarzuela													

## FISH

	Celery	Peanuts	Crustaceans	Tree nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
Grilled monkfish and pumpkin purée			T					T					
Grilled sole with vegetables			T					T					
Cod in fisherman's suquet								T					

## GRILLED SEAFOOD

	Celery	Peanuts	Crustaceans	Tree nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
Wild seabass with vegetables and citrus vinaigrette			T					T					
Sardines			T					T					
Octopus with Vera's red pepper aioli and "romesco migas"		T									T		
Mediterranean squid	T	T	T		T				T	T	T		
Turbot. Recommended 2 people			T					T					





# DRINKS

## ROSÉ WINE

	Celery	Peanuts	Crustaceans	Tree nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
Aproppòsit Garnatxa Negra D.O. Montsant													
Aproppòsit Ancestral Rosé													
Flors i Violes													

## SPARKLING

	Celery	Peanuts	Crustaceans	Tree nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
Aproppòsit Brut Nature Grand Reserve													
Gramona Ca La Mar Mustillant													
Gran Juvé & Camps													
Pere Ventura Vintage													
Reverté Electe													
Gramona Innoble													
Louis Roederer Vintage													
Frexinet Alcohol-free													

## SANGRIA

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