

DISHES

SALADS

		Celery	Peanuts	Crustaceans	Tree nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
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	GLUTEN-FREE OPTION		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	GLUTEN-FREE OPTION		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	ORGANIC													
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														
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														
Rice with duck and mushrooms														
Vegetable rice with leek	VEGAN													

NOODLES & PASTA

Rossos noodles														
Noodles in ink														
Maxicannelloni by our chef Mercè														
Rigatoni Bolognese														

COMBINATION PLATES

Fried														
Special Pòsit														
Seafood														
Complete seafood														

STEWES

Stewed lobster casserole														
Monkfish with romesco sauce														
Fish and seafood zarzuela														

FISH

Grilled monkfish and pumpkin purée														
Grilled sole with vegetables														
Cod in fisherman's suquet														

GRILLED SEAFOOD

Wild seabass with vegetables and citrus vinaigrette														
Sardines														
Octopus with Vera's red pepper aioli and "romesco migas"														
Mediterranean squid														
Turbot. Recommended 2 people														

DISHES

GRILLED GROUND FOOD

		Celery	Peanuts	Crustaceans	Tree nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
Artichokes with Iberian shavings														
Km0 vegetables	GLUTEN-FREE OPTION	VEGAN		T			T	T		T		T	T	
Matured beef tenderloin				T			T	T	T		T		T	
Roasted Iberian pork ribs		T	T			T				T		T		
Iberian pork fillet			T									T		
Organic veal burger	GLUTEN-FREE OPTION		T			T			T	T	T	T		
T-bone steak, 1Kg. Recommended 2 people				T			T	T	T		T		T	

BREAD

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			
Bread with tomato and olive oil	GLUTEN-FREE OPTION					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	
Carrot cake, matcha tea and pollen			T									T	T	
Tiramisu cake										T				
Grilled pineapple with passion fruit sauce	VEGAN													
Catalan cream														
Caramelized French toast			T							T		T		
Lemon sorbet	VEGAN													
Irish coffee														

ICE CREAMS

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

WHITE WINE

Aproppòsit Macabeu D.O. Terra Alta	ORGANIC																
Aproppòsit Malvasia																	
Aproppòsit Garnatxa Blanca D.O. Montsant																	
Aproppòsit Viognier D.O. Terra Alta	ORGANIC																
Aproppòsit Xarel·lo D.O. Penedès	ORGANIC																
Aproppòsit Garnatxa Blanca D.O. Terra Alta	ORGANIC																
Aproppòsit Parellada D.O. Conca de Barberà	ORGANIC																
Aproppòsit 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

Aproppòsit Garnatxa Negra D.O. Montsant																	
Aproppòsit Trepat D.O. Conca de Barberà	ORGANIC																
Aproppòsit D.O.Q. Priorat	ORGANIC																
Les Brugueres																	
Excellens Cuvée Especial	VEGAN																
Finca San Martín																	
El Senat del Montsant																	
LAN 7 metros																	
Viña Mayor Crianza																	
La Capilla Crianza																	
Trus Ageing																	
Marqués de Vargas Reserva																	
Tinto de verano																	

DRINKS

[illegible]

SPARKLING

[illegible]

SANGRIA

[illegible]

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.