

DISHES

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

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RICES														
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			■
Duck rice from the Delta de l'Ebre		T	T		■		T	T		T		T		■
Vegetable rice with leek		T		T		T	T	T	T	T	T	T		■

NOODLES & PASTA

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

Fried				T			■	T	■		■			T
Special Pòsit			T	■	■							T		■
Seafood				■					■		T			■
Complete seafood				■					■		T			■

STEWES

Stewed lobster casserole		■	T	■	■				T		■	T		■
Monkfish with romesco sauce		■	T	■	■	■	T	T	■	T	■	T	T	■
Fish and seafood zarzuela		■		■	■	■			■		■	■		■

FISH

Grilled monkfish and pumpkin purée				T				■	T	■	■			■
Grilled sole with vegetables				T					T		■			■
Cod in fisherman's suquet		■		■				■	T		■			■

GRILLED SEAFOOD

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

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

WHITE WINE

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

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																		
El Senat del Montsant																		
LAN D-12																		
LAN 7 metros																		
La Capilla Crianza																		
Trus Ageing																		
Marqués de Vargas Reserva																		
Tinto de verano																		

**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.