

DISHES

SALADS

	Lupins	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			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													
Artichokes with Iberian shavings														
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					

FRIED

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

Grilled baby squids with asparagus			T	T							T	T		
Grilled Mediterranean cuttlefish			T	T							T	T		
Sardines				T					T					
Grilled mediterranean triple-grooved shrimps									T		T			T
Red prawns									T		T			
Razor shells				T							T			

OCTOPUS & MORE

White octopus from Cambrils				T							T			
Octopus with Vera's red pepper aioli and "romesco migas"			T									T		
Clams in seaman's style			T	T			T	T		T	T	T	T	
Sea snails				T							T			

DISHES

MUSSELS

Steamed mussels from Delta de l'Ebre				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					

RICES

Seafood paella																	
Octopus rice																	
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																	

NOODLES & PASTA

Rossos noodles																	
Noodles in ink																	
Rigatoni Bolognese																	

COMBINATION PLATES

Fried				T				T									
Special Pòsit			T														
Seafood																	
Complete seafood																	
Grilled vegetables			T					T	T		T		T	T			

STEWES

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

FISH

Cod with quince aioli			T		T		T			T	T						
Baked turbot with sliced potatoes					T					T							
Grilled monkfish and pumpkin purée					T					T							
Grilled sole with vegetables					T					T							

MEAT

Matured beef tenderloin					T			T	T	T		T			T		
Organic veal burger					T			T		T		T			T		
Maxicannelloni by our chef Mercè			T	T	T					T	T	T	T				

DISHES

BREAD

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

DRINKS

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 Malvasia															
Apropòsit Macabeu D.O. Tarragona	ORGANIC														
Apropòsit Garnatxa Blanca D.O. Montsant	ORGANIC														
Apropòsit Garnatxa Blanca D.O. Terra Alta	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														
El Terrat															
Petites estones															
Rebels de Batea															
Via Edetana															
Les Brugueres															
Els Pics															
Grimau Chardonnay															
Clos Ancestral	ORGANIC														
Excellens Verdejo	VEGAN														
La Capilla Blanco															
Finca Montico	ORGANIC														
Torre la Moreira	VEGAN														
Lagar de Cervera															
Mar de Frades Albariño															
Pazo de San Mauro															
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 Trepat D.O. Conca de Barberà	ORGANIC														
Els Pics															
Les Brugueres															
El Senat del Montsant															
Finca San Martín															
LAN D-12															
Excellens Cuvée Especial	VEGAN														
LAN 7 metros															
Marqués de Vargas Reserva															
La Capilla Crianza															

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

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.