DISHES

DISHES		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
COLD															
Marinated salmon with crème fraîche	GLUTEN FREE OPTION			Т	Т					Т					
Cod 'esqueixada'					Т					Т					
Olivier salad	GLUTEN FREE OPTION														
Green salad with seeds	VEGAN			Т											
Grilled pepper with cod					Т										
Guacamole with handmade nachos	VEGAN		Т												
Hummus with crispy vegetables	VEGAN														
Balfegó tuna tartare with avocado	GLUTEN FREE OPTION			Т	Т					Т					
Smoked sardine by dry firewood friction					Т					Т					
Anchovies from Vinaròs				Т	Т					Т					
Mussels with vermouth vinaigrette					Т							Т			
Oyster from the Delta de l'Ebre					Т							Т			
Oyster ceviche					Т										\dashv
Balfegó tuna carpaccio with 3 dressings					Т					Т					
Beef carpaccio and parmesan sauce	GLUTEN FREE OPTION			Т	Т					Т					
	GLUTEN FREE OPTION				Т					Т					
Coca with anchovies from Vinaròs	GLUTEN FREE OPTION			Т	Т					Т					
Coca with smoked sardine by dry firewood friction	GLUTEN FREE OPTION				Т					Т					
lberian acorn-fed ham															
Organic cheeseboard	GLUTEN FREE OPTION			Т									Т		\dashv
'Cachonditas' Olives	VEGAN												-		
НОТ								1							
Prawns with garlic sauce										Т		Т			
Pulled pork brioche						Т		Т			Т		Т		
Padrón peppers					Т			Т	Т	Т		Т			
Adolfina's meatballs				Т					Т				Т		\Box
Herminia's pork in sauce															
Our torrezno	GLUTEN FREE OPTION					Т							Т		
Eggs with Iberian acorn-fed ham					Т				Т	Т		Т		Т	\Box
Eggs with organic blood sausage with onion					Т				Т	Т		Т		Т	\exists
Bravas with iberian minced chorizo					Т				Т	Т		Т		Т	
Andalusian-style Mediterranean squid					Т				Т			Т			
Fried squid rings					Т				Т			Т		Т	
Crispy free-range Chicken					Т			Т	Т	Т		Т		Т	
Vegetable tempura	VEGAN				Т			Т	Т	Т		Т			
lberian ham croquettes					Т			Т		Т		Т		Т	\neg
Roasted chicken croquettes					Т			Т		Т		Т			\neg
Cod fritters					T			T	Т	T				Т	\dashv
	GLUTEN FREE OPTION														
	GLUTEN FREE OPTION														
	GLUTEN FREE OPTION					Т		Т	Т		Т		Т	Т	
Mussels with citrus, bay leaf, garlic and onion					Т				•		•	Т		•	
Mussels with white wine, celery, garlic and parsley					T							T			
Maxicannelloni by our chef Mercè			Т		Т	Т				Т					
	GLUTEN FREE OPTION		-							_			Т		
Gluten-free bread	ION		-	_											\dashv
Oldforr (100 b) Cdd															





DISHES			Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Δik	Molluscs	Mustard	Fish	Sesame	Soy
Bread with garlic and olive oil		GLUTEN FREE VEGAN					Т		Т	Т				Т	Т
Bread with tomato and olive oil	VEGAN	GLUTEN FREE OPTION	Ш				Т		Т	Т				Т	Т
RICES															
Creamy rice with blue crab from the Delta de l'Ebre															
Rice with baby cuttlefish and its ink															
Rice with seafood															
Rice with lobster															
Surf and turf rice with organic Iberian ham veil						Т							Т		
Rice with duck and mushrooms															
Vegetable rice with grilled leek		VEGAN					Т								Т
Rossos noodles															
GRILLED															
Organic veal burger		GLUTEN FREE OPTION				Т			Т		Т		Т		
Roasted Duroc pork ribs					Т										
lberian pork fillet					Т										
Matured beef tenderloin						Т			Т	Т	Т		Т		Т
Octopus leg						Т							Т		
Mediterranean squid					Т	Т							Т		
Wild seabass with vegetables and citrus vinaigrette						Т					Т				
Sardines						Т					Т				
Km0 vegetables	VEGAN	GLUTEN FREE OPTION			Т									Т	
Organic avocado with pico de gallo and vegetable ceviche		VEGAN													
Organic oyster mushroom from Montseny and hazelnut PDO Reus	;	VEGAN			Т										
Artichokes with Iberian shavings															
SAUCES															
Romesco					Т									Т	
Aioli															
DESSERTS, HOMEMADE															
Maria's Coffee Fritters														Πİ	
Carrot cake, matcha tea and pollen					Т										
Grilled pineapple with passion fruit sauce		VEGAN													
Homemade organic cheesecake with strawberry jam and Sichuan	peppe	•													
Bread with chocolate, oil and salt		GLUTEN FREE OPTION			Т				Т					Т	
Brownie					Т										
Kefir and lime ice cream with crunchy artisan biscuit		GLUTEN FREE OPTION							Т			Т			
Vanilla ice cream															
Fruit ice pop, lemon lime flavor		VEGAN													
Fruit ice pop, coconut and strawberry flavor		VEGAN					Т								

DRINKS

Crustaceans
Nuts
Gluten
Eggs
Milk
Molluscs
Mustard
Fish
Sesame WHITE WINE Aproppòsit Malvasia Aproppòsit Muscat D.O. Terra Alta Aproppòsit Garnatxa Blanca D.O. Montsant Aproppòsit Garnatxa Blanca D.O. Terra Alta Aproppòsit Macabeu D.O. Terra Alta Aproppòsit Xarel·lo D.O. Penedès Aproppòsit Viognier D.O. Terra Alta Aproppòsit Chardonnay D.O. Penedès Rebels de Batea Petites estones Les Brugueres Els Pics Grimau Chardonnay Mustillant El Terrat Aura Finca Montico Torre la Moreira VEGAN Pazo de San Mauro Lagar de Cervera Excellens Verdejo VEGAN **RED WINE** Aproppòsit Garnatxa Negra D.O. Montsant Aproppòsit Trepat D.O. Conca de Barberà Aproppòsit D.O.Q. Priorat Les Brugueres El Senat del Montsant Marqués de Vargas Reserva Lan D-12 Trus Ageing Marqués de Burgos Condado de Oriza Finca San Martín La Capilla Crianza Excellens Cuvée Especial VEGAN Viña Mayor Crianza LAN 7 metros Tinto de verano **ROSÉ WINE** Aproppòsit Garnatxa Negra D.O. Montsant Flors i Violes **CAVA. CORPINNAT. SPARKLING** Aproppòsit Brut Nature Grand Reserve Reverté Electe

DRINKS		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Mik	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Milesimé Blanc de Noirs															
Pere Ventura Vintage															
Gramona Innoble															
Frexinet Alcohol-free NON-ALC	COHOLIC VEGAN														
SANGRIA					_							_			
		П												\neg	
Cava sangría															
BEERS								_							
Daura	VEGAN														
Duet	VEOAIN	\vdash												-	
Inedit		\vdash												\dashv	
Voll Damm		\vdash												\dashv	
AK Damm		Н												\dashv	
Free Damm Tostada	NON-ALCOHOLIC														
Free Damm Lemon	NON-ALCOHOLIC														
Free Damm	NON-ALCOHOLIC														
Complot IPA															
Malquerida															
Estrella Damm							_								
Damm Lemon															
Turia															
VERMOUTH - SPRITZ Vermouth Aperol Spritz															
COCKTAILS - GIN & TONIC															
Propòsit															
Fresito															
Moscow Mule															
Moscow Mule, non-alcoholic	NON-ALCOHOLIC														
Cuban Mojito															
Mojito, non-alcoholic	NON-ALCOHOLIC														
Piña colada															
Strawberry daiquiri															
Passion fruit daiquiri															
Gin & tonic Seagram's															
Gin & tonic Tanqueray															
Gin & tonic Hendrick's Lunar															
Gin & tonic Hendrick's Midsummer															
Gin & tonic Hendrick's Neptunia															
Gin & tonic Hendrick's															
Gin & tonic Master's Pink															
Gin & tonic Master's															
Gin & tonic Whitley Neill Rhubarb															
Gin & tonic Whitley Neill Blackberry															









DRINKS	Lupins	Celeny	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Miik	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Gin & tonic Nordés														
Gin tonic 25 Lolita's														
COFFEE, ORGANIC														
Coffee														
Grand reserve														
Milk coffee														
Cappuccino														
Irish coffee														
Scottish coffee														
INFUSIONS, ORGANIC														
Darjeeling													Î	
Shooting star														
Pu Erh Fresh														
Green tea, ginger and lemon														
Black Chai tea														
Royal Fruits														
Chamomile														
Verbena and mint														
Rooibos with orange														
Vitality														
Cinnamon tea														
Moorish tea with herbs														

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

Our kitchen staff is trained in food handling with special emphasis on allergen management.