

MENU

SNACKS

	Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulfites
Bravas with iberian minced chorizo							■						T	■
Homemade hummus with vegetables chips <small>VEGAN</small>												■		■
Nachos homemade and with guacamole <small>VEGAN</small>		T					T							■
Crispy chicken with mango and curry sauce							■			■			T	■
Vegetable tempura <small>VEGAN</small>							T			■		■	■	■
Chicken croquettes, homemade							T	■					■	■
Crispy foie, homemade and from Delta de l'Ebre <small>GLUTEN FREE OPTION</small>			T		■	■		■				T		■
Balfegó tuna tartare, salmon and avocado				T		■			T	■	■	■	■	■
Cheeseboard <small>GLUTEN FREE OPTION</small>			T		■	■		■						■
Vegetable snacks <small>VEGAN</small>							T							■
Calamari rings, fried				T			■		■		T		T	■
Fried squids, Andalusian style				T			T		■		■		T	■
Fried baby squids				T			T		■		T		T	■

SALADS AND BOWLS

Green salad with seeds <small>VEGAN</small>			T	■								■		■
Caprese salad			T	■			T	■						■
Salmon bowl with passion fruit vinaigrette			T	T	■				T		■	■	■	■
Chicken bowl with basil vinaigrette			T	■				■		■		■	■	■
Bowl of lentils with miso vinaigrette <small>VEGAN</small>			T	■								■	■	■

MUSSELS TO ONE'S TASTE

Mussels with rosemary, chilli and garlic				T					■		T			■
Mussels with citrus, bay leaf, garlic and onion				T					■		T			■
Mussels with white wine, celery, garlic and parsley		■		T					■		T			■

RICE AND PASTA

Rice with blue crab, creamy				■					T		■			■
Rice with baby cuttlefish and its ink				■					■		■			■
Rice with seafood		■		■					■		■			■
Rice with lobster, creamy		■		■					■		■			■
Surf and turf rice		■		■					■		■			■
Rice with duck and mushrooms, creamy														■
Rice with vegetables, creamy <small>VEGAN</small>														■
Seafood 'Rossos' noodles		■		■		■	■		■		■			■
Spaghetti with veal ragù						■								■

BREAD

Bread						■						T		
Gluten-free bread														
Toasted coca bread with tomato and olive oil <small>VEGAN</small>					T	■	T	T				T	T	T



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GRILLED GROUND FOOD

Vegetables with romesco sauce <small>GLUTEN FREE OPTION VEGAN</small>			T									T		
Candied artichokes with iberian and parmesan														
Chicken skewer with wild rice and apple														
Lean pork fillet			T											
Homemade hamburger Black Angus			T										T	
Lamb ribs and baby potatoes														
Veal tenderloin														
Duroc ribs with mediterranean sauce			T											
Homemade coca bread with sobrasada and parmesan														

GRILLED SEAFOOD

Sardines of our coast				T					T					
Baby squids with asparagus			T	T								T		
Octopus (tentacle) with potato parmentier			T	T								T		
Seabass with vegetables and citrus vinaigrette				T					T			T		
Homemade coca bread with Balfegó tuna				T					T					
Balfegó tuna cutlet				T					T					

DESSERTS, HOMEMADE

Homemade brownie with ice cream			T											
Pineapple carpaccio and coconut <small>VEGAN</small>					T									
Catalan cream semifreddo														
Yogurt mousse, strawberry jam and cocoa														
Kefir ice cream with lime <small>GLUTEN FREE OPTION</small>														
Bread with chocolate, olive oil and salt														

CAKES, HOMEMADE

Sacher cake														
Tarte Tatin			T		T					T		T	T	
Lemon cake														
Red velvet cake														
Carrot cake			T							T		T	T	
Cheesecake														
Black beer cake														
Tangerine cake														



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SMOOTHIES

Smoothie of strawberry, banana and vanilla, with milk														
Smoothie of mango, passion fruit, lime and ginger														
Smoothie of violet fig and red fruits			T			T				T		T	T	
Smoothie of pineapple, coconut and cinnamon			T			T				T		T	T	
Smoothie of kale, avocado, matcha tea, lime and ginger						T								

WINES

Aproppòsit															
Cosechero															
Blanc del Pòsit - Fruity <small>VEGAN</small>															
Blanc del Pòsit - Dry <small>VEGAN</small>															
Negre del Pòsit - Young <small>VEGAN</small>															
Negre del Pòsit - Ageing <small>VEGAN</small>															
Estones PX															
Condado de Oriza															
Herència Altés - Rosé Special															
Tinto de verano															

BEERS

Estrella Damm															
Damm Lemon															
Free Damm <small>NON-ALCOHOLIC</small>															
Turia															
Voll Damm															
Bock Damm															
AK Damm															
Inedit															
Malquerida															
Daura															
Complot IPA															
INNIS & GUNN The original															
INNIS & GUNN Blood Red Sky															

COCKTAILS - GIN & TONIC

Moscow Mule															
Moscow Mule, non-alcoholic <small>NON-ALCOHOLIC</small>															
Cuban Mojito															
Mojito, non-alcoholic <small>NON-ALCOHOLIC</small>															
Piña colada, with natural pineapple															
Daiquiri slush of mango, strawberry or coconut															



DOES NOT CONTAIN
 T TRACES
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 TO BE DETERMINED

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Gin & tonic Ginraw Barcelona															
Gin & tonic MG															
Gin & tonic MG Rosa															

VERMOUTH - SPRITZ

Vermouth															
Smoked Vermouth															
Spritz Bonanto															
Guava spritz															
Spritz Cool															

SANGRIAS

Wine sangría															
Cava sangría															

CAVA

Cuvée Panot Brut Reserva															
Cuvée Panot Brut Nature Gran Reserva															
Cuvée Panot Rosé Brut															
Mini Cordón Negro															

COFFEE, ORGANIC

Coffee															
Grand reserve															
Milk coffee															
Cappuccino															
Irish coffee															
Scottish coffee															

INFUSIONS, ORGANIC

Darjeeling															
Shooting star															
Pu Erh Fresh															
Green tea, ginger and lemon															
Black Chai tea															
Royal Fruits															
Chamomile															
Verbena and mint															
Rooibos with orange															
Vitality															



**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 of 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.

