

# DISHES

## COLD

		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
Marinated salmon with crème fraîche	GLUTEN FREE OPTION			T	T					T					
Cod 'esqueixada'					T					T					
Olivier salad	GLUTEN FREE OPTION														
Green salad with seeds	VEGAN			T											
Grilled pepper with cod					T										
Guacamole with handmade nachos	VEGAN		T												
Hummus with crispy vegetables	VEGAN														
Balfegó tuna tartare with avocado	GLUTEN FREE OPTION			T	T					T					
Smoked sardine by dry firewood friction					T					T					
Anchovies from Vinaròs				T	T					T					
Mussels with vermouth vinaigrette					T							T			
Oyster from the Delta de l'Ebre					T							T			
Oyster ceviche					T										
Balfegó tuna carpaccio with 3 dressings					T					T					
Beef carpaccio and parmesan sauce	GLUTEN FREE OPTION			T	T					T					
Coca with Balfegó tuna	GLUTEN FREE OPTION				T					T					
Coca with anchovies from Vinaròs	GLUTEN FREE OPTION			T	T					T					
Coca with smoked sardine by dry firewood friction	GLUTEN FREE OPTION				T					T					
Iberian acorn-fed ham															
Organic cheeseboard	GLUTEN FREE OPTION			T									T		
'Cachonditas' Olives	VEGAN														

## HOT

		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
Prawns with garlic sauce										T		T			
Pulled pork brioche						T		T	T		T		T		
Padrón peppers					T			T	T	T		T			
Adolfina's meatballs			T						T				T		
Herminia's pork in sauce															
Our torrezno	GLUTEN FREE OPTION					T							T		
Eggs with Iberian acorn-fed ham					T				T	T		T		T	
Eggs with organic blood sausage with onion					T				T	T		T		T	
Bravas with iberian minced chorizo					T				T	T		T		T	
Andalusian-style Mediterranean squid					T				T			T			
Fried squid rings					T				T			T		T	
Crispy free-range Chicken					T			T	T	T		T		T	
Vegetable tempura	VEGAN				T			T	T	T		T			
Iberian ham croquettes					T			T		T		T		T	
Roasted chicken croquettes					T			T		T		T			
Cod fritters					T			T	T	T				T	
Coca of matured cow tenderloin	GLUTEN FREE OPTION														
Coca with grilled Iberian pork fillet	GLUTEN FREE OPTION														
Organic blood sausage with onion	GLUTEN FREE OPTION					T		T	T		T		T	T	
Mussels with citrus, bay leaf, garlic and onion					T							T			
Mussels with white wine, celery, garlic and parsley					T							T			
Maxicannelloni by our chef Mercè			T		T	T				T		T			
Bread with tomato and olive oil	VEGAN	GLUTEN FREE OPTION				T		T	T				T	T	
Bread with garlic and olive oil	VEGAN	GLUTEN FREE OPTION				T		T	T				T	T	
Gluten-free bread															



☐ DOES NOT CONTAIN
 ☐ T TRACES
 ☒ CONTAINS
 ☐ TO BE DETERMINED

# DISHES

		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
Bread	GLUTEN FREE OPTION												T		

## 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				T								T			
Rice with duck and mushrooms															
Vegetable rice with grilled leek and young garlic	VEGAN														
Rossos noodles															

## GRILLED

Organic veal burger	GLUTEN FREE OPTION				T		T		T		T				
Roasted Duroc pork ribs			T												
Grilled Iberian pork fillet			T												
Matured beef tenderloin				T			T	T	T			T		T	
Grilled octopus leg				T								T			
Grilled Mediterranean squid			T	T								T			
Wild seabass with vegetables and citrus vinaigrette				T						T					
Sardines				T						T					
Km0 grilled vegetables	VEGAN GLUTEN FREE OPTION		T										T		
Grilled organic avocado with pico de gallo and vegetable ceviche	VEGAN														
Organic oyster mushroom from Montseny and hazelnut PDO Reus	VEGAN		T												
Grilled artichokes with Iberian shavings															

## SAUCES

Romesco			T										T		
Aioli															

## DESSERTS

Maria's Coffee Fritters															
Carrot cake, matcha tea and pollen			T												
Grilled pineapple with passion fruit sauce	VEGAN														
Homemade organic cheesecake with strawberry jam and Sichuan pepper															
Bread with chocolate, oil and salt	GLUTEN FREE OPTION		T				T						T		
Brownie			T												
Kefir and lime ice cream with crunchy artisan biscuit	GLUTEN FREE OPTION						T			T					
Vanilla ice cream															
Fruit ice pop, lemon lime flavor	VEGAN														
Fruit ice pop, coconut and strawberry flavor	VEGAN				T										

# DRINKS

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

## WHITE WINE

Aproppòsit D.O. Terra Alta																				
Aproppòsit D.O. Montsant	VEGAN																			
Aproppòsit Malvasia D.O. Tarragona																				
Aproppòsit Muscat D.O. Terra Alta																				
Rebels de Batea																				
Petites estones																				
Els Pics																				
Grimau Chardonnay																				
Mustillant																				
El Terrat																				
Petit Costes																				
Aura																				
Finca Montico																				
Torre la Moreira	VEGAN																			
Pazo de San Mauro																				

## RED WINE

Aproppòsit D.O. Montsant	VEGAN																			
Aproppòsit D.O.Q. Priorat																				
El Senat del Montsant																				
Marqués de Vargas Reserva																				
Lan D-12																				
Trus Ageing																				
Marqués de Burgos																				
Condado de Oriza																				
Tinto de verano																				

## ROSÉ WINE

Flors i Violes																				
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## CAVA - CORPINNAT - SPARKLING

Aproppòsit Brut Nature Grand Reserve																				
Gramona Innoble																				
Alsina & Sardà																				
Frexinet Alcohol-free	NON-ALCOHOLIC	VEGAN																		

## SANGRIAS

Wine sangría																				
Cava sangría																				

## BEERS

Daura	VEGAN																			
Duet																				
Inedit																				
Voll Damm																				
AK Damm																				
Free Damm Tostada	NON-ALCOHOLIC																			
Free Damm Lemon	NON-ALCOHOLIC																			



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Free Damm														
Complot IPA														
Malquerida														
Estrella Damm														
Damm Lemon														
Turia														

## VERMOUTH - SPRITZ

Vermouth														
Aperol Spritz														

## COCKTAILS

Propòsit														
Fresito														
Moscow Mule														
Moscow Mule, non-alcoholic														
Cuban Mojito														
Mojito, 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														
Gin & tonic Nordés														
Gin & tonic 25Lolita's														

## 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														



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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 catering.

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

