

DISHES

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

GRILLED SEAFOOD

Grilled octopus leg			T	T																
Grilled Mediterranean squid			T	T																
Sardines				T																
Wild seabass with vegetables and citrus vinaigrette																				

GRILLED GROUND FOOD

Km0 grilled vegetables	VEGAN	GLUTEN FREE OPTION			T															
Organic veal burger		GLUTEN FREE OPTION																		
Grilled artichokes with Iberian shavings																				
Eggplant with miso vinaigrette		VEGAN																		
Grilled Iberian pork fillet					T															
Matured beef tenderloin																				
Organic aged beef tataki from the Lleida Pyrenees																				

MUSSELS TO ONE'S TASTE

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

DESSERTS, HOMEMADE

Maria's Coffee Fritters																				
Carrot cake, matcha tea and pollen					T															
Citrus mousse	T				T															
Tatin bravas					T															
Cottage cheese with crunchy honey and caramelized walnuts					T															
Cheesecake with strawberry jam																				
Bread with chocolate, oil and salt		GLUTEN FREE OPTION			T															
Brownie					T															
Grilled pineapple with passion fruit sauce		VEGAN																		
Nutella mochi																				
Vanilla ice cream																				
Fruit ice pop, lemon lime flavor		VEGAN																		
Fruit ice pop, coconut and strawberry flavor		VEGAN																		



DOES NOT CONTAIN
 T TRACES
 CONTAINS
 TO BE DETERMINED

DRINKS

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

