DISHES

		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
COLD															
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												■		■
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 tartare with avocado	GLUTEN FREE OPTION				T	■	■	■		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		
HOT															
Pulled pork bun						T	■	T	T		T		T	■	■
Padrón peppers					T			T	T	T		T			
Adolfina's meatballs				T		■		■	T				T		
Herminia's pork in sauce															■
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						T		T							
Bread	GLUTEN FREE OPTION						■						T		
RICES															
Creamy rice with blue crab					■					■		■			■
Rice with baby cuttlefish and its ink			■		■			■		■		■			■

□ DOES NOT CONTAIN T TRACES ■ CONTAINS ▒ TO BE DETERMINED

DISHES

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

		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
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														
Grilled artichokes with Iberian shavings															

SAUCES

		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
Romesco				T		■	■						T		■
Aioli								■							■

DESSERTS

		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
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								■	■					■	■
Brownie				T		■		■	■					■	■
Nutella mochi						■		■	■					■	
Vanilla ice cream								■	■						
Fruit ice pop, lemon lime flavor	VEGAN														
Fruit ice pop, coconut and strawberry flavor	VEGAN					T									

□ DOES NOT CONTAIN T TRACES ■ CONTAINS TO BE DETERMINED

DRINKS

		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
WHITE WINE															
Aproppòsit WOW D.O. Penedès															■
Aproppòsit D.O. Terra Alta															■
Aproppòsit D.O. Montsant	VEGAN														■
Aproppòsit Xarel·lo D.O. Penedès	VEGAN														■
Aproppòsit Malvasia D.O. Tarragona															■
Aproppòsit Muscat D.O. Terra Alta															■
Cosechero del Pòsit															■
Rebels de Batea															■
Aura															■
Petites estones															■
Els Pics															■
Marqués de Riscal Verdejo															■
Mireia															■
El Terrat															■
Petit Costes															■
Jean Leon 3055															■
Grimau Chardonnay															■
Mustillant															■
RED WINE															
Aproppòsit D.O. Montsant	VEGAN														■
Aproppòsit D.O.Q. Priorat															■
El Senat del Montsant															■
Lan D-12															■
Marqués de Burgos															■
Trus Ageing															■
Els Pics															■
Marqués de Vargas Reserva															■
Condado de Oriza															■
Tinto de verano															■
ROSÉ WINE															
Aproppòsit Rosé D.O. Penedès															■
Flors i Violes															■
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							■								

□ DOES NOT CONTAIN T TRACES ■ CONTAINS ▒ TO BE DETERMINED

REAL FOOD BAR DELPÒSIT

DRINKS

		Lupins	Celery	Peanuts	Crustaceans	Nuts	Gluten	Eggs	Milk	Molluscs	Mustard	Fish	Sesame	Soy	Sulphites
Inedit							■								
Voll Damm							■								
AK Damm							■								
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															

COCKTAILS

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 MG Rosa															
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															

REAL FOOD BAR DELPÒSIT

□ DOES NOT CONTAIN T TRACES ■ CONTAINS ▒ TO BE DETERMINED

DRINKS

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

DOES NOT CONTAIN | T TRACES | CONTAINS | TO BE DETERMINED

REAL FOOD BAR DELPOSIT

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.