



● GLUTEN FREE ● GLUTEN FREE OPTION ● GLUTEN FREE AVAILABLE ● VEGAN

Ask your waiter

SNACKS

- Bravas with iberian minced chorizo 6,80
- Hummus with crispy vegetables 7,80
- Guacamole with nachos 7,90
- Crispy free-range Chicken 10,50
- Vegetable tempura 10,00
- Chicken croquettes 10,00
- Foie Mi-cuit with walnuts and plums 12,90
- Organic cheeseboard 17,00
- Balfegó tuna tartare and salmon 17,00
- Fried squid rings 12,60
- Squid Andalusian style 12,90
- Iberian acorn-fed ham 18,00

COLD STARTERS

- Green salad with seeds 9,80
- Salad with fresh cheese with tomato confit 12,70
- Grilled pepper with cod 12,90
- Vegetable tartar 11,80

OYSTERS!!

- Oyster from the Delta de l'Ebre 3,80
- Del Sol Oyster 5,50
- Oyster ceviche 4,20
- Tempura oyster 4,20

MUSSELS TO ONE'S TASTE

- Citrus, bay leaf, garlic and onion 11,90
- Rosemary, chilli and garlic 11,60
- White wine, celery, garlic and parsley 11,80

CARPACCIO

- Cod carpaccio, tomato confit and pickles 16,00
- Balfegó tuna carpaccio with 3 dressings 17,00
- Beef carpaccio and parmesan sauce 19,80
- Zucchini carpaccio 11,00

BREAD

- Bread with tomato and olive oil 3,40
- Bread with garlic and olive oil 3,40
- Bread 0,80
- Gluten-free bread 2,00

RICE AND PASTA

- Rice with blue crab 19,70
- Rice with seafood 19,80
- Rice with lobster 25,00
- Rice with duck and mushrooms 19,60
- Vegetable rice with grilled leek and young garlic 18,90
- Rice with baby cuttlefish and its ink 19,60
- Surf and turf rice with organic Iberian ham veil 19,80
- Maxicannelloni with traditional roast 13,00
- Rossos noodles 16,50

GRILLED SEAFOOD

- Grilled octopus leg 18,00
- Grilled Mediterranean squid 14,90
- Sardines 9,80
- Wild seabass with vegetables and citrus vinaigrette 17,00

GRILLED GROUND FOOD

- Km0 grilled vegetables 14,80
- Organic veal burger 12,50
- Grilled artichokes with Iberian shavings 14,50
- Eggplant with miso vinaigrette 9,00
- Grilled Iberian pork fillet 17,80
- Matured beef tenderloin 22,00
- Organic aged beef tataki 19,80

DESSERTS HOMEMADE

- Maria's Coffee Fritters 5,00
- Carrot cake, matcha tea and pollen 6,50
- Citrus mousse 5,80
- Tatin bravas 5,70
- Cottage cheese with crunchy honey and walnuts 6,50
- Cheesecake with strawberry jam 6,00
- Bread with chocolate, oil and salt 6,00
- Brownie 5,80
- Grilled pineapple with passion fruit sauce 6,30
- Nutella mochi 5,20
- Vanilla ice cream 4,80
- Fruit ice pop, lemon lime flavor 2,90
- Fruit ice pop, coconut and strawberry flavor 2,90



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WHITE WINE

	btl.	cup
● Aproppòsit del Pòsit D.O. Terra Alta	16,50	3,50
● Aproppòsit WOW D.O. Penedès	14,90	3,30
● 73 D.O. Penedès	16,00	
● Cosechero D.O. Albariño	16,00	3,40
● Rebels de Batea D.O. Terra Alta	17,30	3,60
● Aura D.O. Rueda	14,00	2,90
● Marqués de Riscal Verdejo D.O. Rueda	18,00	3,80
● Llàgrimes de tardor D.O. Terra Alta	19,80	4,00
● Els Pics D.O. Priorat	28,00	
● Petit Costes 100% Muscat (Dry)	22,00	4,00
● Mar d'Estels D.O. Montsant	19,00	4,00
● Nivarius Semi-sweet D.O. Rioja	15,00	3,20
● Nivarius Limited edition D.O. Rioja	18,00	4,00
● Villa Wolf Gewürztraminer D.O. Pfalz	20,00	4,00
● Le Naturel D.O. Navarra	17,00	3,70

RED WINE

	btl.	cup
● Aproppòsit Priorat D.O.Q. Priorat	19,00	4,00
● El Senat del Montsant D.O. Montsant	21,00	4,00
● Mar d'Estels D.O. Montsant	19,00	4,00
● Lan D-12 D.O. Rioja	18,00	3,80
● Marqués de Burgos D.O. Ribera del Duero	19,00	4,00
● Llàgrimes de tardor D.O. Terra Alta	18,00	3,80
● Marqués de Vargas Reserva D.O. Rioja	29,00	
● Sileo D.O. Montsant	19,50	4,00
● Els Pics D.O. Priorat	26,00	
● Condado de Oriza D.O. Ribera del Duero	15,00	3,30
● Le Naturel D.O. Navarra	17,00	3,70
● Trus Ageing D.O. Ribera del Duero	23,50	4,00
● Tinto de verano With lemon or soda		3,80

ROSÉ WINE

	btl.	cup
● Flors i Violes D.O. Tarragona	16,00	3,40
● Mart D.O. Penedès	20,00	4,00

CAVA - CORPINNAT - SPARKLING

	btl.	cup
● Aproppòsit Gran D.O. Cava.	17,00	3,40
● Aproppòsit Brut Nature Grand Reserve	19,00	3,80
● Gramona Innoble Corpinnat	30,00	

SANGRIAS

	pitcher	cup
● Wine sangría	13,00	4,50
● Cava sangría	17,00	

VERMOUTH - SPRITZ

Vermouth		4,00
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BEERS

	glass	btl.	pitcher ½
Estrella Damm Lager		2,70	
● Daura Lager		3,00	
Duet Sour Ale		4,00	
Inedit Malt & wheat with spices		3,30	
Voll Damm Märzen, double malt		3,00	
AK Damm Alsatian, soft		3,40	
● Free Damm Tostada Amber lager		3,00	
● Free Damm Lemon Shandy		3,00	
● Free Damm Lager		3,00	
Complot IPA With hops from Prades		3,50	
Malquerida Fresh red		2,80	
Estrella Damm (keg) Lager	2,00	2,80	3,95
Damm Lemon (keg) Shandy	1,90	2,70	3,90
Turia (keg) Amber Märzen	2,40	3,40	4,35

COCKTAILS - GIN & TONIC

Propòsit White rum, passion fruit, cinnamon, lime, strawberry	7,00
Fresito Gin, strawberry, lime and mint	8,00
Moscow Mule Vodka, Ginger Beer, lime and mint	8,00
Moscow Mule Non-alcoholic	6,00
Cuban Mojito Soda, rum, lime and mint	8,00
Mojito Non-alcoholic	6,00
Piña colada White rum	7,00
Strawberry daiquiri White rum	7,50
Passion fruit daiquiri White rum	7,50
Gin & tonic Ginraw Barcelona Ultra premium (very aromatic)	10,00
Gin & tonic MG Dry	6,70
Gin & tonic MG Rosa	6,80

COFFEE ORGANIC

Coffee	-
Grand reserve	-
Milk coffee	-
Cappuccino	-
Irish coffee With cream and whiskey	-
Scottish coffee With vanilla ice cream and whiskey	-

INFUSIONS ORGANIC

Darjeeling Black tea	-
Shooting star Green tea, cornflower and calendula	-
Pu Erh Fresh Red tea, natural vanilla aroma and strawberry	-
Green tea, ginger and lemon Black pepper & licorice	-
Black Chai tea Ginger, cinnamon, clove and black pepper	-
Royal Fruits Elderberries, chokeberries, wild rose and hibiscus	-
Chamomile Chamomile, ecological flower	-
Verbena and mint Mint and lemon beebrush	-
Rooibos with orange Rooibos, orange and lemongrass	-
Vitality Natural honey aroma, rooibos, chamomile and anise	-