

WEEKLY MENU TO ENJOY AT HOME

TUESDAY 26/08/25

PRIMERS PLATS A TRIAR:

Sauteed peas with ham
Tomato, spring onion and tuna
Potato with fried egg
Stuffed peppers with El Racó-style potato salad
Salmorejo with hard boiled egg and croutons

MAIN COUSE TO CHOOSE FROM:

Stew squid with onion and tomato
Spicy tripe with chickpeas
Grilled Iberian pork with chimichurri and baked potato
Grilled beef steak with courgette
Vegetarian spinach burger with garnish

DESSERT TO CHOOSE FROM:

Apple cake with cream
Seasonal fruit: Watermelon and melon cubes
Catalan creme brulee
Natural yoghurt from Cal Manyà
Ice cream of the day (only in the premises)

WEDNESDAY 27/08/25

STARETRS TO CHOOSE FROM:

Seafood spaghetti with clams
Chickpeas and cod salad with mixed greens
Gratin meat stuffed aubergine
El Racó-style potato with ham
Salmorejo with hard boiled egg

MAIN COURSE TO CHOOSE FROM:

L' Empordà-style rabbit with rice
Pan-fried squid rings with citrus mayonaise
Beef cutlets with Roquefort sauce and pan-fried potatoes
Grilled jumbo sausage and black pudding with beans
Vegetarian nuggets with BBQ dip

DESSERT TO CHOOSE FROM:

Apple cake with cream
Seasonal fruit: watermelon and melon dices
Catalan creme brulee
Natural yoghurt from Cal Manyà
Ice-cream of the day (only in the premises)

THURSDAY 28/08/25

STARTERS TO CHOOSE FROM:

Roast meat cannelloni with Ceps bechamel
Lettuce hearts salad with tuna, boiled egg and garlic eels
Catalan-style spinach with croutons
El Racó-style potato salad with nachos and guacamole
Salmorejo with hard boiled egg

MAIN COURSE TO CHOOSE:

Gratin cod rice with alioli and leavy spinach
Salmon supreme with orange sauce
Breaded pork loin with pan-fried potatoes
Grilled beef steak with baked potato and *Padron* peppers
Vegetarian nuggets with BBQ dip

DESSERT TO CHOOSE FROM:

Apple cake with cream
Seasonal fruit: watermelon and melon cubes
Catalan creme brulee
Natural yoghurt from Cal Manyà
Ice cream of the day(only in the premises)

FRIDAY 29/08/25

STARTERS TO CHOOSE FROM:

Quiche Lorraine with leeks, bacon and prawns
Pineapple carpaccio with cured ham
Samfaina with slow cooked egg
ElRacó-style potato salad with eels and piquillo peppers
Salmorejo with hard boiled egg

MAIN OURSE TO CHOOSE FROM:

La Cigonya fish noodle casserole with squid and mussels
Baked hake with olive tapenade and tomato
Chicken skewer with vegetables and mashed potato
Grilled jumbo sausage and black pudding with beans
Vegetarian nuggets with BBQ dip

DESSERT TO CHOOSE FROM:

Apple cake with cream
Seasonal fruit: watermelon and melon cubes
Catalan creme brulee
Natural yoghurt from Cal Manyà
Ice-cream of the day (only in the premises)

WEEKEND, 30th and 31st August 2025

STARTERS TO CHOOSE FROM:

Tray of prawns with citrus mayonaise
Salmon salad with goat's cheese cloud
Chicken ravioli with wonton pasta and Ceps bechamel
Potato with eggs and garlic eels
Vegetable lasagne with bechamel

MAIN COURSE TO CHOOSE FROM:

Grilled 12-day-matured beef entrecote from Girona
Brothy rice with lobster, cuttlefish, prawns and mussels
Oven baked cod with orange sauce
Catalan-style-cooked lamb's shoulder
Vegetarian pie with onion and goat's cheese

DESSERT TO CHOOSE FROM:

Carrot cake with creme cheese frosting
Pineapple carpaccio with coconut cream
Catalan creme brulee with almond biscuit and *Catanies*
Chocolate-lava-cake with its ice-cream