

WEEKLY MENU TO ENJOY AT HOME

TUESDAY 03/02/26

STARTERS TO CHOOSE FROM:

Stew chickpeas with ribs, sausages and leavy spinach
Cheese salad with its vinaigrette
Roast meat croquettes with fork mashed potatoes
El Racó-style potato salad with garlic eels
Vegetarian broccoli cream soup

MAIN COURSES TO CHOOSE FROM:

Head and leg from La Boqueria *Samfaina*
Pan-fried hake with aubergine parmentier
BBQ chicken wings with fries
Grilled steak with a garnish
Vegetarian spinach burger with a garnish

DESSERTS TO CHOOSE FROM:

Sponge cake with cream
Mató mousse with honey
Seasonal fruit: mandarin, orange or banana
Caramelized crème brûlée
Natural yoghurt from Cal Manyà
Ice-cream of the day (only in the premises)

WEDNESDAY 04/02/26

STARTERS TO CHOOSE FROM:

Noddle casserole with sausages and ribs
Chickpeas and tuna salad with lettuce
Steamed vegetables: chard with potatoes
El Racó-style potato salad with marinated mussels
Vegetarian grilled mushrooms cream soup

MAIN COURSES TO CHOOSE FROM:

Chicken curry stew with apple
Grilled tuna with vegetables
Grilled pork with White beans
Grilled beef steak with pan-fried potatoes
Vegetarian nuggets with BBQ dip

DESSERTS TO CHOOSE FROM:

Chocolate brownie
Mató mousse with honey
Seasonal fruit: mandarin, orange or banana
Caramelized crème brûlée
Natural yoghurt from Cal Manyà
Ice-cream of the day (only in the premises)

THURSDAY 05/02/26

STARTERS TO CHOOSE FROM:

Gratin meat cannelloni with béchamel
Chicken salad, , guacamole and cherry tomatoes
Puff pastry roll filled with spinach on a tomato base
El Racó-style potato salad with *fuet* and croutons
Vegetarian carrot and ginger cream soup

MAIN COURSES TO CHOOSE FROM:

Brothy rice with cuttlefish, mussels and scampi
Oven-baked cod with a spinach base
Veal cutlets with Roquefort sauce
Grilled jumbo sausage and black pudding with beans
Vegetarian spinach burger with a garnish

DESSERTS TO CHOOSE FROM:

Chocolate brownie
Mató mousse with honey
Seasonal fruit: mandarin, orange or banana
Caramelized crème brûlée
Natural yoghurt from Cal Manyà
Ice-cream of the day (only in the premises)

FRIDAY 06/02/26

STARTERS TO CHOOSE FROM:

Catalan-style stew broad beans
Pineapple salad with walnuts and cured ham
Hummus with carrot sticks
El Racó-style potato salad with cuttlefish ink croquettes
Vegetarian grilled artichoke cream soup

MAIN COURSES TO CHOOSE FROM:

Fideuà with cuttlefish, Vilanova prawns, and Bouchot mussels
Fresh fish from the local fish market
Grilled chicken with potato gratin
Grilled beef steak with its garnish
Vegetarian nuggets with BBQ dip

DESSERTS TO CHOOSE FROM:

Chocolate brownie
Mató mousse with honey
Seasonal fruit: mandarin, orange or banana
Caramelized crème brûlée
Natural yoghurt from Cal Manyà
Ice-cream of the day (only in the premises)

WEEKEND MENU, 7th and 8th February 2026

STARTERS TO CHOOSE FROM:

Fishermen's soup with rock fish, rice and garlic bread
Burrata salad with tomato and pesto dressing
Grilled *Calçots* with *romesco* dip
Duck ravioli with wonton pasta and wild mushroom's sauce
Vegetarian vegetable lasagne with béchamel

DESSERTS TO CHOOSE FROM:

Mille-feuille with pastry and strawberries
Fresh curd cheese mousse with honey from Castell de Penyaforat
Catalan crème brûlée with almond crunchy biscuits and *Catànies*
Chocolate soufflé with ice-cream

MAIN COURSES TO CHOOSE FROM:

Grilled 12-day aged steak from Girona
Brothy rice with cuttlefish, lobster, king prawns and mussels
Stew pig's trotters with snails
Salmon with Orange sauce
Vegetarian spinach burger with garnish