

# 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)

**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)

**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)

**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, 7<sup>th</sup> and 8<sup>th</sup> 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

**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

**DESSERTS TO CHOOSE FROM:**

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