

















FROM THE SEA

Stuffed squid croquettes with roasted garlic emulsion 	9,80 €
Steamed rock mussel with garlic and chilli sauce	12,80 €
Can Callol anchovies from L'Escala with bread rubbed with tomato  (bread)	14,90 €
Battered squid Andalusian style with lime aioli 	16,50 €
Small Fried L'Estartit sand eels 	16,80 €
Grilled razor clams of galician with vegetable vinaigrette (6 u.)	17,90 €
Brown meagre tartare with raw vegetables and seaweed salad with sesame and soy emulsion	19,50 €
Sautéed Palamós red prawns with garlic and parsley (200 gr)	19,90 €
Baked fish with potatoes, red pepper and onions old style or grilled with fried garlic and chilli:	
Whole monkfish (1kg)	28,50 €
Turbot supreme	29,50 €
Sea bass (minimum 2 pax/price per person)	34,50 €

FROM THE LAND AND THE SEA




Burrata with seaweed salad, tomato and Figueres onion <i>trinxat</i> , green shoots and hazelnut oil 	14,50 €
Olive oil focaccia bread with a Heura hamburger, wakame seaweed with sesame, mozzarella, sun-dried tomatoes in oil and soya mousseline  	14,80 €
Tomato and red onion salad with belly of confit tuna in our House, black Kalamata olives and reduction of vinegar Fòrum	15,75 €
Home-marinated salmon cubes with mozzarella and cherry tomatoes confit, basil mayonnaise and vegetable crudité oil	16,70 €
Grilled squid with roast pepper and aubergine "escalivada" and black Kalamata olive oil	19,70 €
<i>Catxoflino</i> of braised pork cheek with gravy, squid with white beans and black trumpet mushrooms	22,80 €
Casserole of cod loin with <i>sanfaina</i> au gratin and a light mousseline of roast garlic	25,70 €

FROM THE LAND

Les Voltes 'Bravas' potatoes 	9,00 €
Goat cheese and caramelised onion croquettes  	9,50 €
«Pernil del Bo», quality ham croquettes 	9,80 €
Lettuce hearts and endive salad, Feta-style cheese cured in brine and crudité vegetables with raisin oil and roasted cashew nuts 	12,50 €
Cannelloni filled with chicken, truffle and duck foie, its roasting sauce with chanterelle mushrooms and cheese powder from El Set de Mas Marcè 	15,85 €
Iberian pork <i>pluma</i> (boneless flank) from Masia Tero with Empordà muscatel sauce and braised onions	19,90 €
Tataki of Masia Empordà-certified veal entrecôte with black trumpet mushroom sauce and potatoes <i>a la Antigua</i>	23,80 €
Señorío de Montanera 100% pure acorn-fed Iberian ham, hand-sliced on glass bread with tomato  (bread)	28,50 €

4 RICES AND A NOODLE

Minimum 2 people and 20 minutes' cooking time. Price per person.

THE VEGETARIAN  Onice rice from Mas Pla de Pals in paella with mixed mushrooms, green asparagus and roasted pumpkin emulsion	22,50 €
ROSSEJAT  <i>Rossejats</i> noodles with cuttlefish, cockles and Palamós prawns with black garlic aioli	24,50 €
LAND-SEA Nembo rice from Estany de Pals with horn of plenty mushrooms, grilled squid and a La Vera red pepper emulsion	25,90 €
BLACK RICE CASSEROLE Bahia del Estany de Pals rice with Empordà-style dark <i>sofrito</i> , cuttlefish, salt and pepper sausages and red prawns	26,90 €
LOBSTER Bomba rice from Mas Pla de Pals with dark <i>sofrito</i> , lobster, cuttlefish and mussels	31,50 €
Empordà toasted coca* bread rubbed with tomato  (possible peasant's gluten free bread)	3,50 €

TO END WITH

Check out our sweet wine and desserts menu!

Sweet wines

A selection of sweet wines from the DO Empordà with the presence of other producing areas.

Desserts

A choice of artisan desserts that combines high quality products from local producers with gastronomic creativity.

Our establishment has information about the presence of allergenic ingredients and products in the menu and à la carte dishes. We are at your disposal to provide information in case you suffer any allergies and / or food intolerance in accordance with EU Regulation no. 1169/2011

Prices per person · Prices with VAT included

OFFER SNACKS TIME

Schedule: from 12:30 h to 16:30 h and from 20 h to 22:30 h