



The cuisine at Mas Generós begins in the garden.

The flowers, herbs, and fruits that grow here inspire our cooking and bring each dish to life.

We invite you to wander through the aromas of the landscape and discover the origin of every ingredient: the vegetable patches, the chicken coop, the bees...

For years, I've been cooking nature to help others reconnect with the earth, with well-being, and with the true flavors of our surroundings.

Here at Mas Generós, I've created a culinary experience that begins among the plants and continues on the plate— an experience you can also enjoy through the private gastro-botanical journeys I personally offer in the garden.

This cuisine is brought to life by all of us: Amàlia, leading the kitchen; Julio, welcoming you in the dining room; the hotel team and the gardeners who tend to every detail— and most especially, Eugènia Huguet, the heart and soul of this small paradise in the heart of the Empordà.

With warmth and wildflowers,
Iolanda Bustos "The Chef of Flowers"





STARTERS

Rustic bread with tomato and Fontclara olive oil (<i>gluten</i>)	€4
Generous Gilda (<i>fish</i>)	€3,5/each
Herbs and flowers in rice tempura (<i>vegan</i>)	€9
Acorn-fed Iberian ham with crispy bread with tomato (<i>gluten</i>)	€28
Anchovy from L'Escala with crispy tomato bread (<i>bread, fish</i>)	€2,5/each
Seasonal tomato salad with 'smashed' onion (<i>vegan</i>)	€16
Green salad seasonal (<i>vegan</i>)	€16
Warm beetroot carpaccio from the embers with artisan cheese, tender shoots and hazelnuts (<i>dairy, nuts</i>)	€15
Croaker ceviche with coconut water and garden herbs (<i>fish</i>)	€19,50
Fresh pasta ribbons "a la jardinière" with fresh oregano (<i>gluten, egg</i>)	€15

Bread service with rosemary €1,80/person (gluten-free €2/unit)

MAIN COURSES

Baked Pals rice with mushrooms and vegetables (minimum 2 people) (<i>vegan</i>)	€22
Generous open omelet (filled according to season) (<i>egg</i>)	€18
Cod "Eugènia's family style" with straw potatoes and scrambled eggs (<i>egg, garlic, fish</i>)	€24
Grilled coastal squid with green asparagus, bacon and romesco sauce (<i>fish, nuts</i>)	€21
Girona beef tenderloin with potatoes, green peppers and garden chimichurri (<i>garlic</i>)	€29
Whole milk-fed lamb shoulder, roasted with aubergine velouté, almonds and mint (<i>nuts</i>)	€35
Farmhouse chicken roasted with dried apricots, pistachios, rancio wine and ginger (<i>nuts</i>)	€22

DESSERTS

Orange and almond cake with chocolate and honey & orange blossom ice cream (<i>nuts, egg</i>)	€9
"Neulot" filled with lemon curd, spiced apple compote and cinnamon (<i>nuts, gluten, egg, dairy</i>)	€8
Fonteta curd cheese with honey from our bees, flowers and nuts (<i>dairy, nuts</i>)	€8
Vegan dark chocolate truffles with olive oil and banana scented with lavender (<i>vegan</i>)	€2/each
Ice creams and sorbets made with fruits, herbs and flowers from our garden by Angelo Corvitto, Torroella de Montgrí	€8