



The cuisine at Mas Generos 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 the hotel team and the gardeners who tend to every detail— and most especially, Eugenia 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"*

Fonteta, autumn - winter



STARTERS

Tomato flatbread with Fontclara extra virgin olive oil (gluten)	€4,00
Generous <i>Gilda</i> (fish)	€3,50
Herbs and flowers in rice tempura (vegetarian)	€9,00
100% acorn-fed Iberian ham with tomato flatbread (gluten)	€30,00
Roasted vegetable flatbread with anchovies from L'Escala (gluten, fish)	€18,00
Palamós red prawn croquette on courgette kimchi (Milk, gluten, fish and seafood)	€3,85/each
Salad of tinned tomatoes from our vegetable garden with 'cop de puny' (smashed) onions and olives (vegan)	€16,00
Mixed green salad with seasonal sprouts and flowers (vegan)	€16,00
Warm carpaccio of charcoal-grilled beetroot with artisan cheese, tender garden sprouts and hazelnuts (lactose, nuts)	€16,00
Fresh pasta ribbons with mixed vegetables and herbs (gluten, egg)	€16,00
Mushroom creamy soup with savoury autumn granola (nuts)	€18,00

Bread service €1,80 per person (gluten-free €2,00/each)





MAIN COURSES

Generous 'open' omelette (seasonal filling) <i>(egg)</i>	€18,00
'Ganxet' beans with vegetables, mushrooms and saffron pil-pil <i>(vegan)</i>	€22,00
Baked Pals rice with vegetables and mushrooms <i>(vegan)</i>	€22,00
Ampurdanese-style casserole of noodles with monkfish and pumpkin <i>(fish, gluten)</i> .	€24,00
Eugenia's home-style cod, with straw potatoes and scrambled eggs <i>(egg, garlic, fish)</i>	€24,00
Baked turbot with potatoes and sliced almonds in garlic <i>(fish, nuts)</i>	€28,00
Roasted 'Gratapaller' with dried apricots, pistachios, aged wine and ginger <i>(nuts)</i> .	€24,00
Girona veal fillet with potatoes, green pepper and "ximixurri" from the garden <i>(garlic)</i>	€30,00
Suckling lamb shoulder, roasted with a velvety aubergine purée, almonds and mint <i>(nuts)</i>	€35,00



DESSERT

Orange and almond cake with chocolate and honey and orange blossom ice cream <i>(nuts, egg)</i>	€8,00
"Neulot" filled with lemon curd, roasted apple and cinnamon <i>(nuts, gluten, egg and lactose)</i>	€8,00
Fonteta curd with honey from our bees, flowers and nuts <i>(lactose, nuts)</i>	€8,00
Vegan chocolate truffles with olive oil, banana and lavender <i>(vegan)</i>	€2,00/each
Ice creams and sorbets made with fruit, herbs and flowers from the garden by Angelo Corvito, from Torroella de Montgrí	€8,00

