



# Cuina de Barraca

## SOCA-REL

The Empordà is a land of sea, mountains, rice fields, rich in small orchards and markets where the cuisine adapts to the seasons and the seasonal product, without banishing everything that we can preserve as it was done before, whether salted anchovies or dried mushrooms.

In Soca-rel you will find traditional cuisine from the Empordà to the País Valencià where Jordi Garrido comes from, and we delve into the old family cooking because in food, besides feeding us, we distinguish, spread and protect our culture.

## STARTERS

*Croquettes and fried breadcrumbs, dry to the touch that will leave no trace  
neither on your fingers nor on your plate, but on your palate.*

Chicken croquettes / 2,65 € u.

Spinach croquettes with cured cheese / 2,65 € u.

The “bomba” made of spicy cheek of beef and potato / 5,20 €

Cod fritters with spinach cream and black garlic / 13,55 € / 2,75 € u.

The rabbit fried chops battered with creamy chives / 13,75 €

Homemade squid croquettes / 2,45 € u.



## FRESH FROM LA BARRACA

*When the heat takes away your hunger,  
tender and raw foods refresh our bodies.*

Tomato salad / 14,75 €

Green bean salad, lemon potato, anchovies, black olives, quail eggs  
and dried tomato / 16,25 €

Cod salad, grilled seasonal vegetables,  
endive and two romescos sauce / 13,25 €

Russian salad with cuttlefish and citric mayonnaise / 13,95 €

Grilled “Escalivada” from @mibrasa, fresh cheese and herbs / 15,35 €

Salad of the vegetable garden / 15,75 €

# STEW DISHES FROM THE BARRACA KITCHEN

*When we speak of a stew, we speak of a loving dish,  
cooked unhurriedly like the barraca cuisine,  
to the “chup-chup” of the slow fire, without haste and with a lot of love.*

“Callos” / 13,75 €

Meatballs with cuttlefish / 16,85 €

Stewed beef with seasonal mushrooms / 16,85 €

Chicken Catalana style with plums / 15,95 €



# RICE FROM FIRE WITH THE LEAVES OF OUR VINEYARDS

*If there is a dish that unites us like no other, this is rice.  
Rice from the barraca, from the Campo de Alicante to the Plana Empordanesa,  
from fishermen or from orchards and farmyards, in casserole or paella...*

*We use the variety of rice “Bahia de l’Albert Grasot” from the pond of Pals.*

*(Minimum 2 people)*

Seafood rice with cuttlefish, squid and red prawn / 22,35 € ración

Vegetables rice / 18,75 € ración

Sea and mountain rice with black and white sausage / 19,85 € ración

Black rice with cuttlefish stewed in its ink and crayfish / 21,85 € ración

“Valenciana” paella with rabbit, chicken, snails,  
green bean and white bean “garrofo” / 19,65 € ración

Rice with grilled octopus and pumpkin / 23,25 € ración

Sea and mountain rice with onioned squid and meat balls / 19,25 € ración

Rice with Iberian secret, grilled eggplant  
and sobrasada menorquina / 19,85 € ración

*\*prices including VAT*

## FROM THE HEAT OF @MIBRASA

*Accompanied by roasted vegetables or grilled potato...*

*Ask for our suggestions of fresh fish from the fish market and special meats!*

Giant sausage for 2 people to share (500g)  
with roasted potatoes / 24,75 €

Tataki slices of rested and marinated beef / 22 €

Slices of beef from Girona with vegetables and grilled potatoes / 22 €

Entrecotte of beef (600g) / 34 €

Grilled goat with romesco, grilled potato and meat juice / 22,35 €

Grilled vegetables with romesco and grilled potatoes / 14,65 €

Grilled octopus with potato / 23,75 €

Grilled stingray with butter, toasted, vegetables and herb / 19,95 €

Fish of the day with vegetables and potato parmentier / 22,75 €

Grilled tuna tataki with zucchini salad, tomato and basil / 24,25 €



*And the last but not the least...*

## DESSERTS

*All the desserts we serve are made  
with 100% natural products.*

Almond cake with nougat ice cream / 7,95 €

“Carquinyolis” (walnut cookies) with hazelnut ice cream / 4,95 €

Chocolate textures / 8,20 €

Organic fresh cheese “recuit” with honey and yogurt / 6,75 €

Nuts, almonds, dry grapes, with muscatel or stale wine / 4,25 €

Homemade grilled “Xuixo” of cream with ice cream,  
typical in Girona / 6,65 €

Red fruits, organic fresh cheese “mató” with honey  
and raspberry sorbet / 6,20 €

Matcha tea cheesecake with “recuit” / 7,85 €

Baked apple puff pastry with lavender cream  
and vanilla ice cream / 9,25 €



*\*prices including VAT*

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