

# Basque Organiko

The Basque soul, in harmony with the earth.

Basque OrganiKo is born from the dialogue between nature and consciousness.

From the encounter between the emotion of Eneko Atxa and the knowledge of Alejandro Sánchez (MAD00653), nutritionist and co-founder of @staynutri, arises a new way of understanding cuisine: healthier, more complete, more organiKa.

Each dish is a tribute to body and soul — a harmony between fire, sea, and land.

The ingredients tell their story: the mist of the Cantabrian Sea, the sun that ripens the tomatoes, the heartbeat of the mountain.

Basque OrganiKo is the natural and conscious evolution of the Eneko Basque spirit:

a living, nourishing, and deeply organiKa cuisine.





# Basque Organiko

## Eguzkiaren musua..."The Kiss of the Sun"

Tomato soup with virgin olive oil and mini corn talo

Nutritional information: Rich in natural antioxidants (vitamins C and E) with a light, cleansing profile. The perfect start to balance body and digestion.

## Itsasoaren lainoa..."The Mist of the Sea"

Blue fish tartare with citrus

Nutritional information: A source of high-quality protein and heart-healthy fats (omega-3), supporting cardiovascular health and mental focus.

### Lurra eta ortua..."The Earth and the Garden"

Farm egg yolk over wheat stew

Nutritional information: Combines complete proteins and whole carbohydrates, providing sustained energy and satiety. Rich in B-group vitamins, essential for metabolism.

## Sua eta haize gorria..."The Fire and the Red Wind"

Grilled cod with carrot textures and organic bread crumbs

Nutritional information: A source of lean protein and essential minerals (iodine, phosphorus) that support muscle function and overall energy balance.

### Mendiko bihotza..."The Heart of the Mountain"

Roasted beef with red pepper blossom

Nutritional information: High in protein, iron, and zinc — a nourishing dish that promotes vitality and strengthens the immune system.

### Udazkenaren xarma..."The Charm of Autumn"

Herb gatzatua with wild forest honey

Nutritional information: A soft dairy dessert rich in calcium and natural probiotics that support digestion and gut health. A gentle, balanced way to end the menu.

