

ENEKO BASQUE

Basque Organiko

The Basque soul, in harmony with the earth.



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.

73€ p.p.

Allergens & Calories

