



## **La Ecocina, ecological menus promoting healthy diets**

**LOCATION:** Cordova

**DURATION:** 1'41''

**SUMMARY:** La Ecocina is a restaurant located in Cordoba that works to promote health and wellbeing through their gastronomy. All of the dishes on the menu are listed using 100% ecological products and are created for individuals who want to lead healthy diets and to clients with certain illnesses that would benefit from well balanced meals. The restaurant offers daily menus that give clients the liberty to choose from main meal dishes, breakfast options, snacks, or a list of tapas and drinks for those who simply want to snack: here, everything comes straight from nature.

### **VTR:**

Eating ecologically is not only a trend but a life's necessity. This idea funds the promoters initiative of 'La Ecocina', a restaurant in Cordoba, of presenting itself as an authentic health center where one can taste all kinds of dishes for those who have diagnosed food intolerances, some pathologies or simply for those who worry about eating in the healthiest way possible: with only organic products.

### **RAFI GARCÍA** **Promoter of La Ecocina**

*"Ecological food to prevent in health issues and for people who already have a disease like chemical hypersensitivity or many of our clients that are suffering from a type of cancer and are now receiving some type of chemotherapy or radiotherapy and need their nutrition to be good and above all to not contain any kind of chemical".*

Thus, each and every one of the ingredients that are used for La Ecocina's plates are 100% certified ecological products, it is a way to provide daily nutrients while not solely limiting itself to vegetables.

### **ANA GARRIDO** **La Ecocina's Kitchen Manager**

*"In our menu you can find products ranging from fish, to vegetables, to meats while all still being ecological".*

### **RAFI GARCÍA** **Promoter of La Ecocina**

*"We want to challenge the concept that ecological eating is equal to vegetarianism and veganism. And the truth is that making traditional dishes with sustainable fish and organic meat also carries a very good impression".*

Sustainable fishing products, ecological livestock and all kinds of vegetables, pastas, legumes, and certified eggs all come together in La Ecocina's plates, with the option of eating in or taking out. In one way or another, its goal is the same: bringing health to the table.

For more information or support please call +34 647 310 157 or email [info@andalusianstories.com](mailto:info@andalusianstories.com)