

MASQi

THE ENERGY HOUSE



Philosophy

The restaurant is one of the great protagonists of MasQi. Since I decided to open the doors of my house, transforming it into this inspiring project, it was clear to me that the restaurant had to meet several objectives:

The first, to ensure that both vegans and non-vegans could fully enjoy a **balanced menu**, in which all the nutrients we need to feel good, calmer, with more energy and where digestion is easy are present.

Apart from feeling that our food is healthy, a priority value for us is that of **enjoyment**. Our goal is that the flavours are clean, that we can surprise our guests with the presentation of the dishes and that we all realise that they can be enjoyed without including meat, dairy products, sugar and refined ingredients.

In addition, I wanted those who visited our restaurant to **learn** a little more about nutrition, inspiring them so that when they get home, they also begin to choose healthier products and replace those less healthy with better ones.

To meet part of these objectives we take into account some fundamental points: our ingredients are organic and are of the highest quality. We source top-level organic brands from the market for non-perishable products such as legumes, cereals, algae and others. For fresh food, we source organic vegetables from Valencian distributors,



and for fish, we stock up on wild fish from the Ali-cante fish market. We try to ensure that the products are local.

We always say that affection is one of the most important ingredients and that is transmitted by both our kitchen and dining room staff. We have a team of professionals who share the MasQi values in their own lives, making the service we offer much more coherent. The team we have in the kitchen, with experience in the best Spanish restaurants with Michelin stars, make the experience very special.

Our range of breaks at MasQi seek to regain energy, health and well-being and food plays a fundamental role in this process. For this reason, over

the last few years I have been training in macrobiotics and I have been researching in order to be able to help regain our "Health" with food.

We complement the work of the restaurant with **talks on nutrition** both at MasQi (see the events on our website) and online (see videos on YouTube and Instagram TV), as well as the **macrobiotic consultations** that I offer both guests and visitors. Such consultations are by appointment and help make a change in diet adapted to the personal situation of each individual. We also have the Smart Eating online course to help make that change to a healthier life.

I encourage you to follow us on social networks and contact us if you want us to help you in the process of improving your life through food.

Thank you for being part of the great MasQi family.

Sonia Ferre
CEO and Founder of MasQi, The Energy House
Body, Mind & Soul