

Beat: Health

## **EXKi Restaurants - sustainable & healthy diet with delicious, gourmet food**

### **Celebration of the benefits of nature**

PARIS - BRUSSELS, 10.11.2016, 06:48 Time

**USPA NEWS** - On November 4, 2016 was given to the Press the opportunity to discover the range of products of EXKi's Brand, coming from the policy : sustainable and healthy diet combined with delicious, gourmet food. It was in one of EXKi's Restaurant in Saint-Lazare (PARIS)...

On November 4, was given to the Press the opportunity to discover the range of products of EXKi's Brand, coming from the policy : sustainable and healthy diet combined with delicious, gourmet food. It was in one of EXKi's Restaurant in Saint-Lazare (PARIS). Their main motto : natural cuisine offers the taste of delicious, surprising and fresh food on a daily basis. In all seasons. At all times of the day. The vegetable is placed firmly at the heart of all their culinary creations while respecting nature, the environment and the seasons. But also respecting your well-being. Eating more vegetables reduces your intake of acids, calories, carbohydrates and gluten. It increases also your intake of fibre, minerals, vitamins and trace elements

The offer is made of : Salads, Sandwiches, Hot Dishes, Fruit Recipes, Tarts and Pastries, Cold Beverages, Hot Drinks, Grocery, Menus (Breakfast, Lunch, Goûter, Evening Menu...).... A meal at any time of the day !

The story of EXKi began in BELGIUM in 1999, when 3 friends, Frédéric ROUVEZ, Nicolas STEISEL and Arnaud DE MEEËS, all passionate about good food, developed the idea of a quality fast food restaurant, focusing on fresh and natural products. The first restaurant opened its doors on September 9, 2001 at Porte de Namur, in BRUSSELS.

The term 'fast food' illustrates the nature of the EXKi menu but it is more a neo-restaurant. Living well is also the foundation of the philosophy of the founders, going beyond the borders of the kitchen and supply channels. In 2004, EXKi decides to procure its coffee exclusively from fairtrade sources. In 2005, EXKi is selected to become a member of Euro-Toques, an organization that brings together cooks and chefs from all around EUROPE, united by their desire to promote the authenticity and uniqueness of high quality products.

In 2006, EXKi invests in the development of its employees at the heart of the organization by introducing ongoing training. This training aims to standardize the use of methods and tools throughout all EXKi establishments. The content evolves year by year: customer service, leadership, work relationships, product quality, the management of difficult situations, “!

In 2007, EXKi opted for a socially and environmentally responsible approach. All the commitments undertaken by EXKi have been brought together as part of the action plan ReThink. In 2010, EXKi received the “‘Company of the Year’ Award. This award “is given to companies that show spectacular growth while distinguishing themselves in the areas of innovation, open mindedness, strategy and dedication’. The same year, EXKi received the Diversity Award. This award recognizes companies that have demonstrated their commitment to an open human resources policy.

In 2013, EXKi decided to organize a fun and friendly campaign to enable everyone to offer a little warmth to the disadvantaged by way of a bowl of hot soup. The opportunity for all to experience a moment of sharing as an act of solidarity. In 2014, Birth of the first 'Coffee-Bike' : La Maison Vélib EXKi. This setting celebrates the shared values of Vélib´ and EXKi: good urban life, good citizenship, health, wellbeing and respect for the environment.

In 2016, Publication of the EXKi ReThink books : 'Eat well, live well', 'Waste, the food challenge', 'A better coffee', are the subjects addressed in the works written by the EXKi founders. Also, publishes its first book of recipes and tips. 'This Vegetable Almanac is based on a very simple idea : we feed ourselves better when we eat in harmony with nature'. The same year, during the release of 'Gault&Millau Vert 2016', EXKi receives the Award 'Best Vegetables & Fruits Fast Service Projet'

Source : November 4, 2016 at EXKi's Restaurant in PARIS.

Ruby BIRD

<http://www.portfolio.uspa24.com/>  
Yasmina BEDDOU  
<http://www.yasmina-beddou.uspa24.com/>

**Article online:**

<https://www.uspa24.com/bericht-9936/exki-restaurants-sustainable-und-healthy-diet-with-delicious-gourmet-food.html>

**Editorial office and responsibility:**

V.i.S.d.P. & Sect. 6 MDSStV (German Interstate Media Services Agreement): Ruby BIRD & Yasmina BEDDOU (Journalists/Directors)

**Exemption from liability:**

The publisher shall assume no liability for the accuracy or completeness of the published report and is merely providing space for the submission of and access to third-party content. Liability for the content of a report lies solely with the author of such report. Ruby BIRD & Yasmina BEDDOU (Journalists/Directors)

**Editorial program service of General News Agency:**

United Press Association, Inc.  
3651 Lindell Road, Suite D168  
Las Vegas, NV 89103, USA  
(702) 943.0321 Local  
(702) 943.0233 Facsimile  
[info@unitedpressassociation.org](mailto:info@unitedpressassociation.org)  
[info@gna24.com](mailto:info@gna24.com)  
[www.gna24.com](http://www.gna24.com)