

M0 de Movimiento: the sustainable star of Madrid's restaurant scene

For those in the know, Madrid is not really a city to visit in July and August. To be frank, it all but becomes a ghost town. This is largely due to sweltering temperatures that have Madrileños bolting for the beach – 41 degrees and counting this week. However, 2020 is not your average year (slight understatement there). But with people not upping sticks for the summer as freely as before, for those of us that are sweating in the city, we can at least take advantage of getting reservations at hotspots more easily.

In spite of the city feeling quieter than a church mouse, there's one place that has still proven very tricky when it comes to getting a table – that place is M0 de Movimiento. Tucked away on a rather inconspicuous street, it is the place to see and be seen. A claim that I'm sure will surpass just the summer season, and become a Chamberí cult classic.

The founders have put sustainability and social responsibility at the forefront of their business.



My organic aloe vera was served with a tonic hailing from Sevilla.

First things first, M0 de Movimiento is not your bog standard restaurant serving up standard fare. What makes it unique in a saturated market (because let's face it, Madrid is not short on trendy places to *tapear*) is that **everything is organic and sourced from within Spain. They also hire staff who are at risk of social exclusion, and sustainability is one of their pillars.**

In all instances, the team at M0 de Movimiento is working hard to find locally produced ingredients and not just paying lip service to the current trend to be hip, healthy and holistic. The menu has changed during the four visits that I've made (I told you it's become a real fave) and the always-adapting menu reflects which foods are available and in season.

Aside from the ethics of the restaurants being on point, it also helps that the food is downright delicious.

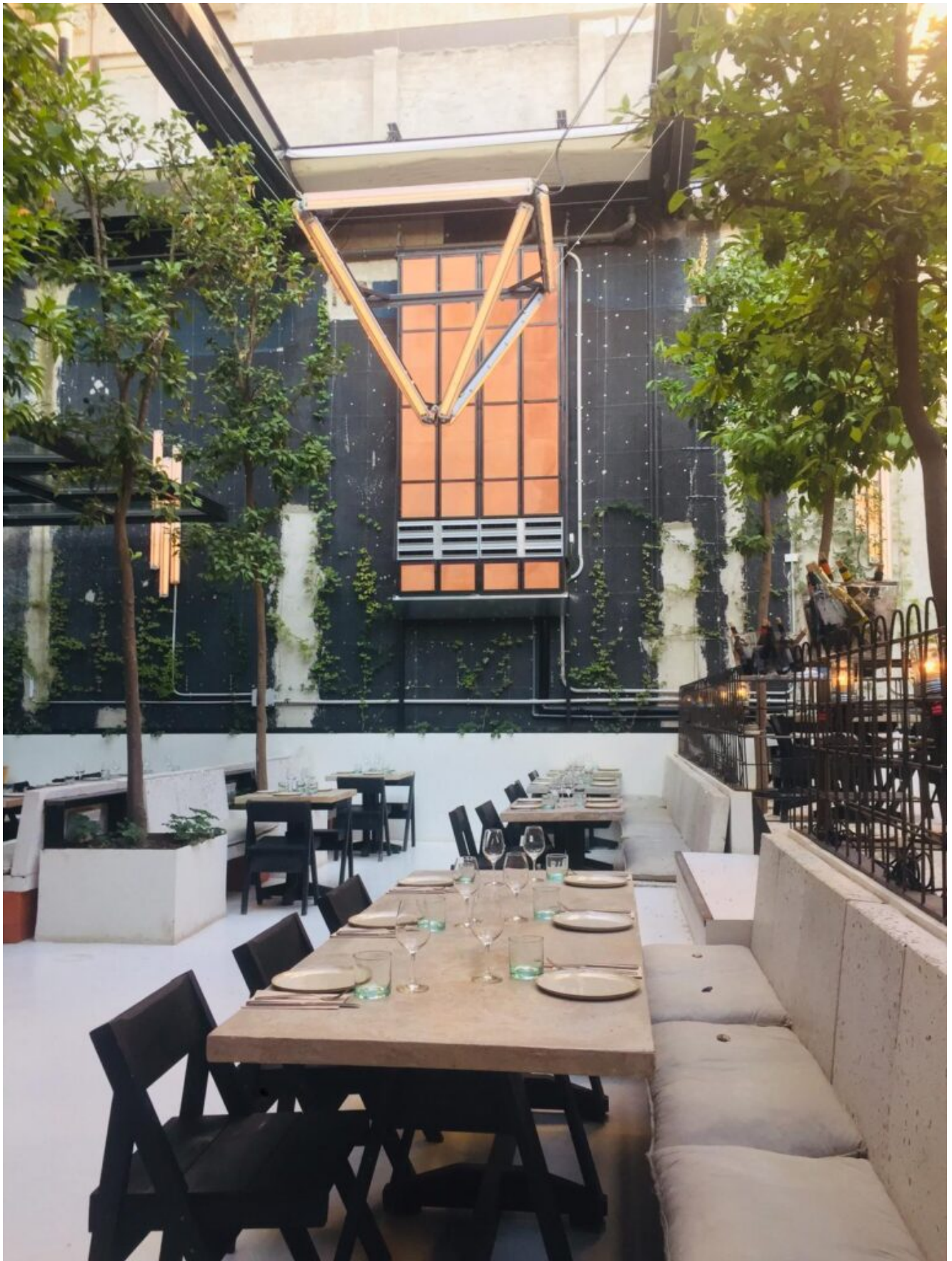


I'm slowly but surely working my way through all that's on offer. Current highlights include the sun-dried tomato and mozzarella ravioli which was wafer thin and melts in the mouth. As well as courgettes fritters which we had to order more of, to avoid a tussle at the table – they were that good.



However, on each visit I have tried a different pizza, and having just returned from Puglia in Italy the stakes were high. I can confirm that the pizzas were every bit as stunning as the decor (more of that later). Napoli-esque in style with soft doughy bases and a whole host of toppings (I plumped for asparagus and Serrano ham) my appetite happily satiated but still with room to sample their lip smackingly good tiramisu.

It's striking, like walking into a secret garden.



Now onto the decor. For someone who religiously pours over Architectural Digest, M0 de Movimiento is a masterclass in

chic and understated style. You can dine out under the stars at their huge terrace, which captures that perfect golden-hour light. There's also a smaller area of the restaurant overlooking the talented chefs inside.

It is literally the perfect place to while away the hours in the heart (and the heat) of the city.



As I said, it does feel somewhat of a secret, irrespective of the burgeoning waitlist, which makes me almost reluctant to share this locale (*it's a short five-minute stroll from my flat). And I do worry that when the cat's fully out of the bag, its rapidly growing popularity is going to go through the roof.

Post lockdown I couldn't wait to dine out. Eager to dress up and enjoy the thrill of perusing a menu (and the pleasure of not washing up), M0 de Movimiento didn't disappoint when it came to that inaugural dinner.

Set to become the darling of Madrid's dining scene, I suggest you make a booking before it's busier than the Bernabéu on match day *pre-lockdown life of course.

M0 de Movimiento

- [Website](#), [Facebook](#) & IG: [@modemovimiento](#)
- **Address:** Calle de Espronceda 34
- **Metros:** Ríos Rosas, Gregorio Marañón or Alonso Cano

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These pics were taken by Cat and by her friend Paul ([@pkear](#))