



BREAKFAST MENU

BGC | 8AM-11AM, FRIDAY-SUNDAY

EAT CONSCIOUSLY. LIVE CONSCIOUSLY.

The Wholesome Table Breakfast Menu is available from 8:00am to 11:00am, Fridays to Sundays only.

BREAKFAST TOASTS AND BREADS

EGG AND CHEESE TOAST..... *Php 310*

Sourdough Toast. Gruyère. Emmental. Mozzarella. Sunny Side-up Free-range Eggs. Basil Oil. Tomatoes. 🌿 **NF**

WILD MUSHROOM TOAST..... *Php 350*

Sourdough Toast. Wild Mushroom. Truffle Oil. Emmental. Mozzarella. Sunny-Side Up Free-range Eggs. 🌿 **NF**

PANCAKES AND WAFFLES

GLUTEN-FREE YOGURT PANCAKE *Php 290*

Three Gluten-free Lemon-Yogurt Pancakes. Coco-Vanilla Butter. Coconut Nectar or Raw Honey. 🌿 **V GF NF**

choice of toppings:

Apple-Pear-Cranberry *Php 30*
 Chocolate Sauce *Php 30*
 Banana *Php 60*
 Strawberry *Php 130*

GLUTEN-FREE WAFFLE..... *Php 310*

Crisp Gluten-free Lemon-Ricotta Waffle. Coco-Vanilla Butter. Coconut Nectar or Raw Honey. 🌿 **V GF NF**

choice of toppings:

Peanut Butter *Php 30*
 Whipped Cream *Php 40*
 Chocolate Chip *Php 50*
 Walnuts *Php 80*
 Almond Butter *Php 110*

BREAKFAST POWERBOWLS

OVERNIGHT OATS

**choose one fruit and one nut topping*

REGULAR OVERNIGHT OATS *Php 360*

Gluten-free Rolled Oats. Chia Seeds. Homemade Almond Milk. Cinnamon. Honey. 🌿 **V GF DF RSF**

CHOCOLATE NUT BUTTER OATS *Php 430*

Gluten-free Rolled Oats. Chia Seeds. Homemade Vegan Almond Milk. Raw Cacao. Coconut Nectar. 🌿 **VGN GF DF RSF**

SMOOTHIE BOWL

**choose a base and two toppings*

BE EXTRAORDINARY... *Php 390*

Banana. Dates. Chia Seeds. Himalayan Salt. Peanut Butter. Cashew Milk. 🌿 **VGN GF DF RSF**

BE EMPOWERED..... *Php 440*

Spinach. Kale. Banana. Chia Seeds. Hemp Protein. Spirulina. Almond Milk. 🌿 **V GF DF RSF**

WHOLESOME GRANOLA.....

..... *Php 330*

**choose one fruit and one nut topping*

Honey-sweetened Oats. Mixed Nuts. Dates. Organic Whole Milk. 🌿 **V GF RSF**

ADD-ONS

Superfood add-ons:

Oats *Php 20*
 Chia Seeds *Php 40*
 Cacao Nibs *Php 50*

Nut add-ons:

Cashews *Php 20*
 Desiccated Coconut *Php 20*
 Almonds *Php 30*
 Granola *Php 50*

Fruit add-ons:

Mangoes *Php 60*
 Banana *Php 70*
 Blueberries *Php 70*
 Fresh Strawberries *Php 100*

Nut butter add-ons:

Peanut Butter *Php 30*
 Almond Butter *Php 70*

EAT CONSCIOUSLY. LIVE CONSCIOUSLY.

PRICES ARE INCLUSIVE OF 12% VAT BUT EXCLUSIVE OF 10% SERVICE CHARGE

V (VEGETARIAN) VGN (VEGAN) GF (GLUTEN-FREE) DF (DAIRY FREE) NF (NUT-FREE)* RSF (REFINED SUGAR-FREE)

*Allergy warning: NF indicates dishes that do not contain any nuts. However, our kitchen is not a nut-free zone & cross-contamination may occur.

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BREAKFAST MAINS

MEAT AND EGGS PLATE

Free-range Eggs. Broiled Tomatoes. Breakfast Side Salad.
Sourdough Toast or Garlic Brown Rice. 🌿 **NF**

***GF option: no toast**

choice of meat:

Homemade Longganisa **Php 270**

Nitrate-free Bacon **Php 320**

Homemade Turkey Sausage **Php 360**

ARROZ CON POLLO **Php 450**

Cuban-style Sautéed Ground Chicken. Green Olives.
Sultanas. Organic Passato. Cuban Style Yellow Rice.
Free-range Eggs. Tostones. 🌿 **GF DF NF**

WARM QUINOA PORRIDGE **Php 310**

Quinoa. Free-range Chicken. Free-range Eggs. Garlic.
Spring Onions. Homemade Chicken Broth. Kale. Micro
Greens. 🌿 **GF DF NF**

GREEN EGGS AND TOMATO OMELET **Php 380**

Kale. Spinach. Leeks. Wild Mushrooms. Cherry Tomatoes.
Emmental. Pine Nuts. Breakfast Side Salad. Sourdough
Toast. 🌿 **V *GF option: no toast**

BISTEK TAGALOG **Php 580**

Grass-fed Beef Tenderloin. Free-range Eggs. Garlic
Brown Rice. Side Salad. 🌿 **GF DF NF**

SIDES

Plain Brown Rice **Php 40**

Free-range Egg **Php 50**

Breakfast Side Salad **Php 90**

Garlic Brown Rice **Php 100**

Crispy Oyster Calamari **Php 120**

Nitrate-free Bacon **Php 160**

Turkey Sausage **Php 240**

DESSERTS

CHIA PUDDING

Chia Seeds. Sweetened Coconut Milk.

choice of toppings:

Mango Chia Pudding **Php 190**

Mangoes. Mango Puree. 🌿 **V GF DF**

Strawberry Chia Pudding **Php 210**

Strawberries. Strawberry Puree. 🌿 **V DF**

FRUIT PLATTER **Php 240**

Assorted Fresh Fruits in Season. 🌿

KIDS MENU

For kids 12 years old and below.

GLUTEN-FREE LEMON YOGURT PANCAKE

🌿 **V GF NF** **Php 190**

GLUTEN-FREE WAFFLE 🌿 **V GF NF** **Php 190**

OVERNIGHT OATS 🌿 **V GF NF** **Php 210**

PB&J TEDDY TOAST 🌿 **VGN** **Php 210**

KIDS WHOLESOME GRANOLA **Php 210**

KIDS CHEESE OMELET 🌿 **V NF** **Php 280**

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BGC
Monday-Thursday, 11AM-11PM
Friday-Sunday, 8AM-11PM
867 0000 | 0917 568 6645
30th St. cor. 7th Ave., Bonifacio
High Street Central, Taguig

ROCKWELL
Monday-Thursday, 11AM-9PM
Friday-Saturday, 10AM-10PM
Sunday, 10AM-9PM
825 7777 | 0917 826 6747
R2 Level Power Plant Mall,
Rockwell Center, Makati

SALCEDO
Open Daily, 7AM-11PM
848 7777 | 0917 885 7520
GF Infinity Tower
H.V. Dela Costa cor Leviste St,
Salcedo Village, Makati

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