



DINNER MENU

BGC | ROCKWELL
6PM ONWARDS, DAILY

EAT CONSCIOUSLY. LIVE CONSCIOUSLY.

MENU HIGHLIGHTS

TOASTS

FIG AND RICOTTA TOAST.....*Php 240*

Dried Figs. Organic Mangoes. Grass-fed Ricotta Cheese.
Hibiscus Tea Reduction. Arugula Micro Greens. 🌿 *V*

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

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

PUMPKIN SUNFLOWER TOAST.....*Php 270*

Roasted Pumpkin. Toasted Sunflower Seeds. Mozzarella.
Emmental. Gruyère. Onion Jam. Roasted Garlic. Sourdough
Toast. 🌿 *V*

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

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

SOUPS

HEARTY TOMATO SOUP.....*Php 220*

Sautéed Organic Grape Tomatoes. Onions. Garlic. Basil.
Rich Chicken Broth. Natural Cream. Chickpea Croutons.
🌿 *GF NF*

SEAFOOD LAKSA (DAILY CATCH) 🌿.....*Php 490*

Mussels. Ocean Caught Shrimps. Rice Noodles. Homemade
Shrimp Paste. Homemade Laksa Paste. Coconut Milk. Fresh
Cilantro. Basil. Mint. Beansprouts. Peanuts. Lime.
🌿 *GF DF RSF*

CHICKEN MISORAMEN.....*Php 490*

Shirataki Noodles. Japanese Miso. Ground Chicken Breast.
Chicken Stock. Carrots. Beansprouts. Fresh Wakame. Sesame
Seeds. Corn. Spring Onions. Tamari Soy Sauce. Hard Boiled
Free-range Eggs. Cabbage. Spinach. Butter. 🌿 *GF NF RSF*

MAIN COURSE

SIZZLING TENDERLOIN TIPS.....*Php 680*

Grass-fed Beef Tenderloin Strips. Tamari Garlic Sauce.
Free-range Egg. Yellow Corn. Garlic Brown Rice. 🌿 *GF NF*

*add-on: Hearty Tomato Soup or Side Salad.....*Php 80**

GRASS-FED NY STRIP.....*Php 1,200*

Grass-fed Beef Striploin. Grass-fed Herb Butter. 🌿 *GF NF*

*choice of: Roasted Potatoes, Roasted Vegetables, Brown Rice,
Mashed Potatoes, Side Fries*

best paired with:

Michel Torino Estate Cuma Organic Sauvignon 2016....

*.....*Php 280**

BABY BACK RIBS.....*half Php 590 full Php 990*

Slow Braised Organic Baby Back Ribs. Homemade BBQ Rub.
Yellow Corn. Baked Beans. Coleslaw. 🌿 *GF RSF*

choice of: Carolina Gold, Hickory, or Texas BBQ Sauce

*choice of 2 sides: Yellow Corn, Baked Beans, Coleslaw,
or Jambalaya Rice*

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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)

🌿(SPICY) ❤️(WHOLEHEARTED) !W! (WHOLESOME SELECTIONS)

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SMALL PLATES

VEGAN CHEESE.....*Php 180*

Tofu "Ricotta" Cheese. Sweet Onion Jam. Chili Flakes.
Sourdough Toasts. 🌿 **VGN DF** ***GF option**: served with
romaine hearts

GRASS-FED MEATBALLS.....*Php 240*

Three Pieces Beef Meatballs. Mozzarella. Pickled Onions.
Organic Cherry Tomato Passato. 🌿 **NF**

BURRATA.....*Php 260*

Burrata Cheese. Grape Tomatoes. Fresh Basil. Balsamic Reduction.
Sourdough Toasts. 🌿 **NF V**

***GF option**: served with romaine hearts

SALMON CEVICHE.....*Php 340*

Atlantic Sustainable Salmon Sashimi. GMO-free Yellow Corn.
Lime. Cilantro. Onions. Garlic. Chipotle Peppers. Baguette
Toast. 🌿 **NF RSF DF**

***GF option**: change bread to romaine hearts

ORGANIC MUSHROOM FRITTERS.....*Php 390*

Breaded Mozzarella-stuffed Button Mushrooms. Homemade
Italian Sausage. Organic Cherry Tomato Passato. 🌿 **NF**

SPINACH DIP.....*Php 220*

Baby Spinach. Garlic. Sundried Tomatoes. Natural Cream.
Anchovies. Three Cheese Blend. Sourdough Toasts. 🌿 **NF**
***GF Option**: served with romaine hearts or vegetable crudités

OVEN-BAKED CLAMS (DAILY CATCH) 🌿.....*Php 240*

Fresh Manila Clams. Organic Cherry Tomato Passato.
White Wine. Extra Virgin Olive Oil. 🌿 **NF**

CRISPY CALAMARI (DAILY CATCH).....*Php 290*

Sea-caught Baby Squid. **choice of**: Fresh Tomato Sauce or
Lemon Garlic Dip. 🌿 **NF**

SUSTAINABLE TACOS.....*Php 350*

Crisp-fried Alaskan Pollock Fillet. Cabbage. Pico de Gallo.
Cilantro-Lime Dressing. Lime. Homemade Corn Tortilla.
🌿 **GF NF RSF**

VIETNAMESE SPRING ROLLS.....*Php 390*

Ocean Caught Shrimps. Rice Noodles. Cilantro. Romaine.
Cabbage. Mangoes. Cucumber. Mint. Vietnamese Dipping
Sauce. 🌿 **NF GF DF**

POPCORN SHRIMP.....*Php 420*

Ocean Caught Shrimps. Plantains. Spiced Vinegar. 🌿 **NF GF**

SOUPS

CARROT-PUMPKIN SOUP.....*Php 180*

Carrot. Pumpkin. Goji Berries And Coconut Cream Foam.
🌿 **VGN GF DF NF**

BOSTON CLAM CHOWDER.....*Php 280*

Manila Clams. Potato. Cream. Oregano. Garlic. Onions.
Sourdough Toast. 🌿 **GF RSF**

FARMER'S BOWL.....*Php 260*

Chicken Broth. Carrots. Zucchini. Kale. Corn. Shrimps. Natural
Cream. Button Mushroom. 🌿 **NF**

CIOPPINO.....*Php 390*

Tomatoes. Clams. Alaskan Pollock. Shrimp. White Onion. Garlic.
White Stock. Garlic Toast. 🌿 **GF RSF**

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SALADS

All our salads are good for sharing. You may also turn your salad into an entire meal with these add-ons:
Grilled Free-range Chicken Fillets Php 180

CORDILLERA SALAD |W|.....solo Php 220 regular Php 390

Kale. Romaine. Free-range Egg. Baked Onions. Carrots.
Benguet Gooseberry Tomatoes. Squash. Candied Chayote.
Benguet Pole Beans. Feta Cheese. Sagada Oranges tossed in
Cordillera Citrus Vinaigrette. 🍴 **GF**

BE LIVELY.....solo Php 220 regular Php 440

Lollo Rosso. Romaine. Kale. Cucumber. Sunflower Kernel.
Cherry Tomatoes. Ripe Mango. Flax Seed Crunch. Feta Cheese.
Sweet-green Vinaigrette. 🍴 **V GF RSF**
**VGN and DF option: remove cheese*

CHICKEN SALAD.....solo Php 290 regular Php 480

Mixed Greens. Chicken Salad. Grapes. Apples. Walnuts.
Celery. Parmesan Cheese. Blueberry Vinaigrette.

BBQ CHICKEN SALAD.....solo Php 330 regular Php 490

BBQ Chicken Fillet. Tomatoes. Homemade Slaw. Black Beans.
Baked Onions. Homemade Kansas City BBQ Sauce. Ranch
Dressing. 🍴 **GF RSF**

BE ENERGIZED.....solo Php 270 regular Php 540

Lollo Rosso. Romaine. Kale. Grilled Cilantro Chicken. Walnut
Chorizo. Avocado. Three-bean Salsa. Golden Mango Vinaigrette.
Cheddar Cheese. 🍴 **GF RSF**

PAKO SALAD.....Php 390

Fiddlehead Fern. Cherry Tomatoes. Red Onion. Organic Tofu.
Organic Salted Duck Egg. Citrus Vinaigrette. Vegan Fish Sauce.
🍴 **V NF GF RSF**

GREEK SALAD..... Php 450

Mixed Greens. Green Olives. Vine-ripened Tomatoes.
Cucumber. Capers. Onions. Oregano. Mint. Dill. Feta Cheese.
Green Bell Peppers. Red Wine Vinegar. Extra Virgin Olive Oil.
🍴 **V GF *VGN option: no cheese**

ORZO SALAD.....Php 480

Grape Tomatoes. Capers. Fresh Basil. Mint. Feta Cheese.
Dried Cranberries. Arugula. Orzo. Red Wine Vinaigrette.
🍴 **V NF *DF option: no cheese**

CHICKEN DUKKAH SALAD..solo Php 300 regular Php 580

Dukkah-coated Grilled Chicken. Roasted Squash. Tomatoes.
Sliced Red Onions. Cucumbers. Crumbled Feta Cheese.
Sunflower Seeds. Balsamic Vinaigrette. 🍴 **GF**

SANDWICHES & BURGERS

Please allow 15 minutes for cooking. Our sandwiches are served with Parmesan Fries, except for Ultimate Grilled Cheese.
For a dairy-free or vegan option, you may request for Regular Fries.

BORACAY BURGER.....Php 350

Chori Patty. Japanese Mayonnaise. Tomato Catsup. Pickled
Green Papaya. 🍴 **RSF**
**GF option: served with romaine lettuce instead of potato bun*

MOB BURGER.....Php 450

Grass-fed Beef. Italian Sausage. Cheddar Cheese. Nitrate-free
Bacon. Free-range Egg. Tomato Jam. 🍴 **RSF**
**GF option: served with romaine lettuce instead of potato bun*

GRASS-FED BEEF BURGER.....Php 490

100% Grass-fed Beef Patty. Emmental. Arugula. Tomatoes.
Field Greens. 🍴 **NF *GF option: served with romaine lettuce
instead of potato bun**

ULTIMATE VEGGIE BURGER.....Php 590

Mushroom-Quinoa Patty. Vegan Ricotta. Onion Jam.
Field Greens. Tomatoes. 🍴 **V**

FOREST BURGER.....Php 450

100% Grass-fed Beef Patty. Truffle Aioli. Red Wine Glaze.
Cheddar Cheese. Tomato Jam. 🍴 **RSF**
**GF option: served with romaine lettuce instead of potato bun*

ULTIMATE GRILLED CHEESE

Emmental. Mozzarella. Dijon Mustard. Onion Jam. Mornay Sauce.
Grilled Sourdough. Tomato Soup or Side Salad. 🍴 **V NF**

Side Salad **Php 460**

Tomato Soup..... **Php 480**

TURKEY MELT.....Php 490

Potato Bun. Turkey Roast. Basil Mayonnaise. Cranberry Glaze.
Emmental. Mozzarella. Parmesan Cheese. Side Fries. 🍴 **NF**
**GF option: serve on lettuce wrap*

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POWER BOWLS

Whole grain, nutritious meals-in-a bowl.

Option: Cauliflower Rice add Php 160

VEGAN POKE BOWL †W|.....Php 250

Tofu. Wakame. Brown Rice. Onion Leeks. Spiralized Carrot.
Stir Fry Sauce. Togarashi Spice. Sushi Gari. Romaine.
🌿 **GF DF NF**

KIMCHI RICE BOWL.....Php 350

Homemade Kimchi. Brown Rice. Fire-roasted Tomatoes. Pickled
Cucumber. Fried Cauliflower. Gochungang Sauce. Free-range
Egg. 🌿 **V GF NF RSF**

BUDDHA BOWL 🌿.....Php 380

Organic Brown Rice. Mixed Vegetables. Thai Red Coconut
Curry Sauce. Micro Greens. Homemade Peanut Brittle.
Lime Wedge. Peanuts. 🌿 **GF DF**

PROTEIN POWER BOWL.....Php 420

Quinoa. Chickpeas. Carrots. Wild Mushrooms. Flax Seeds.
Micro Greens. Tahini Sauce. 🌿 **DF**

POKE BOWL †W|.....Php 450

Raw Salmon. Wakame. Brown Rice. Onion Leeks. Japanese
Mayonnaise. Stir Fry Sauce. Ebiko. Furikake. Togarashi Spice.
Pickled Ginger. Romaine. 🌿 **GF NF**

THAI RICE BOWL.....Php 320

Vegan Bagoong Brown Rice. Pandan Tofu. Green Mango.
Tomatoes. Scrambled Egg. Spring Onion. Cilantro. Peanuts.
🌿 **V GF RSF *NF option: remove peanuts**

SOUVLAKI BOWL.....Php 360

Vegetable Souvlaki. Lemon-Garlic Brown Rice. Tomato-Parsley
Salad. Yogurt-Garlic Dressing. 🌿 **V NF GF RSF**

MACRO BOWL ♥ †W|.....Php 450

Quinoa. Wakame. White Beans. Sweet Potato. Kale. Spinach.
Teriyaki Almonds. Garlic Yogurt Dressing. 🌿 **GF**

***NF option:** serve almond on the side

***V option:** serve dressing on the side

♥ WHOLEHEARTED

*We believe that everyone has a right to healthy food.
Each time you buy a Wholehearted meal, you will feed
someone in need. Proceeds of this bowl will go to our
feeding program for underprivileged communities.*

PASTA

Option: Organic Whole Wheat Pasta Php 50 (solo) Php 100 (regular)

***GF option:** Gluten-free Pasta Php 90 (solo) Php 180 (regular) or Veggie Noodles Php 90 (solo) Php 180 (regular)

NUTTY GARLIC.....solo Php 250 regular Php 420

Spaghetti. Roasted Garlic Pesto. Extra Virgin Olive Oil.
🌿 **V *DF option: no Parmesan cheese and butter**

LASAGNA.....Php 420

Grass-fed Beef. Bechamel. Mozzarella. Parmesan Cheese. 🌿 **NF**

CLASSIC PESTO.....solo Php 420 regular Php 790

Spaghetti. Free-range Chicken. Pesto. Parmesan Cheese.
Sundried Tomatoes.

SALMON IN TOMATO-BASIL CREAM SAUCE....Php 490

Angel Hair. Fresh Salmon. Organic Cherry Tomato Passato.
Crème Fraîche. Basil.

CLASSIC SPAGHETTI BOLOGNESE.....

.....solo Php 290 regular Php 580
Spaghetti. Rich Grass-fed Meat Sauce. Parmesan Cheese. 🌿 **NF**

TRUFFLE MUSHROOM PASTA.....Php 420

Spaghetti. Wild Mushrooms. White Wine. Truffle Cream. 🌿 **V**

MACARONI & CHEESE.....Php 450

Macaroni. Aged Ricotta. Gruyère. Emmental. Milk. 🌿 **RSF**

GAMBARETTI ARRABIATTA 🌿.....Php 590

Spaghetti. Deep Sea Shrimps. Smashed Grape Tomato Sauce.
Homemade Nitrate-free Bacon. Parmesan Cheese. 🌿 **NF**

BEEF STROGANOFF.....Php 610

Fettuccine. Tenderloin Strips. Fresh Button Mushrooms.
Cream. Parmesan Cheese. 🌿 **NF**

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WOODFIRED PIZZA

MARGARITA.....solo **Php 250** regular **Php 390**
Organic Pizza Sauce. Fresh Basil. Mozzarella. 🌿 **V NF**

GRAZELAND PIZZA.....solo **Php 350** regular **Php 690**
Organic Pizza Sauce. Grass Fed Beef Strips. Baked Onions.
Roasted Garlic. Mozzarella. Parmigiano-Reggiano.
Pecorino Romano. 🌿 **NF**

RUCOLA PIZZA |W|.....solo **Php 380** regular **Php 750**
Truffle Cream. Pine Nuts. Arugula. Mozzarella. Emmental.
Parmesan Cheese. 🌿 **V**

HARVEST PIZZA |W|.....solo **Php 350** regular **Php 690**
Truffle Cream. Wild Mushrooms. Roasted Squash. Roasted
Garlic. Baked Onions. Cherry Tomatoes. Kale. Pine Nuts. Olive
Oil. Mozzarella. Emmental. Parmesan Cheese. 🌿 **V**

THE BARCELONA.....solo **Php 380** regular **Php 750**
Organic Pizza Sauce. Salami. Shiitake Mushrooms. Roasted
Garlic. Mozzarella. Parmigiano-Reggiano. Pecorino Romano.
🌿 **NF**

MAIN COURSE

YAKITORI BOWL**Php 430**
Yakitori Chicken. Brown Rice Pilaf. Baked Chicken Skin. Snow
Peas. Gluten-free Yakitori Sauce. Poached Free-range Egg.
🌿 **GF NF**
*upgrade: Cauliflower Rice.....add **Php 160***

EGGPLANT PARMIGIANA**Php 450**
Organic Eggplant. Tofu Meat Sauce. Mozzarella. Emmental.
Parmesan Cheese. 🌿 **V GF NF**

PUERTO RICAN PRAWNS.....**Php 510**
Wild Sea Prawns. Plantains. Tossed Greens. Rice. Mofongo
Sauce. Yogurt Garlic Sauce. Spiced Vinegar. Black Beans.
🌿 **NF GF**

MANGO-GLAZED SALMON.....**Php 620**
Mango Glazed Salmon. Cherry Tomatoes. Quinoa Salad.
Ripe Mango. Red Radish. 🌿 **GF RSF**

PORK CHOPS.....solo **Php 420** regular **Php 690**
**please allow 20 mins for cooking*
Thick Pork Chops. Balsamic Glaze. Roasted Potatoes.
🌿 **NF GF *DF option: no cheese on potatoes**

SURF & TURF.....**Php 1,100**
Wild-caught Sea Prawns. Grass-fed Fillet Mignon. Bernaise
Sauce. 🌿 **GF NF**
*choice of: Roasted Potatoes, Roasted Vegetables, Brown Rice,
Mashed Potatoes, Side Fries*

BIBIMBAP BOWL |W|.....**Php 450**
Beef Slices. Brown Rice. Spinach. Carrots. Shiitake Mushroom.
Bean Sprout. Free-range Egg. Kimchi. Bibimbap Sauce. 🌿 **NF**
*upgrade: Cauliflower Rice.....add **Php 160***

GYUDON RICE BOWL |W|.....**Php 470**
Beef Slices. Brown Rice. Onion. Free-range Egg. Pickled
Onions. Coco Amino Acids. 🌿 **GF DF**
*upgrade: Cauliflower Rice.....add **Php 160***

MEATLOAFsolo **Php 410** regular **Php 560**
Thick Homemade Meatloaf. Organic Mashed Potatoes. Bacon
Mushroom Gravy. 🌿 **NF**

MISO-GLAZED SALMON**Php 670**
Miso-glazed Salmon. Tomatoes. Micro Greens. Organic Black
Rice Pilaf. 🌿 **GF NF**

ROAST CHICKEN.....**Php 840**
Half Roast Chicken. Carrots. Roasted Potatoes. French Beans.
Chicken Au Jus. Parsley. Parmesan Cheese. 🌿 **NF**

MUSHROOM PAELLA |W| solo **Php 640** to share **Php 1,230**
Saffron Arborio. Button Mushrooms. Asparagus. Artichokes.
Red Onion. Garlic. Roasted Pepper. Walnut Chorizo.
🌿 **VGN GF DF *NF option: serve Walnut Chorizo on the side**

SIDES

Plain Brown Rice	Php 40	Regular Fries	Php 90	Free-range Egg	Php 50	Extra Grilled Chicken	Php 180
Black Rice	Php 60	Roasted Vegetables	Php 90	Yakitori Stick	Php 80	Extra Shrimp	Php 190
Sourdough Bread	Php 60	Side Salad	Php 90	Crispy Oyster			
Garlic Bread	Php 130	Roasted Potatoes	Php 100	Calamari	Php 120		
Cauliflower Rice	Php 160	Parmesan Fries	Php 110	Wild Mushroom	Php 290		
Brown Rice Risotto	Php 190	Mashed Potato	Php 120				
Quinoa	Php 230						

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KIDS MENU

For children 12 years old and below.

MACARONI & CHEESE.....*Php 230*
Macaroni. Aged Ricotta. Gruyère. Emmental. Milk. 🌿 **RSF**

KIDS D.I.Y. PIZZA.....*Php 290*
Kids can make their own pizzas with Organic Pizza Sauce, Mozzarella, and choice of one topping: *Nitrate-Free Homemade Bacon. Meatball. Salami. Mushrooms.* 🌿 **NF**
additional topping.....*Php 90*

HONEY BUTTER CHICKEN CRISPIES.....*Php 290*
Organic Chicken Tenders. Honey-Butter Glaze. 🌿 **NF**

N'ice Creams

INTRODUCING DAIRY FREE, REFINED SUGAR FREE,
GLUTEN FREE, SOY FREE ICE CREAM!

COCO-NUT.....*Php 70*
Dark Chocolate. Coconut Cream. Cashew Cream. Almond Milk. Coconut Sugar. 🌿 **VGN**

STRAWBERRY.....*Php 120*
Mt. Atok Strawberries. Coconut Cream. Cashew Cream. Almond Milk. Honey. 🌿 **V**

nice to try!

DESSERTS



All our Wholesome Bakery items are 100% gluten-free; lovingly made with grass-fed butter, wild honey, raw sugar, free-range eggs, and homemade gluten-free flour blend.

MANGO CHEESECAKE.....
.....*slice Php 190 whole Php 1,530*
Butter. Cream. Cream Cheese. Graham. Mangoes. Vanilla. Honey. 🌿 **NF GF V RSF**

CHOCOLATE CAKE.....*slice Php 190 whole Php 1,550*
Rice Flour. Callebaut Dark Chocolate. Milk. Eggs. Vanilla. Coconut Oil. Chocolate Frosting. Coconut Sugar.
🌿 **NF GF V**

DOUBLE CHOCOLATE CHEESECAKE.....
.....*slice Php 190 whole Php 1,600*
Callebaut Chocolate. Cream. Cream Cheese. Valrhona Double Chocolate Cookie Crust. Cacao Nibs. Honey.
🌿 **NF GF V RSF**

CREME BRULEE.....*Php 160*
Free-range Eggs. Milk. Vanilla. 🌿 **V GF NF**

SUPERFOOD STICKY RICE "BIBINGKA"†W|.....*Php 160*
Sticky Rice. Latik. Cashew Nuts. Chia Seeds. Banana. Cacao Nibs. Desiccated Coconut. 🌿 **V DF**

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. 🌿

CARROT CAKE.....*Php 250*
Organic Carrots. Golden Raisins. Free-range Eggs. Cream Cheese Frosting. 🌿 **V**

YOGURT PANNA COTTA.....*Php 260*
Natural Yogurt Panna Cotta. 🌿 **V GF NF**

TIRAMISU.....*Php 380*
Ladyfingers. Creamy Mascarpone. Espresso.

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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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