



# BEVERAGE MENU

SALCEDO VILLAGE

EAT CONSCIOUSLY. LIVE CONSCIOUSLY.

---

## DETOX JUICES

---

**BE ALIVE** ..... *Php 250*

HYDRATING, ANTI-INFLAMMATORY

Apple. Kale. Spinach. Celery. Cucumber. Lemon. Ginger.

**BE AMAZING** ..... *Php 250*

ANTI-INFLAMMATORY, DETOXIFYING

Carrot. Apple. Beet. Parsley. Lemon. Ginger.

**BE AWESOME** ..... *Php 250*

DETOXIFYING, ALKALIZING

Kale. Spinach. Parsley. Romaine. Celery. Cucumber. Apple. Lemon.

**BE CLEAN** ..... *Php 250*

DETOXIFYING, PURIFYING

Lemon. Activated Charcoal. Alkaline Water. Raw Honey.

**BE PURE** ..... *Php 250*

ANTIOXYDANTS, HYDRATING

Carrot. Apple. Celery. Cucumber. Beet. Lemon.

**BE REFRESHING** ..... *Php 250*

ANTI-INFLAMMATORY, VITAMINS

Carrot. Orange. Apple. Pineapple. Lemon. Turmeric.

**BE WONDERFUL** ..... *Php 250*

ANTI-INFLAMMATORY, ANTI-VIRAL

Spinach. Carrot. Apple. Celery. Lemon. Ginger.

**BE DELIGHTFUL** ..... *Php 290*

ANTIOXYDANTS, VITAMIN C

Carrot. Apple. Orange.

---

## SUPERFOOD JUICES

---

**BE BOLD** ..... *Php 320*

DETOXIFYING, BLOOD CLEANSING

Spinach. Kale. Celery. Romaine. Cucumber. Parsley. Apple.

Lemon. Chlorella.

**BE ENLIGHTENED** ..... *Php 320*

IMMUNITY, VITAMIN C

Beet. Carrot. Apple. Ginger. Lemon. Camu Camu.

---

## WATER

---

**VIVA MINERAL WATER**

*Php 50*

**FIJI NATURAL**

**ARTESAN WATER**

*Php 180*

**EVIAN BOTTLED WATER**

*Php 140*

**SAN PELLEGRINO**

**SPARKLING WATER**

*Php 180*

---

## DESSERTS

---

**SAGO AT GULAMAN** ..... *Php 170*

Tapioca. Gulaman. Chia Seeds. Brown Syrup. Crushed Ice.

**GINUMIS** ..... *Php 260*

Tapioca. Gulaman. Pinipig. Crushed Ice. Brown Syrup. Chia

Seeds. Coconut Milk. Coconut Cream.

### EAT CONSCIOUSLY. LIVE CONSCIOUSLY.

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

*\*Allergy warning: Our juice bar is not a nut-free zone & cross-contamination may occur.*

---

## SMOOTHIES

---

*Add on: Chia Seeds Php 15 (Single) Php 30 (Double)*

- BE ADVENTUROUS** ..... **Php 320**  
Almond Milk. Banana. Spinach. Almond Butter. Chia Seeds.  
Vanilla. Cinnamon.  
*add on: Hemp Protein Powder Php 40*
- BE BEAUTIFUL (SEASONAL)** ..... **Php 380**  
Raspberry. Strawberries. Goji Berries. Chia Seeds. Cacao Nibs.  
Coconut Milk. Hemp Seeds. Honey.
- BE DELICIOUS** ..... **Php 380**  
Coconut Milk. Almond Butter. Maca Powder. Dates. Vanilla. Sea Salt.  
*add on: Hemp Protein Powder Php 40*
- BE DREAMY** ..... **Php 380**  
Mango. Banana. Chia Seeds. Goji Berries. Coconut Milk. Lemon. Honey.  
*add on: Hemp Seeds Php 15*
- BE EMPOWERED** ..... **Php 320**  
Spinach. Kale. Banana. Chia Seeds. Hemp Protein. Spirulina.  
Almond Milk. Honey.
- BE FUELED** ..... **Php 320**  
Banana. Raw Cashews. Dates. Cacao Nibs. Coffee Beans. Vanilla.  
*add on: Maca Php 50 Hemp Protein Powder Php 40*
- BE GORGEOUS (SEASONAL)** ..... **Php 360**  
Blueberry. Chia Seeds. Wheat Grass. Banana. Honey. Yogurt.  
Almond Milk. Almond Butter.
- BE GRACIOUS** ..... **Php 320**  
Coconut Milk. Dates. Almond Butter. Vanilla. Sea Salt.  
*add on: Maca Php 50*
- BE LUSCIOUS (SEASONAL)** ..... **Php 380**  
Raspberry. Strawberries. Banana. Bee Pollen. Chia Seeds.  
Cashew Milk. Honey.
- BE TICKLED PINK (SEASONAL)** ..... **Php 320**  
Strawberries. Banana. Coconut Meat. Dates. Coconut Milk.  
Cacao Nibs. Honey.
- BE WORTHY** ..... **Php 380**  
Banana. Almond Butter. Hemp. Vanilla. Cacao Nibs. Maca.  
Sea Salt. Honey. Chia Seeds. Almond Milk.

---

## ICED TEAS AND MILK TEAS

---

- REGULAR ICED TEA** ..... **Php 100**  
Black Tea. Calamansi. Honey. Mint.
- LEMONGRASS ICED TEA** ..... **Php 110**  
Lemongrass. Honey.
- TAMARIND ICED TEA** ..... **Php 130**  
Tamarind. Calamansi. Honey.
- BUKO PANDAN MILK TEA** ..... **Php 260**  
Pandan Tea. Coconut Milk. Chia Seeds. Spirulina. Honey.

### EAT CONSCIOUSLY. LIVE CONSCIOUSLY.

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

*\*Allergy warning: Our juice bar is not a nut-free zone & cross-contamination may occur.*

---

## JUICES AND SHAKES

---

- LEMONADE**.....*Php 180*
- BUKO JUICE / SHAKE**.....*Php 120*
- MANGO JUICE / SHAKE**.....*juice Php 200 shake Php 220*
- FOUR SEASONS SHAKE**.....*Php 220*  
Mango. Banana. Pineapple. Watermelon.
- FRESH ORANGE JUICE**.....*Php 250*

---

## MOJITO

---

- WHOLESOME MOJITO**.....*Php 120*  
Spirulina. Chlorella. Honey. Mint.

---

## SODAS

---

- STRAWBERRY GOJI SHRUB (SEASONAL)**.....*Php 120*  
Strawberries. Calamansi. Goji Berries. Apple Cider. Honey.  
Soda Water.
- BLUEBERRY MINT SHRUB**.....*Php 180*  
Blueberry. Mint Leaves. Lemon. Apple Cider. Honey. Soda Water.
- LEMON SODA**.....*Php 220*  
Lemon Juice Soda Water. Honey.
- PINEAPPLE MINT SODA**.....*Php 220*  
Pineapple. Mint. Honey. Soda.

---

## KOMBUCHA

---

- LEMONADE**.....*Php 200*  
Lemon Juice. Kombucha. Raw Honey.
- STRAWBERRY CHIA**.....*Php 200*  
Strawberries. Chia Seeds. Kombucha. Raw Honey.
- BLUEBERRY CACAO**.....*Php 280*  
Blueberries. Cacao Nibs. Kombucha. Raw Honey.
- MANGO BANANA**.....*Php 280*  
Mango. Banana. Chia Seeds. Kombucha. Raw Honey.
- RASPBERRY MACA**.....*Php 280*  
Raspberries. Maca. Kombucha. Raw Honey.
- ORANGE GOJI**.....*Php 320*  
Orange Juice. Goji Berries. Kombucha. Raw Honey.

**EAT CONSCIOUSLY. LIVE CONSCIOUSLY.**

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

*\*Allergy warning: Our juice bar is not a nut-free zone & cross-contamination may occur.*

## TEA

**WHOLESOME TEA**.....140ml **Php 120** 200ml **Php140**

ANTI-INFLAMMATORY, ANTI-BACTERIAL

Lemongrass. Pandan Leaves. Basil. Tarragon. Turmeric.  
Ginger. Mulberry Tea. Raw Honey.

CLIPPERS ..... **Php 100**

**CHAMOMILE**

**ENGLISH BREAKFAST**

**CHAI TEA**

**EARL GREY**

HARNEY & SONS.....**Php 140**

**JAPANESE SENCHA**

**ORGANIC PEPPERMINT**

TSAA LAYA ..... **Php 130**

**LEMON GINGER**

**ARVENSIS MINT**

**JAVA BANABA**

**TANGLAD**

**PANDAN**

**INFUSED HONEY LIME MINT** ..... **Php 190**

**INFUSED HONEY LEMON GINGER**..... **Php 210**

## COFFEE

*add on: Almond Milk Php 30; Fresh Milk Php 30*

ESPRESSO

SMALL

BIG

**AMERICANO** ..... **Php 80** **Php 100**

**AMERICANO WITH HONEY**..... **Php 100** **Php 120**

**CAPPUCCINO**..... **Php 100** **Php 120**

**LATTE (ICED/HOT)**..... **Php 100** **Php 120**

**MOCHA (ICED/HOT)**..... **Php 160** **Php 180**

**MACCHIATO** ..... **(4oz) Php 90**

**CORTADO** ..... **(4oz) Php 80**

SIPHON

*add on: Au Lait - with Steamed Milk Php 40 (8oz) Php 60 (10oz)*

**ARABICA** ..... **Php 80** **Php 100**

**BARAKO** ..... **Php 80** **Php 100**

**HOUSE ROAST**..... **Php 80** **Php 100**

**HOT CHOCOLATE**..... **Php 140**

**CHAI LATTE**..... **Php 100**

Chai Latte Syrup. Star Anise. Cardamom.

**GINGERBREAD LATTE**..... **Php 100**

Gingerbread Latte Syrup. Whole Milk. Cinnamon.

**EAT CONSCIOUSLY. LIVE CONSCIOUSLY.**

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

*\*Allergy warning: Our juice bar is not a nut-free zone & cross-contamination may occur.*

## SUPERFOOD COFFEE AND MILK

### HOT

**GOLDEN MILK**..... *Php 190*

Almond Milk. Turmeric. Cardamom. Cinnamon.  
Black Pepper. Lucuma. Raw Honey.

**KETO LATTE**..... *Php 290*

Brewed House Roast Coffee. Grass-fed Butter.  
MCT Oil. Vanilla. Unsweetened Cocoa Powder.

**SUPER COCO**..... *Php 290*

Coconut Milk. Maca Powder. Cordyceps. Unsweet-  
ened Cocoa Powder. Cinnamon. MCT Oil. Raw Honey.

### ICE BLENDED

**ICED COFFEE MOCHA**..... *Php 190*

Espresso. Lucuma. Vanilla. Cinnamon. Sweetened  
Cocoa Powder. Fresh Milk. Whipped Cream.  
Raw Honey.

**SKINNY VANILLA ICED COFFEE**..... *Php 190*

Espresso. Vanilla. Almond Milk. Dates. Chia Seeds.  
Lucuma.

## NUTMILK

**ALMOND MILK**..... *Php 180*

Raw Activated Almonds. Alkaline Water. Dates. Pink Salt.  
Vanilla. Raw Honey.

**VEGAN ALMOND MILK**..... *Php 180*

Raw Activated Almonds. Alkaline Water. Dates. Pink Salt. Vanilla.

**ALMOND LATTE**..... *Php 240*

Raw Activated Almonds. Cold Brewed Coffee. Alkaline Water.  
Dates. Pink Salt. Vanilla. Raw Honey.

**CASHEW MILK**..... *Php 180*

Raw Activated Cashews. Alkaline Water. Dates. Pink Salt.  
Vanilla. Raw Honey.

**VEGAN CASHEW MILK**..... *Php 180*

Raw Activated Cashews. Alkaline Water. Dates. Pink Salt. Vanilla.

**CASHEW LATTE**..... *235ml Php 180 350ml Php 240*

Raw Activated Cashews. Cold Brewed Coffee. Alkaline Water.  
Dates. Pink Salt. Vanilla. Raw Honey.

**CASHEW CHOCOLATE**..... *Php 240*

Raw Activated Cashews. Alkaline Water. Dates. Pink Salt.  
Vanilla. Raw Honey. Sweetened Cocoa.

## EAT CONSCIOUSLY. LIVE CONSCIOUSLY.

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

*\*Allergy warning: Our juice bar is not a nut-free zone & cross-contamination may occur.*

---

## CRAFT BEERS

---

BOTTLED	330ML
TROPIC HAZE	<i>Php 200</i>
PIVO PRAHA CLASSIC	<i>Php 260</i>
PEDRO SUMMER WHEAT ALE	<i>Php 260</i>
KATIPUNAN ALE	<i>Php 290</i>
CRAFTPOINT SUMMER PASSION	<i>Php 290</i>
FISH RIDER PALE ALE	<i>Php 350</i>
SIERRA MADRE WHEAT ALE	<i>Php 350</i>

---

## WINES

---

RED WINES	GLASS	750ML
TRIO ROJO SYRAH TEMPRANILLO CABERNET GRAN RESERVA 2004	<i>Php 280</i>	<i>Php 1,300</i>
MICHEL TORINO ESTATE CUMA ORGANIC MALBEC 2017	<i>Php 290</i>	<i>Php 1,450</i>
MICHEL TORINO ESTATE CUMA ORGANIC SAUVIGNON 2017	<i>Php 290</i>	<i>Php 1,450</i>
CHATEAU MEAUME BORDEAUX SUPERIEUR CUVÉE LA TUILERIE 2015		<i>Php 1,800</i>
LE CAILLOU COTES DU RHONE		<i>Php 2,700</i>
LOS MEDANOS MALBEC		<i>Php 2,700</i>
KAIMIRA ESTATE SYRAH 2011		<i>Php 2,800</i>

WHITE WINES	GLASS	750ML
CALITERRA SAUVIGNON BLANC	<i>Php 280</i>	<i>Php 1,400</i>
BRIGHTSIDE PINOT GRIS		<i>Php 1,450</i>
BRIGHTSIDE SAUVIGNON BLANC		<i>Php 1,800</i>
BRIGHTSIDE CHARDONNAY 2014		<i>Php 1,800</i>
HACIENDA ARAUCANO SAUVIGNON BLANC		<i>Php 1,800</i>
VILLA MARIA ORGANIC GEWURZTRAMINER		<i>Php 1,900</i>
AMPELIDAE MARIIGNY-NEUF SAUVIGNON BLANC		<i>Php 2,500</i>
LOS MEDANOS CHARDONNAY		<i>Php 2,800</i>

**EAT CONSCIOUSLY. LIVE CONSCIOUSLY.**

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

*\*Allergy warning: Our juice bar is not a nut-free zone & cross-contamination may occur.*



**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

FB + IG: THEWHOLESOMETABLE

TWITTER: WHOLESOMEPH

#BE\_WHOLESOME

[thewholesometable.com](http://thewholesometable.com)

EAT CONSCIOUSLY. LIVE CONSCIOUSLY.