

THE
WHOLESOME
TABLE



WHOLESOME GIFTS

GIVE THE GIFT OF ORGANIC COMFORT FOOD
THAT NOURISHES AND RESTORES

EAT CONSCIOUSLY. LIVE CONSCIOUSLY.

GIFT BUNDLES

BREAKFAST BUNDLE

Php 740

Gluten-free Granola. Almond Butter.
House Roast Coffee Beans.

BREAKFAST BUNDLE PREMIUM

Php 1,230

Gluten-free Granola. Almond Butter.
House Roast Coffee Beans.
Choice of Jam.

ULTIMATE WHOLESOME BUNDLE

Php 1,600

Spiced Vinegar. Chili Oil. Chocolate Bark.
Cookie Nuggets. Vegan Date Balls.
Gluten-free Granola.
Choice of Jam and Nut Butter.

SPICE BUNDLE

Php 180

Spiced Vinegar. Chili Oil.

SWEET BUNDLE

Php 440

Chocolate Bark. Cookie Nuggets.
Vegan Date Balls.

NUT BUTTER BUNDLE

Php 540

Peanut Butter. Almond Butter.

JAM BUNDLE

Php 610

Blueberry Chia Jam. Strawberry
Chia Jam. Orange Chia Jam.

COFFEE BUNDLE

Php 1,660

Choice of Coffee Starter Kit.



PERSONALIZE IT!

Choose your type of packaging
and the products you want to
include to make YOUR perfect
GIFT BUNDLE!

WOODEN CRATE

Php 350

GIFT BASKET

Php 150



SUPERFOODS



ACAI BERRY

Php 695 // 1/4 lb

Php 1,225 // 1/2 lb

CACAO NIBS

Php 550 // 1 lb

CHIA SEEDS

Php 445 // 1/2 lb

Php 695 // 1 lb

CHLORELLA

Php 595 // 1/4 lb

Php 895 // 1/2 lb

GOJI BERRIES

Php 745 // 1 lb

LUCUMA

Php 989 // 1 lb

MACA X

Php 925 // 1/2 lb

Php 1,725 // 1 lb

SPIRULINA

Php 345 // 1/4 lb

Php 625 // 1/2 lb

SNACKS

CHOCOLATE BARK

Php 250

COOKIE NUGGETS

Php 150

GRANOLA

Php 390

VEGAN DATE BALLS

Php 120



IN THIS LIFETIME YOU WILL ONLY HAVE ONE BODY;
AND IF YOU ARE WHAT YOU EAT, THEN EAT RIGHT AND EAT WELL.

JAMS

BLUEBERRY CHIA

Php 260 // 180 ml

ORANGE CHIA

Php 180 // 180 ml

STRAWBERRY CHIA

Php 240 // 180 ml



NUT BUTTERS

ALMOND BUTTER

Php 430 // 330 g

PEANUT BUTTER

Php 170 // 330 g



CONDIMENTS

CHILI OIL

Php 100 // 150 ml

SPICED VINEGAR

Php 100 // 350 ml

WE BELIEVE IN
EATING REAL,
ORGANIC FOOD
THAT NOURISHES
AND RESTORES YOU.

ONCE YOUR BODY
GETS USED TO
EATING THIS WAY,
YOU WILL LOVE IT
TOO.



GLUTEN-FREE PASTRIES



VALRHONA DOUBLE CHOCOLATE COOKIES

Php 330 // pack of 6

VALRHONA DOUBLE CHOCOLATE & NUT COOKIES

Php 350 // pack of 6



CALLEBAUT CHOCOLATE CHIP COOKIES

Php 430 // pack of 6

DOUBLE OATMEAL COOKIES

Php 330 // pack of 6

SUPERFOOD COOKIES

Php 430 // pack of 6

BANANA CAKE

Php 590 // loaf

ALMOND BERRY BANANA CAKE

Php 770 // loaf

CHOCOLATE WALNUT

BANANA CAKE

Php 770 // loaf



HOUSE ROAST COFFEE

Php 280 // 250 g



WE BELIEVE THAT THIS IS NOT A TREND, NOR SHOULD IT EVER BE. THIS IS A LIFESTYLE, A CONSCIOUS LIFESTYLE THAT WILL INEVITABLY INSPIRE CHANGE IN THE WAY YOU LIVE, WITH EVERY PLATE YOU HAVE.

HOW TO ORDER

Option 1: Fill out the order form inserted in this brochure and submit to any of our branches.

Option 2: Call any of our branches and place your order.

DISCLAIMER: All items are subject to availability.
Orders must be placed at least 3 days in advance.
Cut-off time for placing orders is at 3PM daily.
Full payment is required upon placement of order.

Product information and pricing in this catalogue are subject to change without prior notice.
For pre-packaged gift bundles: The Wholesome Table reserves the right to replace an item of equal or greater value when necessary.

For bulk orders: email eatwell@thewholesometable.com



Features a full line of pantry staples, snacks and superfood items that are raw and made without preservatives.



All our baked goods and pastries are 100% gluten-free; lovingly made with real butter, natural sweeteners, free-range eggs, and our homemade gluten-free flour.



Our organic coffee is grown locally and is always fair-traded.

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

FB + IG: THEWHOLESOMETABLE
TWITTER: WHOLESOME PH

#BE_WHOLESOME

SALCEDO

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

thewholesometable.com