

THE
WHOLESOME
TABLE



WHOLESOME GIFTS

GIVE THE GIFT OF ORGANIC COMFORT FOOD
THAT NOURISHES AND RESTORES

EAT CONSCIOUSLY. LIVE CONSCIOUSLY.

GIFT BUNDLES

SPICE BUNDLE

Php 190

Spiced Vinegar. Chili Oil.

SWEET BUNDLE

Php 490

Chocolate Bark. Cookie Nuggets.

Vegan Date Balls.

NUT BUTTER BUNDLE

Php 570

Wholesome Peanut Butter.

Wholesome Almond Butter.

BREAKFAST BUNDLE

Php 670

Wholesome Almond Butter.

House Roast Coffee Beans.

ULTIMATE WHOLESOME BUNDLE

Php 1,090

Spiced Vinegar. Chili Oil. Chocolate Bark.

Cookie Nuggets. Vegan Date Balls.

Choice of Nut Butter.

PERSONALIZE IT!

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

GIFT BASKET

Php 150

WOODEN CRATE

Php 350

COFFEE BUNDLE

Php 1,580

Choice of Coffee Starter Kit.

Gift Bundle Add-on:

HOMEMADE SALMON TUYO

Php 290 // 90 g

Php 370 // 120 g





SUPERFOODS



ACAI BERRY

Php 699 // 1/4 lb

Php 1,225 // 1/2 lb

CACAO NIBS

Php 580 // 1 lb

CHIA SEEDS

Php 449 // 1/2 lb

Php 699 // 1 lb

CHLORELLA

Php 599 // 1/4 lb

Php 899 // 1/2 lb

GOJI BERRIES

Php 749 // 1 lb

LUCUMA

Php 989 // 1 lb

MACA X

Php 925 // 1/2 lb

Php 1,725 // 1 lb

SPIRULINA

Php 349 // 1/4 lb

Php 625 // 1/2 lb

SNACKS

CHOCOLATE BARK

Php 250

COOKIE NUGGETS

Php 150

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.

NUT BUTTERS

ALMOND BUTTER

Php 390 // 330 g

PEANUT BUTTER

Php 190 // 330 g



CONDIMENTS

CHILI OIL

Php 100 // 150 ml

SPICED VINEGAR

Php 100 // 350 ml

GOURMET DELICACY

HOMEMADE SALMON TUYO

Php 290 // 90 g

Php 370 // 120 g

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 380 // pack of 6

VALRHONA DOUBLE CHOCOLATE & NUT COOKIES

Php 380 // pack of 6



CALLEBAUT CHOCOLATE CHIP COOKIES

Php 430 // pack of 6

DOUBLE OATMEAL COOKIES

Php 330 // pack of 6

SUPERFOOD COOKIES

Php 450 // 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 three (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.

ALABANG

Monday-Thursday, 11AM-11PM

Friday-Sunday, 8AM-11PM

877 0000 | 0917 149 6144

GF Corte Expansion,

Alabang Town Center, Muntinlupa

BGC

Monday-Thursday, 11AM-11PM

Friday-Sunday, 8AM-11PM

867 0000 | 0917 568 6645

30th St. cor 7th Ave, Bonifacio

High Street Central, Taguig

GREENBELT

Open Daily, 7AM-11PM

368 0000 | 0917 170 8229

GF Greenbelt 2, Esperanza St. cor

Greenbelt Drive, Ayala Center, Makati

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

Lavista St., Salcedo Village, Makati

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TWITTER: WHOLESOME PH

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