



# BREAKFAST MENU

ALABANG | 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 40*  
 Whipped Cream..... *Php 40*  
 Chocolate Chip..... *Php 50*  
 Walnuts..... *Php 80*  
 Almond Butter..... *Php 110*

## BREAKFAST POWERBOWLS

### WHOLESOME GRANOLA.....

..... *Php 330*

*\*choose one fruit and one nut topping*

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

### 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 440*

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**

**ACAI BOWL** ..... *Php 450*

Date-Sweetened Frozen Acai Smoothie. Local Organic Berries. **VGN GF DF 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 40**  
 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**

Homemade Salmon Tuyo ..... **Php 380**

**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 590**

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**

Garlic Brown Rice..... **Php 60**

Breakfast Side Salad..... **Php 80**

Crispy Oyster Calamari..... **Php 120**

Nitrate-free Bacon..... **Php 160**

Turkey Sausage..... **Php 240**

## DESSERTS

**CHOCOLATE CHIA PUDDING NEW.....Php 230**

Chia Seeds. Coconut Cream. Coco Sugar. Cocoa Powder.  
Banana. Cacao Nibs. Mint Leaves. 🌿 **DF GF V**

**BERRY CHIA PUDDING NEW.....Php 290**

Chia Seeds. Coconut Cream. Coco Sugar. Raspberries. Mint  
Leaves. 🌿 **DF V**

**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 290**

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### **ALABANG**

**Monday-Friday, 11AM-11PM**  
**Saturday-Sunday, 8AM-11PM**  
**877 0000 | 0917 149 6144**  
**GF Corte Expansion, Alabang**  
**Town Center, Muntinlupa**

### **GREENBELT**

**Open Daily, 7AM-11PM**  
**717 1000 | 0917 170 8227**  
**GF Greenbelt 2, Esperanza St**  
**cor Greenbelt Drive,**  
**Ayala 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**

### **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 11AM-10PM**  
**Saturday 10AM-10PM**  
**Sunday 10AM-9PM**  
**825 7777 | 0917 826 6747**  
**R2 Level Power Plant Mall,**  
**Rockwell Center, Makati**

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

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