



# BEVERAGE MENU

BONIFACIO HIGH STREET CENTRAL

EAT CONSCIOUSLY. LIVE CONSCIOUSLY.

# NEW ITEMS

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## COCKTAILS

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- ARUGULA GIMLET**.....*Php 150*  
Arugula. Coco Vodka. Raw Honey. Lime. Soda Water.
- STRAWBERRY VODKA KOMBUCHA**.....*Php 150*  
Coco Vodka. Lemon Juice. Ginger. Kombucha. Lime. Frozen Strawberry. Raw Honey.
- COCONUT VODKA MOJITO**.....*Php 160*  
Coco Vodka. Mint Leaves. Lime. Soda Water. Spirulina. Raw
- CHIA MARGARITA**.....*Php 190*  
Coco Vodka. Lemon Juice. Chia Seeds. Raw Honey. Soda Water. Sea Salt.
- CHIA SCREWDRIVER**.....*Php 240*  
Coco Vodka. Orange. Chia Seeds. Raw Honey.
- DRUNKEN ORANGE JULIUS**.....*Php 270*  
Coco Vodka. Orange. Vanilla. Cashew Milk. Raw Honey.
- BLUEBERRY SANGRIA**.....*Php 290*  
Kombucha. Red Wine. Coco Vodka. Orange. Lemon Juice. Blueberry. Red Apple. Raw Sugar.

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## MOCKTAILS

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- WHOLESOME MOJITO**.....*Php 120*  
Spirulina. Chlorella. Lemon Juice. Raw Honey. Mint.
- WHOLESOME SANGRIA KOMBUCHA**.....*Php 290*  
Kombucha. Orange. Lemon Juice. Blueberry. Red Apple. Raw Honey. Hibiscus.

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## NUTMILK

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- HORCHATA**.....*Php 180*  
Black Rice. Almond. Cinnamon. Cardamom. Raw Honey.

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## WELLNESS SHOTS

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- IMMUNITY BOOST **NEW****.....60 ml *Php 60*  
Ginger. Lemongrass. Turmeric. Basil. Mint. Parsley. Pineapple. Calamansi Juice. Apple Cider Vinegar. Raw Honey.
- THROAT SOOTHER **NEW****.....60 ml *Php 150*  
Lemon Juice. Apple Cider Vinegar. Cinnamon. Raw Honey.

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## DETOX JUICES

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

HYDRATING, ANTI-INFLAMMATORY

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

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

DETOXIFYING, PURIFYING

Lemon. Activated Charcoal. Alkaline Water. Raw Honey.

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

DETOXIFYING, ALKALIZING

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

**BE AMAZING** ..... *Php 290*

ANTI-INFLAMMATORY, DETOXIFYING

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

**BE WONDERFUL** ..... *Php 320*

ANTI-INFLAMMATORY, ANTI-VIRAL

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

**BE DELIGHTFUL**..... *Php 320*

ANTIOXYDANTS, VITAMIN C

Carrot. Apple. Orange.

**BE PURE** ..... *Php 320*

ANTIOXYDANTS, HYDRATING

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

**BE REFRESHING** ..... *Php 320*

ANTI-INFLAMMATORY, VITAMINS

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

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## SUPERFOOD JUICES

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**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.

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## SUPERFOOD SMOOTHIES

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

### **BE TROPICAL NEW** ..... *Php 320*

Pineapple. Mango. Romaine. Coconut Water. Moringa.  
IHoney. Cucumber. Ice.

### **BE SPIRITED NEW** ..... *Php 380*

Arugula. Pineapple. Cashew Milk. Banana. Honey. Maca.  
Lucuma. Ice.

### **BE SWEET (SEASONAL) NEW** ..... *Php 380*

Strawberry. Raspberry. Blueberry. Goji. Coconut Milk.  
Honey. Cacao Nibs. Ice.

### **BE GORGEOUS (SEASONAL)** ..... *Php 280*

Blueberry. Chia Seeds. Wheat Grass. Banana. Raw Honey.  
Yogurt. Almond Milk. Almond Butter.

### **BE ADVENTUROUS** ..... *Php 320*

Almond Milk. Banana. Spinach. Almond Butter. Chia Seeds.  
Vanilla. Cinnamon.

add on: Hemp Protein Powder Php 40

### **BE EMPOWERED** ..... *Php 320*

Spinach. Kale. Banana. Chia Seeds. Hemp Protein. Spirulina.  
Almond Milk. Raw Honey.

### **BE FUELED** ..... *Php 320*

Banana. Raw Cashews. Dates. Cacao Nibs. Coffee Beans. Vanilla.  
add on: Hemp Protein Powder Php 40 Maca Php 50

### **BE GRACIOUS** ..... *Php 320*

Coconut Milk. Dates. Almond Butter. Vanilla. Sea Salt.  
add on: Maca Php 50

### **BE TICKLED PINK (SEASONAL)** ..... *Php 320*

Strawberries. Banana. Coconut Meat. Dates. Coconut Milk.  
Cacao Nibs. Raw Honey.

### **BE BEAUTIFUL (SEASONAL)** ..... *Php 380*

Raspberry. Strawberries. Goji Berries. Chia Seeds. Cacao Nibs.  
Coconut Milk. Hemp Seeds. Raw Honey.

### **BE LUSCIOUS (SEASONAL)** ..... *Php 380*

Raspberry. Strawberries. Banana. Bee Pollen. Chia Seeds.  
Cashew Milk. Raw Honey.

### **BE DELICIOUS** ..... *Php 380*

Coconut Milk. Almond Butter. Maca. Dates. Vanilla. Sea Salt.  
add on: Hemp Protein Powder Php 40

### **BE DREAMY** ..... *Php 380*

Mango. Banana. Chia Seeds. Goji Berries. Coconut Milk. Lemon.  
Raw Honey. add on: Hemp Seeds Php 15

### **BE INCREDIBLE** ..... *Php 380*

Banana. Cacao Nibs. Chia Seeds. Cordyceps. Maca.  
Unsweetened Cocoa Powder. Peanut Butter. Coconut Milk.  
Vanilla. MCT Oil. Raw Honey.

### **BE SUPER** ..... *Php 380*

Coconut Milk. Maca. Cordyceps. Unsweetened Cocoa Powder.  
Cinnamon. MCT Oil. Raw Honey.

### **BE WORTHY** ..... *Php 380*

Banana. Almond Butter. Hemp. Vanilla. Cacao Nibs. Maca.  
Sea Salt. Raw Honey. Chia Seeds. Almond Milk.

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## DESSERTS

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**SAGO AT GULAMAN**.....*Php 150*

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

**GUINUMIS**.....*Php 190*

Tapioca. Gulaman. Pinipig. Crushed Ice. Brown Syrup. Chia Seeds. Coconut Milk. Coconut Cream.

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## ICED TEAS AND MILK TEAS

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**REGULAR ICED TEA**.....*Php 100*

Black Tea. Calamansi. Raw Honey. Mint.

**LEMONGRASS ICED TEA**.....*Php 110*

Lemongrass. Raw Honey.

**TAMARIND ICED TEA**.....*Php 130*

Tamarind. Calamansi. Raw Honey.

**BUKO PANDAN MILK TEA**.....*Php 260*

Pandan Tea. Coconut Milk. Chia Seeds. Spirulina. Raw Honey.

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## JUICES AND SHAKES

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**LEMONADE**.....*Php 180*

**BUKO JUICE / SHAKE**.....*Php 120*

**DALANDAN JUICE / SHAKE**.....*Php 200*

**FRESH ORANGE JUICE**.....*Php 250*

**MANGO JUICE / SHAKE**.....juice *Php 250* shake *Php 280*

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## SODAS

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**STRAWBERRY GOJI SHRUB (SEASONAL)**.....*Php 120*

Strawberries. Calamansi. Goji Berries. Apple Cider Vinegar. Raw Honey. Soda Water.

**BLUEBERRY MINT SHRUB**.....*Php 180*

Blueberry. Mint Leaves. Lemon. Apple Cider Vinegar. Raw Honey. Soda Water.

**LEMON SODA**.....*Php 220*

Lemon Juice Soda Water. Raw Honey.

**PINEAPPLE MINT SODA**.....*Php 220*

Pineapple. Mint. Raw Honey. Soda.

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## KOMBUCHA

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**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.

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## TEA

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**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**

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## NUTMILK

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**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.

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## HOT DRINKS

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

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

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

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## SUPERFOOD COFFEE AND MILK

HOT

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

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

**KETO LATTE**.....*Php 320*

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

**SUPER COCO**.....*Php 320*

Coconut Milk. Maca Powder. Cordyceps. Unsweetened 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 220*

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

## SPECIALTY COFFEE



**V60**

clean, mild brew



**CHEMEX**

clean, smooth brew; coffee oils and sediments are eliminated



**FRENCH PRESS**

rich, full-bodied brew; coffee oils are extracted from the beans



**SIPHON**

clean, crisp brew with no sediments

ORGANIC SINGLE ORIGIN

\*choice of method: V60, Chemex, or French Press

**MT. APO**.....*Php 150*

Flavor Notes: Chocolate. Cacao. Roasted Nuts.

REGULAR COFFEE

SMALL

BIG

\*method: Siphon

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

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

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

## ESPRESSO-BASED COFFEE

*coffee option:* Mt. Apo (add Php 30)

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

**CORTADO**.....*Php 80*

**MACCHIATO**.....*Php 90*

**BONE DRY CAPPUCCINO**.....*Php 100*

	SINGLE	DOUBLE
<b>ESPRESSO</b> .....	<i>Php 80</i>	<i>Php 100</i>

	SMALL	BIG
<b>AMERICANO</b> .....	<i>Php 80</i>	<i>Php 100</i>

	SMALL	BIG
<b>AMERICANO WITH HONEY</b> .....	<i>Php 100</i>	<i>Php 120</i>

	SMALL	BIG
<b>CAPPUCCINO</b> .....	<i>Php 100</i>	<i>Php 120</i>

	SMALL	BIG
<b>LATTE (ICED/HOT)</b> .....	<i>Php 100</i>	<i>Php 120</i>

	SMALL	BIG
<b>MOCHA (ICED/HOT)</b> .....	<i>Php 160</i>	<i>Php 180</i>

	SMALL	BIG
<b>DARK MOCHA</b> .....	<i>Php 160</i>	<i>Php 180</i>

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## CRAFT BEERS

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### DRAFT

330ML

**LAGER**

**Php 180**

**HARD DAY**

**Php 240**

### BOTTLED

330ML

**PEDRO SUMMER WHEAT ALE**

**Php 260**

**TARSIER WHEAT ALE**

**Php 290**

**CRAFTPOINT SUMMER PASSION**

**Php 290**

**FISH RIDER PALE ALE**

**Php 350**

**SIERRA MADRE WHEAT ALE**

**Php 350**

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## WINES

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### RED WINES

GLASS

750ML

**VINA ALBALI TEMPRANILLO**

**Php 280**

**Php 1,300**

**CHATEAU MEAUME BORDEAUX  
SUPERIEUR CUVÉE LA TUILERIE  
2016**

**Php 1,900**

**MCMANIS FAMILY VINEYARDS  
CABERNET SAUVIGNON**

**Php 1,900**

**MCMANIS FAMILY VINEYARDS  
PETITE SIRAH**

**Php 1,900**

**LE CAILLOU COTES DU RHONE**

**Php 2,700**

**LOS MEDANOS MALBEC**

**Php 2,700**

**KAIMIRA ESTATE SYRAH 2011**

**Php 2,800**

### WHITE WINES

GLASS

750ML

**VINA ALBALI VERDEJO**

**Php 280**

**Php 1,300**

**CALITERRA SAUVIGNON BLANC**

**Php 280**

**Php 1,400**

**BRIGHTSIDE SAUVIGNON BLANC**

**Php 1,800**

**BRIGHTSIDE CHARDONNAY 2014**

**Php 1,800**

**MCMANIS FAMILY VINEYARDS  
PINOT GRIGIO**

**Php 1,900**

**AMPELIDAE MARIGNY-NEUF  
SAUVIGNON BLANC**

**Php 2,500**

**LOS MEDANOS CHARDONNAY**

**Php 2,800**

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## WATER

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**VIVA MINERAL WATER**

**Php 50**

**EVIAN BOTTLED WATER**

**Php 140**

**FIJI NATURAL  
ARTESAN WATER**

**Php 180**

**SAN PELLEGRINO  
SPARKLING WATER**

**Php 180**

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THE  
**WHOLESOME**  
TABLE

**ALABANG**

Monday-Friday, 11AM-11PM  
Saturday-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  
717 1000 | 0917 170 8227  
GF Greenbelt 2, Esperanza St cor  
Greenbelt Drive, Ayala Center, Makati

**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

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

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