



BEVERAGE MENU

GREENBELT

EAT CONSCIOUSLY. LIVE CONSCIOUSLY.

NEW ITEMS

COCKTAILS

- 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 Honey.
- 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.

MOCKTAILS

- 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.

NUTMILK

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

WELLNESS SHOTS

- 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

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.

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.

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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

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.

ICED TEAS AND MILK TEAS

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.

JUICES AND SHAKES

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*

SODAS

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.

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.

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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**

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.

HOT DRINKS

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*

ESPRESSO.....*Php 80* *Php 100*

SINGLE DOUBLE

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*

DARK MOCHA.....*Php 160* *Php 180*

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CRAFT BEERS

DRAFT	330ML
LAGER	Php 180
TROPIC HAZE	Php 210
BOTTLED	330ML
PEDRO SUMMER WHEAT ALE	Php 260
TARSIER WHEAT ALE	Php 290
KATIPUNAN ALE	Php 290
CRAFTPOINT SUMMER PASSION	Php 290
FISH RIDER PALE ALE	Php 350
SIERRA MADRE WHEAT ALE	Php 350

WINES

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
HACIENDA ARAUCANO SAUVIGNON BLANC		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

WATER

VIVA MINERAL WATER <i>Php 50</i>	EVIAN BOTTLED WATER <i>Php 140</i>
FIJI NATURAL ARTESAN WATER <i>Php 180</i>	SAN PELLEGRINO SPARKLING WATER <i>Php 180</i>

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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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