



BREAKFAST MENU

GREENBELT | SALCEDO

7AM-11AM DAILY

EAT CONSCIOUSLY. LIVE CONSCIOUSLY.

The Wholesome Table Breakfast Menu is available from 7:00am to 11:00am daily.

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**

WHOLESOME BENEDICTS

Two English Muffins. Poached Free-range Eggs. Breakfast Side Salad.

choice of toppings:

*Kale Tomato Benedict.....**Php 330***

*Kale. Grilled Tomatoes. Hollandaise Sauce. 🌿 **V NF***

*Mushroom-Ricotta Benedict.....**Php 460***

Wild Mushrooms. Ricotta Cheese. Mushroom Stock.

*🌿 **V 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

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