



LUNCH MENU

ALABANG | BGC | GREENBELT | ROCKWELL | SALCEDO

11AM-2PM DAILY

EAT CONSCIOUSLY. LIVE CONSCIOUSLY.

WHOLESOME BEGINNINGS

SALADS

CHAKRA SALAD NEW solo **Php 300** regular **Php 580**
Mixed Greens. Beets. Button Mushrooms. Almonds. Toasted Coconut Chips. Chickpea Croutons. Red Onion. Tomatoes. Balsamic Vinegar. Squash. Sweet Potato. Hibiscus Kombucha Dressing. Organic Duck Egg. 🌿 **DF GF RSF V**
***VGN and NF option: remove almonds**
***VGN option: remove duck egg**

SUPERFOOD SALAD NEW solo **Php 300** regular **Php 580**
Mixed Greens. Spinach. Almonds. Chia Seeds. Feta Cheese. Goji Berry. Superfood Dressing. 🌿 **DF GF RSF V VGN**
***NF option: remove almonds**
***DF option: remove feta cheese**

SOUPS

IMMUNE BOOSTER SOUP NEW **Php 400**
Garlic. Ginger. Olive Oil. Turmeric Powder. Lemon Juice. Spinach. Kale. Coconut Cream. Broccoli. Goji Berry. Chia Seeds. Sunflower Seeds. Flax Seeds. Sesame Seeds. Greek Yogurt.
🌿 **GF NF RSF V DF and VGN option: serve yogurt on the side**

POWERBOWLS

YOGI BOWL NEW **Php 540**
Cauliflower. Turmeric Powder. Coriander. Cumin. Olive Oil. White Onion. Garlic. Button Mushroom. Oyster Mushroom. Shitake Mushroom. Organic Tofu. Cherry Tomatoes. Red Chili. Coconut Cream. Red Onion. Leeks. 🌿 **DF GF NF RSF**
***V and VGN option: remove feta cheese**

Quinoa **Php 420**
Brown Rice **Php 320**

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**

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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)
🌿 (SPICY) ❤️ (WHOLEHEARTED) | **W** | (WHOLESOME SELECTIONS)

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The Wholesome Table Lunch Menu is available from 11:00am to 2:00pm daily.

SMALL PLATES

VEGAN CHEESE.....*Php 180*

Tofu "Ricotta" Cheese. Sweet Onion Jam. Chili Flakes.
Sourdough Toasts. 🌱 **VGN DF**

**GF option: served with romaine hearts*

SPINACH DIP.....*Php 190*

Baby Spinach. Garlic. Sundried Tomatoes. Natural Cream.
Anchovies. Three Cheese Blend. Sourdough Toasts. 🌱 **NF**

**GF Option: served with romaine hearts or vegetable crudités*

BURRATA.....*Php 260*

Burrata Cheese. Grape Tomatoes. Fresh Basil. Balsamic Reduction.
Sourdough Toasts. 🌱 **NF V**

**GF option: served with romaine hearts*

ORGANIC MUSHROOM FRITTERS.....*Php 390*

Breaded Mozzarella-stuffed Button Mushrooms. Homemade
Italian Sausage. Organic Cherry Tomato Passato. 🌱 **NF**

TURKEY SCOTCH EGG.....*Php 190*

Soft Boiled Duck Egg. All-natural Turkey Sausage. Bed of Kale.
Sherry Vinaigrette. 🌱 **NF**

GRASS-FED MEATBALLS.....*Php 240*

Three Pieces Beef Meatballs. Mozzarella. Pickled Onions.
Organic Cherry Tomato Passato. 🌱 **NF**

CRISPY CALAMARI (DAILY CATCH).....*Php 290*

Sea-caught Baby Squid. *choice of: Fresh Tomato Sauce or
Lemon Garlic Dip.* 🌱 **NF**

VIETNAMESE SPRING ROLLS.....*Php 400*

Ocean Caught Shrimps. Rice Noodles. Cilantro. Romaine.
Cabbage. Mangoes. Cucumber. Mint. Vietnamese Dipping
Sauce. 🌱 **NF GF DF**

TOASTS

FIG AND RICOTTA TOAST.....*Php 240*

Dried Figs. Organic Mangoes. Grass-fed Ricotta Cheese.
Hibiscus Tea Reduction. Arugula Micro Greens. 🌱 **V**

CALI TOAST **NEW**.....*Php 340*

Sourdough Bread. Uni Butter. Crab Meat. Furikake. Tomatoes.
Mango. Ebiko. Japanese Mayonnaise. 🌱 **NF RSF**

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**

SOUPS

CARROT-PUMPKIN SOUP.....*Php 180*

Carrot. Pumpkin. Goji Berries And Coconut Cream Foam.
🌱 **VGN GF DF NF**

BOSTON CLAM CHOWDER.....*Php 280*

Fresh-caught Manila Clams. Potato. Cream. Oregano. Garlic.
Onions. Sourdough Toast. 🌱 **GF RSF**

SEAFOOD LAKSA (DAILY CATCH) 🌱.....*Php 490*

Mussels. Squid. Ocean Caught Shrimps. Rice Noodles.
Homemade Shrimp Paste. Homemade Laksa Paste. Coconut
Milk. Fresh Cilantro. Basil. Mint. Beansprouts. Peanuts. Lime.
🌱 **GF DF RSF**

HEARTY TOMATO SOUP.....*Php 220*

Sautéed Organic Grape Tomatoes. Onions. Garlic. Basil.
Rich Chicken Broth. Natural Cream. Chickpea Croutons.
🌱 **GF NF**

CHICKEN MISORAMEN.....*Php 520*

Shirataki Noodles. Japanese Miso. Ground Chicken Breast.
Chicken Stock. Carrots. Beansprouts. Fresh Wakame. Sesame
Seeds. Corn. Spring Onions. Tamari Soy Sauce. Hard Boiled
Free-range Eggs. Cabbage. Spinach. Butter. 🌱 **GF NF RSF**

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SALADS

All our salads are good for sharing. You may also turn your salad into an entire meal with these add-ons:
Grilled Free-range Chicken Fillets Php 180

CORDILLERA SALAD †W|.....solo **Php 220** regular **Php 390**

Kale. Romaine. Organic Duck Egg. Baked Onions. Carrots. Benguet Gooseberry Tomatoes. Squash. Candied Chayote. Benguet Pole Beans. Feta Cheese. Sagada Oranges tossed in Cordillera Citrus Vinaigrette. 🌿 **GF**

CHICKEN SALAD.....solo **Php 320** regular **Php 520**

Mixed Greens. Chicken Salad. Grapes. Apples. Walnuts. Celery. Parmesan Cheese. Blueberry Vinaigrette.

BE ENERGIZED.....solo **Php 290** regular **Php 560**

Lollo Rosso. Romaine. Kale. Grilled Cilantro Chicken. Walnut Chorizo. Three-bean Salsa. Golden Mango Vinaigrette. Cheddar Cheese. 🌿 **GF RSF**

GREEK SALAD..... **Php 450**

Mixed Greens. Green Olives. Vine-ripened Tomatoes. Cucumber. Capers. Onions. Oregano. Mint. Dill. Feta Cheese. Green Bell Peppers. Red Wine Vinegar. Extra Virgin Olive Oil. 🌿 **V GF *VGN option: no cheese**

ORZO SALAD.....**Php 480**

Grape Tomatoes. Capers. Fresh Basil. Mint. Feta Cheese. Dried Cranberries. Arugula. Orzo. Red Wine Vinaigrette. 🌿 **V NF *DF option: no cheese**

CHICKEN DUKKAH SALAD. solo **Php 300** regular **Php 580**

Dukkah-coated Grilled Chicken. Roasted Squash. Tomatoes. Sliced Red Onions. Cucumbers. Crumbled Feta Cheese. Sunflower Seeds. Balsamic Vinaigrette. 🌿 **GF**

SANDWICHES & BURGERS

Please allow 15 minutes for cooking. Our sandwiches are served with Parmesan Fries, except for Ultimate Grilled Cheese. For a dairy-free or vegan option, you may request for Regular Fries.

GREEK BURGER.....**Php 320**

Grass-fed Beef Patty. Garlic Yogurt Dressing. Feta Cheese. Tomato Parsley Salad. Cucumber. Honey Dijon Dressing. 🌿 **RSF**
***GF option: served with romaine lettuce instead of potato bun**

MOB BURGER.....**Php 450**

Grass-fed Beef Patty. Italian Sausage. Cheddar Cheese. Nitrate-free Bacon. Free-range Egg. Tomato Jam. 🌿 **RSF**
***GF option: served with romaine lettuce instead of potato bun**

ULTIMATE GRILLED CHEESE

Emmental. Mozzarella. Dijon Mustard. Onion Jam. Mornay Sauce. Grilled Sourdough. Tomato Soup or Side Salad. 🌿 **V NF**

Side Salad.....**Php 330**

Tomato Soup.....**Php 350**

SHRIMP BURGER.....**Php 490**

Shrimp Patty. Sundried Tomato Pesto. Arugula. Bacon Balsamic Vinaigrette. 🌿 **RSF**
***GF option: served with romaine lettuce instead of potato bun**

SPANISH BURGER.....**Php 390**

Spanish Patty. Saffron-Lime Mayonnaise. Roasted Button Mushroom. Chipotle Salad. 🌿 **RSF**
***GF option: served with romaine lettuce instead of potato bun**

TRUFFLE BURGER.....**Php 450**

Grass-fed Beef Patty. Cheddar Cheese. Truffle Butter Dijon Mustard. 🌿 **RSF**
***GF option: served with romaine lettuce instead of potato bun**

GRASS-FED BEEF BURGER.....**Php 490**

Grass-fed Beef Patty. Cheddar Cheese. Arugula. Tomatoes. Field Greens. 🌿 **NF**
***GF option: served with romaine lettuce instead of potato bun**

ULTIMATE VEGGIE BURGER.....**Php 520**

Mushroom-Quinoa Patty. Vegan Ricotta. Onion Jam. Field Greens. Tomatoes. 🌿 **V**

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POWER BOWLS

Whole grain, nutritious meals-in-a bowl.
Option: Cauliflower Rice add Php 160

VEGAN POKE BOWL |W|.....**Php 250**
Tofu. Wakame. Brown Rice. Onion Leeks. Spiralized Carrot.
Stir Fry Sauce. Togarashi Spice. Sushi Gari. Romaine.
🌿 **GF DF NF**

KIMCHI RICE BOWL.....**Php 350**
Homemade Kimchi. Brown Rice. Fire-roasted Tomatoes. Pickled
Cucumber. Fried Cauliflower. Gochungang Sauce. Free-range
Egg. 🌿 **V GF NF RSF**

BUDDHA BOWL 🌿.....**Php 380**
Organic Brown Rice. Mixed Vegetables. Thai Red Coconut
Curry Sauce. Micro Greens. Homemade Peanut Brittle.
Lime Wedge. Peanuts. 🌿 **GF DF**

PROTEIN POWER BOWL.....**Php 420**
Quinoa. Chickpeas. Carrots. Wild Mushrooms. Flax Seeds.
Micro Greens. Tahini Sauce. 🌿 **DF**

POKE BOWL |W|.....**Php 450**
Raw Salmon. Wakame. Brown Rice. Onion Leeks. Japanese
Mayonnaise. Stir Fry Sauce. Ebiko. Furikake. Togarashi Spice.
Pickled Ginger. Romaine. 🌿 **GF NF**

THAI RICE BOWL.....**Php 320**
Vegan Bagoong Brown Rice. Pandan Tofu. Green Mango.
Tomatoes. Scrambled Egg. Spring Onion. Cilantro. Peanuts.
🌿 **V GF RSF *NF option: remove peanuts**

VEGAN BUDDHA BOWL 🌿 **NEW**.....**Php 380**
Organic Brown Rice. Mixed Vegetables. Vegan Thai Red
Coconut Curry Sauce. Micro Greens. Homemade Peanut
Brittle. Lime Wedge. Peanuts. 🌿 **GF DF**

MACRO BOWL ♥ |W|.....**Php 450**
Quinoa. Wakame. White Beans. Sweet Potato. Kale. Spinach.
Teriyaki Almonds. Garlic Yogurt Dressing. 🌿 **GF**
***NF option: serve almond on the side**
***V and DF option: serve dressing on the side**

♥ WHOLEHEARTED

We believe that everyone has a right to healthy food.
Each time you buy a Wholehearted meal, you will feed
someone in need. Proceeds of this bowl will go to our
feeding program for underprivileged communities.

PASTA

Option: Organic Whole Wheat Pasta Php 50 (solo) Php 100 (regular)
***GF option: Gluten-free Pasta Php 90 (solo) Php 180 (regular) or Veggie Noodles Php 90 (solo) Php 180 (regular)**

MIE GORENG **NEW**.....**Php 280**
Shiitake Mushrooms. Bean Sprouts. Carrots. Stir Fry Sauce.
Leeks. Crispy Chicken Skin. Chicken Yakitori. Free-range Egg.
Togarashi Spice. Leeks. 🌿 **RSF**

LASAGNA.....**Php 420**
Grass-fed Beef. Bechamel. Mozzarella. Parmesan Cheese. 🌿 **NF**

CRAB PASTA **NEW**.....**Php 570**
Uni Butter. Garlic. Onions. Crab Meat. Parsley. Parmesan
Cheese. Lemon. 🌿 **RSF**

GAMBARETTI ARRABIATTA 🌿.....**Php 590**
Spaghetti. Deep Sea Shrimps. Smashed Grape Tomato Sauce.
Homemade Nitrate-free Bacon. Parmesan Cheese. 🌿 **NF**

CLASSIC PESTO.....**solo Php 420 regular Php 790**
Spaghetti. Free-range Chicken. Pesto. Parmesan Cheese.
Sundried Tomatoes.

NUTTY GARLIC.....**solo Php 250 regular Php 420**
Spaghetti. Roasted Garlic Pesto. Extra Virgin Olive Oil.
🌿 **V *DF option: no Parmesan cheese and butter**

TRUFFLE MUSHROOM PASTA.....**Php 420**
Spaghetti. Wild Mushrooms. White Wine. Truffle Cream. 🌿 **V**

SALMON IN TOMATO-BASIL CREAM SAUCE.....**Php 490**
Angel Hair. Fresh Salmon. Organic Cherry Tomato Passato.
Crème Fraîche. Basil.

CLASSIC SPAGHETTI BOLOGNESE.....
.....**solo Php 290 regular Php 580**
Spaghetti. Rich Grass-fed Meat Sauce. Parmesan Cheese. 🌿 **NF**

BEEF STROGANOFF.....**Php 610**
Fettuccine. Tenderloin Strips. Fresh Button Mushrooms. Cream.
Parmesan Cheese. 🌿 **NF**

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WOODFIRED PIZZA

MARGARITA.....solo **Php 250** regular **Php 390**

Organic Pizza Sauce. Fresh Basil. Mozzarella. 🌿 **V NF**

GRAZELAND PIZZA.....solo **Php 350** regular **Php 690**

Organic Pizza Sauce. Grass Fed Beef Strips. Baked Onions. Roasted Garlic. Mozzarella. Parmigiano-Reggiano. Pecorino Romano. 🌿 **NF**

RUCOLA PIZZA |W|.....solo **Php 380** regular **Php 750**

Truffle Cream. Pine Nuts. Arugula. Mozzarella. Emmental. Parmesan Cheese. 🌿 **V**

HARVEST PIZZA |W|.....solo **Php 350** regular **Php 690**

Truffle Cream. Wild Mushrooms. Roasted Squash. Roasted Garlic. Baked Onions. Cherry Tomatoes. Kale. Pine Nuts. Olive Oil. Mozzarella. Emmental. Parmesan Cheese. 🌿 **V**

THE BARCELONA.....solo **Php 380** regular **Php 750**

Organic Pizza Sauce. Salami. Shiitake Mushrooms. Roasted Garlic. Mozzarella. Parmigiano-Reggiano. Pecorino Romano. 🌿 **NF**

MAIN COURSE

YAKITORI BOWL**Php 430**

Yakitori Chicken. Brown Rice Pilaf. Baked Chicken Skin. Snow Peas. Gluten-free Yakitori Sauce. Poached Free-range Egg.

🌿 **GF NF**

*upgrade: Cauliflower Rice.....add **Php 160***

EGGPLANT PARMIGIANA**Php 450**

Organic Eggplant. Tofu Meat Sauce. Mozzarella. Emmental. Parmesan Cheese. 🌿 **V GF NF**

MEATLOAFsolo **Php 410** regular **Php 560**

Thick Homemade Meatloaf. Organic Mashed Potatoes. Bacon Mushroom Gravy. 🌿 **NF**

MISO-GLAZED SALMON..... **Php 670**

Miso-glazed Salmon. Tomatoes. Micro Greens. Organic Black Rice Pilaf. 🌿 **GF NF**

PORK CHOPS.....solo **Php 420** regular **Php 690**

**please allow 20 mins for cooking*

Thick Pork Chops. Balsamic Glaze. Roasted Potatoes.

🌿 **NF GF *DF option: no cheese on potatoes**

MUSHROOM PAELLA|W| solo **Php 670** to share **Php 1,290**

Saffron Arborio. Button Mushrooms. Asparagus. Artichokes. Red Onion. Garlic. Roasted Pepper. Walnut Chorizo.

🌿 **VGN GF DF *NF option: serve Walnut Chorizo on the side**

BIBIMBAP BOWL |W|..... **Php 450**

Beef Slices. Brown Rice. Spinach. Carrots. Shiitake Mushroom. Bean Sprout. Free-range Egg. Kimchi. Bibimbap Sauce. 🌿 **NF**

*upgrade: Cauliflower Rice.....add **Php 160***

GYUDON RICE BOWL |W|..... **Php 470**

Beef Slices. Brown Rice. Onion. Free-range Egg. Pickled Onions. Coco Amino Acids. 🌿 **GF DF**

*upgrade: Cauliflower Rice.....add **Php 160***

MANGO-GLAZED SALMON..... **Php 620**

Mango Glazed Salmon. Cherry Tomatoes. Quinoa Salad. Ripe Mango. Red Radish. 🌿 **GF RSF**

SIZZLING TENDERLOIN TIPS.....**Php 680**

Grass-fed Beef Tenderloin Strips. Tamari Garlic Sauce.

Free-range Egg. Yellow Corn. Brown Rice. 🌿 **GF NF**

*add-on: Hearty Tomato Soup or Side Salad..... **Php 80***

ROAST CHICKEN.....**Php 840**

Half Roast Chicken. Carrots. Roasted Potatoes. French Beans.

Chicken Au Jus. Parsley. Parmesan Cheese. 🌿 **NF**

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LOCAL FAVORITES

SMALL PLATES

SALTED EGG SHRIMPS **NEW** **Php 310**
Sustainable Shrimps. Unsalted Butter. Paprika. Salted Duck Egg.
Whipping Cream. Garlic. Chili. Onion Leeks. 🌿 **NF GF RSF**

SALMON KILAWIN 🌿 **NEW** **Php 360**
Atlantic Sustainable Salmon. Salted Duck Egg. Passion Fruit
Juice. Corn. Roasted Sweet Potato. Puffed Quinoa. Peanuts.
Basil. Mint Leaves. Cilantro. Red Onion. Toasted Desiccated
Coconut. 🌿 **DF**

SOUPS

MONGGO STEW **NEW** **Php 270**
Red Onion. Chori Patty. Monggo Beans. Wholesome Tea.
Tomato Paste. Apple Cider Vinegar. Coconut Sugar. Balsamic
Vinegar. Dried Dilis. 🌿 **NF GF RSF DF**

COCONUT CHICKEN SOUP **NEW** **Php 440**
Classic Chicken *Binakol*. Lemongrass. Ginger. Organic Fish
Sauce. Coconut. Papaya. Chili. Seven Herb Broth. 🌿 **NF GF
RSF DF**

ALL-DAY BREAKFAST

MEAT AND EGGS PLATE: SALMON TUYO **NEW**
..... **Php 380**
Atlantic Sustainable Salmon. Olive Oil. Tamari Soy Sauce.
Passato Sauce. Free-range Egg. Laurel. Onion Leeks. Carrots.
Brown Rice. 🌿 **NF GF RSF DF**

BISTEK TAGALOG **Php 590**
Grass-fed Beef Tenderloin. Free-range Eggs. Garlic Brown Rice.
Side Salad. 🌿 **GF DF NF**

MAIN COURSE

**Solo served with Brown Rice or Garlic Brown Rice.*

CHICKEN ADOBO **NEW** solo **Php 290** regular **Php 400**
Chicken. Apple Cider Vinegar. Tamari Soy Sauce. Garlic.
Coconut Sugar. Unsalted Butter. 🌿 **NF GF RSF**

CHICKEN AND PORK ADOBO **NEW**
..... solo **Php 320** regular **Php 460**
Chicken. Pork Belly. Apple Cider Vinegar. Tamari Soy Sauce.
Garlic. Coconut Sugar. Unsalted Butter. 🌿 **NF GF RSF**

BICOL EXPRESS 🌿 **NEW** **Php 330**
Fresh *Langka*. *Sigarilyas*. Green Papaya. Coconut Cream.
Organic Fish Sauce. Organic *Bagoong*. Garlic. Onion. Ginger.
Malunggay. *Bagnet*. 🌿 **NF GF RSF DF**
***V and VGN option: remove bagnet, bagoong and fish sauce**

DESSERTS

SUPERFOOD STICKY RICE "BIBINGKA" |W| **Php 160**
Sticky Rice. *Latik*. Cashew Nuts. Chia Seeds. Banana.
Cacao Nibs. Desiccated Coconut. 🌿 **V DF**

SAGO AT GULAMAN **Php 150**
Tapioca. *Gulaman*. Chia Seeds. Brown Syrup. Crushed Ice.

SABA CON HIELO **NEW** **Php 220**
Saba. Activated Cashew Milk. Chia Tapioca Pearl. Coconut Cream.
Red Jelly.

GUINUMIS **Php 190**
Tapioca. *Gulaman*. *Pinipig*. Crushed Ice. Brown Syrup. Chia
Seeds. Coconut Milk. Coconut Cream.

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ALL-DAY BREAKFASTS

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**

GREEN EGGS AND TOMATO OMELETTE **Php 380**

Kale. Spinach. Leeks. Wild Mushrooms. Cherry Tomatoes.
Emmental. Pine Nuts. Breakfast Side Salad. Sourdough Toast.

🌿 **V *GF option:** no toast

SIDES

Plain Brown Rice	Php 40	Garlic Brown Rice	Php 60	Free-range Egg	Php 50	Extra Grilled Chicken	Php 180
Sourdough Bread	Php 60	Side Salad	Php 80	Yakitori Stick	Php 80	Extra Shrimp	Php 190
Black Rice	Php 80	Regular Fries	Php 90	Crispy Oyster			
Garlic Bread	Php 130	Roasted Potatoes	Php 100	Calamari	Php 120		
Brown Rice Risotto	Php 160	Roasted Vegetables	Php 110	Wild Mushroom	Php 290		
Cauliflower Rice	Php 190	Parmesan Fries	Php 110				
Quinoa	Php 230	Mashed Potato	Php 120				

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KIDS MENU

For children 12 years old and below.

MACARONI & CHEESE.....*Php 230*
Macaroni. Aged Ricotta. Gruyère. Emmental. Milk. 🌿 **RSF**

KIDS D.I.Y. PIZZA.....*Php 250*
Kids can make their own pizzas with Organic Pizza Sauce, Mozzarella, and choice of one topping: *Nitrate-Free Homemade Bacon. Meatball. Salami. Mushrooms.* 🌿 **NF**
additional topping.....*Php 90*

HONEY BUTTER CHICKEN CRISPIES.....*Php 290*
Organic Chicken Tenders. Honey-Butter Glaze. 🌿 **NF**

Nice Creams

INTRODUCING DAIRY FREE, REFINED SUGAR FREE,
GLUTEN FREE, SOY FREE ICE CREAM!

COCO-NUT.....*Php 70*
Dark Chocolate. Coconut Cream. Cashew Cream. Almond Milk. Coconut Sugar. 🌿 **VGN**

STRAWBERRY.....*Php 120*
Mt. Atok Strawberries. Coconut Cream. Cashew Cream. Almond Milk. Honey. 🌿 **V**

nice to try!

DESSERTS



All our Wholesome Bakery items are 100% gluten-free;
lovingly made with grass-fed butter, wild honey, raw sugar,
free-range eggs, and homemade gluten-free flour blend.

CHOCOLATE CAKE.....*slice Php 190 whole Php 1,600*
Rice Flour. Callebaut Dark Chocolate. Milk. Eggs. Vanilla.
Coconut Oil. Chocolate Frosting. Coconut Sugar.
🌿 **GF NF V**

DOUBLE CHOCOLATE CHEESECAKE.....
.....*slice Php 250 whole Php 2,200*
Callebaut Chocolate. Cream. Cream Cheese. Valrhona
Double Chocolate Cookie Crust. Cacao Nibs. Honey.
🌿 **GF NF V RSF**

MANGO CHEESECAKE.....
.....*slice Php 190 whole Php 1,600*
Butter. Cream. Cream Cheese. Graham. Mangoes. Vanilla.
Honey. 🌿 **GF NF V RSF**

FRUIT PLATTER.....*Php 240*
Assorted Fresh Fruits in Season.

CARROT CAKE.....*Php 250*
Organic Carrots. Golden Raisins. Free-range Eggs. Cream
Cheese Frosting. 🌿 **V**

YOGURT PANNA COTTA.....*Php 260*
Natural Yogurt Panna Cotta. 🌿 **V GF NF**

TIRAMISU.....*Php 380*
Ladyfingers. Creamy Mascarpone. Espresso.

ACAI BOWL.....*Php 450*
Date-Sweetened Frozen Acai Smoothie. Local Organic Berries.

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)

🌿 (SPICY) ❤️ (WHOLEHEARTED) !W! (WHOLESOME SELECTIONS)

*Allergy warning: NF indicates dishes that do not contain any nuts. However, our kitchen is not a nut-free zone & cross-contamination may occur.



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

EAT CONSCIOUSLY. LIVE CONSCIOUSLY.