

# 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**

## 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.*