



# SNACK MENU

ALABANG | BGC | GREENBELT | ROCKWELL | SALCEDO

2PM-6PM DAILY

EAT CONSCIOUSLY. LIVE CONSCIOUSLY.



The Wholesome Table Snack Menu is available from 2:00pm to 6:00pm daily.

## COMFORT BOWLS

**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**

**SEAFOOD LAKSA (DAILY CATCH)**.....*Php 490*  
Mussels. Ocean Caught Shrimps. Rice Noodles. Homemade  
Shrimp Paste. Homemade Laksa Paste. Coconut Milk. Fresh  
Cilantro. Basil. Mint. Beansprouts. Peanuts. Lime.  
**GF DF RSF**

## TOASTS

**FIG AND RICOTTA TOAST**.....*Php 240*  
Dried Figs. Organic Mangoes. Grass-fed Ricotta Cheese.  
Hibiscus Tea Reduction. Arugula Micro Greens. **V**

**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**

## 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** **NEW**.....*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** **NEW**.....*Php 490*  
Shrimp Patty. Sundried Tomato Pesto. Arugula. Bacon Balsamic  
Vinaigrette. **RSF**  
**\*GF option:** served with romaine lettuce instead of potato bun

**SPANISH BURGER** **NEW**.....*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** **NEW**.....*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 590*  
Mushroom-Quinoa Patty. Vegan Ricotta. Onion Jam.  
Field Greens. Tomatoes. **V**

## 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.

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## PASTA

Add on: 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)

### NUTTY GARLIC.....solo **Php 250** regular **Php 420**

Spaghetti. Roasted Garlic Pesto. Extra Virgin Olive Oil.

🌿 **V \*DF option: no Parmesan cheese and butter**

### CLASSIC PESTO.....solo **Php 420** regular **Php 790**

Spaghetti. Free-range Chicken. Pesto. Parmesan Cheese.  
Sundried Tomatoes.

### CLASSIC SPAGHETTI BOLOGNESE.....

.....solo **Php 290** regular **Php 580**

Spaghetti. Rich Grass-fed Meat Sauce. Parmesan Cheese. 🌿 **NF**

### MACARONI & CHEESE..... **Php 450**

Macaroni. Aged Ricotta. Gruyère. Emmental. Milk. 🌿 **RSF**

## FLAT BREADS

### 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**



#### BARS

**FUDGE BROWNIE.....Php 80**

🌿 GF NF V

**NUTTY FUDGE BROWNIE.....Php 90**

🌿 GF V

**NANAIMO BARS.....Php 120**

🌿 GF NF V RSF

#### COOKIES

**DOUBLE OATMEAL.....solo Php 70**

**COOKIES pack of 6 Php 330**

🌿 GF V RSF

**VALRHONA.....solo Php 90**

**DOUBLE CHOCOLATE pack of 6 Php 380**

**COOKIES**

🌿 GF NF V

**VALRHONA DOUBLE.....solo Php 90**

**CHOCOLATE & NUT pack of 6 Php 380**

**COOKIES**

🌿 GF V RSF

**CALLEBAUT.....solo Php 90**

**CHOCOLATE CHIP pack of 6 Php 430**

**COOKIES**

🌿 GF NF V RSF

**SUPERFOOD COOKIES.....solo Php 90**

**pack of 6 Php 450**

🌿 GF V RSF

#### MUFFINS

**DOUBLE CHOCOLATE MUFFIN.....Php 90**

🌿 GF NF V

**PIMIENTO & CHEESE MUFFIN.....Php 130**

🌿 GF V RSF

**BLUEBERRY MUFFIN.....Php 140**

🌿 GF V RSF

**CHIA BERRY MUFFIN.....Php 140**

🌿 GF NF V

**CHOCOLATE PECAN MUFFIN.....Php 140**

🌿 GF V RSF

**SAUSAGE MUFFIN.....Php 200**

🌿 GF V RSF

#### CUPCAKES

**LEMON CUPCAKE.....Php 80**

🌿 GF NF V

**BANANA PEANUT BUTTER.....Php 90**

**CUPCAKE**

🌿 GF V

**MATCHA LATTE CUPCAKE.....Php 90**

🌿 GF NF V

**SALTED CHOCOLATE.....Php 90**

**CUPCAKE**

🌿 GF NF V

**SMORE'S CUPCAKE.....Php 90**

🌿 GF NF V

**STRAWBERRY SHORTCAKE.....Php 90**

**CUPCAKE**

🌿 GF NF V

**CHOCOLATE HAZELNUT.....Php 120**

**CUPCAKE**

🌿 GF V

#### CAKES

**BANANA CAKE.....slice Php 70**

🌿 GF NF V RSF loaf **Php 590**

**ALMOND BERRY.....slice Php 85**

**BANANA CAKE loaf Php 770**

🌿 GF V RSF

**CHOCOLATE WALNUT.....slice Php 85**

**BANANA CAKE loaf Php 770**

🌿 GF V RSF

**BUNDT CAKE.....mini whole Php 190**

🌿 GF V

**CHOCOLATE CAKE.....slice Php 190**

🌿 GF NF V whole **Php 1,600**

**MANGO CHEESECAKE.....slice Php 190**

🌿 GF NF V RSF whole **Php 1,600**

**DOUBLE CHOCOLATE.....slice Php 250**

**CHEESECAKE whole Php 2,200**

🌿 GF NF V RSF

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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](http://thewholesometable.com)

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