



# BREAKFAST MENU

ALABANG

8AM-11AM, SATURDAY-SUNDAY

EAT CONSCIOUSLY. LIVE CONSCIOUSLY.

The Wholesome Table Breakfast Menu is available from 8:00am to 11:00am, Saturdays to Sundays only.

## 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**

## 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*

### EXTRAORDINARY BOWL ..... **Php 440**

Banana. Dates. Chia Seeds. Himalayan Salt. Peanut Butter. Cashew Milk. **⚡VGN GF DF RSF**

### EMPOWERED BOWL..... **Php 440**

Spinach. Kale. Banana. Chia Seeds. Hemp Protein. Spirulina. Almond Milk. **⚡V GF DF RSF**

### BERRYLICIOUS 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 Tuyoy ..... **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](http://thewholesometable.com)**

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