



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

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*

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

GLUTEN-FREE CARROT.....slice Php 270

CAKE.....whole Php 2,400

🌿 GF V

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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**

**FB + IG: THEWHOLESOMETABLE
TWITTER: WHOLESOMEPH**

#BE_WHOLESOME

thewholesometable.com

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