



BREAKFAST MENU

GREENBELT | SALCEDO

7AM-11AM DAILY

EAT CONSCIOUSLY. LIVE CONSCIOUSLY.

The Wholesome Table Breakfast Menu is available from 7:00am to 11:00am daily.

BREAKFAST TOASTS AND BREADS

EGG AND CHEESE TOAST..... **Php 310**

Sourdough Toast. Emmental. Mozzarella. Sunny Side-up
Free-range Eggs. Basil Oil. Tomatoes. **V NF**

WILD MUSHROOM TOAST..... **Php 350**

Sourdough Toast. Wild Mushroom. Truffle Oil. Emmental.
Mozzarella. Sunny-Side Up Free-range Eggs. **VNF**

WHOLESOME BENEDICTS

Two English Muffins. Poached Free-range Eggs. Breakfast
Side Salad.

choice of toppings:

*Kale Tomato Benedict..... **Php 330***

*Kale. Grilled Tomatoes. Hollandaise Sauce. **V NF***

*Mushroom-Ricotta Benedict..... **Php 460***

Wild Mushrooms. Ricotta Cheese. Mushroom Stock.

V 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

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 Tuyo **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, 10AM-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

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