



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

TRUFFLE BURGER*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.

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

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**

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**

COOKIES 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**

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**

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.



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

FB + IG: THEWHOLESOMETABLE
TWITTER: WHOLESOMEPH

#BE_WHOLESOME

thewholesometable.com

EAT CONSCIOUSLY. LIVE CONSCIOUSLY.