

THE  
WHOLESOME  
TABLE



WHOLESOME GIFTS

GIVE THE GIFT OF ORGANIC COMFORT FOOD  
THAT NOURISHES AND RESTORES

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EAT CONSCIOUSLY. LIVE CONSCIOUSLY.

## GIFT BUNDLES

### SPICE BUNDLE

*Php 190*

Spiced Vinegar. Chili Oil.

### SWEET BUNDLE

*Php 490*

Chocolate Bark. Cookie Nuggets.

Vegan Date Balls.

### NUT BUTTER BUNDLE

*Php 570*

Wholesome Peanut Butter.

Wholesome Almond Butter.

### BREAKFAST BUNDLE

*Php 670*

Wholesome Almond Butter.

House Roast Coffee Beans.

### ULTIMATE WHOLESOME BUNDLE

*Php 1,090*

Spiced Vinegar. Chili Oil. Chocolate Bark.

Cookie Nuggets. Vegan Date Balls.

*Choice of Nut Butter.*

## PERSONALIZE IT!

Choose your packaging and the products you want to include to make YOUR perfect GIFT BUNDLE!

### GIFT BASKET

*Php 150*

### WOODEN CRATE

*Php 350*

### COFFEE BUNDLE

*Php 1,580*

*Choice of Coffee Starter Kit.*

*Gift Bundle Add-on:*

### HOMEMADE SALMON TUYO

*Php 290 // 90 g*

*Php 370 // 120 g*





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## SUPERFOODS

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### ACAI BERRY

Php 695 // 1/4 lb

Php 1,225 // 1/2 lb

### CACAO NIBS

Php 580 // 1 lb

### CHIA SEEDS

Php 445 // 1/2 lb

Php 695 // 1 lb

### CHLORELLA

Php 595 // 1/4 lb

Php 895 // 1/2 lb

### GOJI BERRIES

Php 745 // 1 lb

### LUCUMA

Php 985 // 1 lb

### MACA X

Php 925 // 1/2 lb

Php 1,725 // 1 lb

### SPIRULINA

Php 345 // 1/4 lb

Php 625 // 1/2 lb

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## SNACKS

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### CHOCOLATE BARK

Php 250

### COOKIE NUGGETS

Php 150

### VEGAN DATE BALLS

Php 120



IN THIS LIFETIME YOU WILL ONLY HAVE ONE BODY;  
AND IF YOU ARE WHAT YOU EAT, THEN EAT RIGHT AND EAT WELL.

## NUT BUTTERS

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### ALMOND BUTTER

*Php 390 // 330 g*

### PEANUT BUTTER

*Php 190 // 330 g*



## CONDIMENTS

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### CHILI OIL

*Php 100 // 150 ml*

### SPICED VINEGAR

*Php 100 // 350 ml*

## GOURMET DELICACY

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### HOMEMADE SALMON TUYO

*Php 290 // 90 g*

*Php 370 // 120 g*

WE BELIEVE IN  
EATING REAL,  
ORGANIC FOOD  
THAT NOURISHES  
AND RESTORES YOU.

ONCE YOUR BODY  
GETS USED TO  
EATING THIS WAY,  
YOU WILL LOVE IT  
TOO.



## GLUTEN-FREE PASTRIES



**VALRHONA DOUBLE CHOCOLATE COOKIES**

*Php 380 // pack of 6*

**VALRHONA DOUBLE CHOCOLATE & NUT COOKIES**

*Php 380 // pack of 6*



**CALLEBAUT CHOCOLATE CHIP COOKIES**

*Php 430 // pack of 6*

**DOUBLE OATMEAL COOKIES**

*Php 330 // pack of 6*

**SUPERFOOD COOKIES**

*Php 450 // pack of 6*

**BANANA CAKE**

*Php 590 // loaf*

**ALMOND BERRY BANANA CAKE**

*Php 770 // loaf*

**CHOCOLATE WALNUT**

**BANANA CAKE**

*Php 770 // loaf*



**HOUSE ROAST COFFEE**

*Php 280 // 250 g*



WE BELIEVE THAT THIS IS NOT A TREND, NOR SHOULD IT EVER BE. THIS IS A LIFESTYLE, A CONSCIOUS LIFESTYLE THAT WILL INEVITABLY INSPIRE CHANGE IN THE WAY YOU LIVE, WITH EVERY PLATE YOU HAVE.

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## HOW TO ORDER

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**Option 1:** Fill out the order form inserted in this brochure and submit to any of our branches.

**Option 2:** Call any of our branches and place your order.

**DISCLAIMER:** All items are subject to availability.

*Orders must be placed at least 3 days in advance. Cut-off time for placing orders is at 3PM daily. Full payment is required upon placement of order.*

*Product information and pricing in this catalogue are subject to change without prior notice.*

*For pre-packaged gift bundles: The Wholesome Table reserves the right to replace an item of equal or greater value when necessary.*

**For bulk orders:** email [eatwell@thewholesometable.com](mailto:eatwell@thewholesometable.com)

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Features a full line of pantry staples, snacks, and superfood items that are raw and made without preservatives.



All our baked goods and pastries are 100% gluten-free; lovingly made with real butter, natural sweeteners, free-range eggs, and our homemade gluten-free flour.



Our organic coffee is grown locally and is always fair-traded.

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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

### BGC

Monday-Thursday, 11AM-11PM  
Friday-Sunday, 8AM-11PM  
867 0000 | 0917 568 6645  
30th St. cor 7th Ave, Bonifacio  
High Street Central, Taguig

FB + IG: THEWHOLESOMETABLE  
TWITTER: WHOLESOME PH

#BE\_WHOLESOME

**thewholesometable.com**

### GREENBELT

Open Daily, 7AM-11PM  
717 1000 | 0917 170 8227  
GF Greenbelt 2, Esperanza St. cor  
Greenbelt Drive, Ayala Center, Makati

### 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

### SALCEDO

Open Daily, 7AM-11PM  
848 7777 | 0917 885 7520  
GF Infinity Tower, H.V. Dela Costa cor  
Livistone St., Salcedo Village, Makati