

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

BREAKFAST TOASTS AND BREADS

AVOCADO TOAST..... *Php 260*
Sourdough Toast. Avocado. Free-range Eggs. Dijon Mustard.
Dukkah Spice. **DF**

EGG AND CHEESE TOAST **NEW**..... *Php 310*
Sourough Toast. Gruyère. Emmental. Mozzarella.
Sunny-Side Up Free-range Eggs. Basil Oil. Tomatoes. **V**

MOCK TUNA..... *Php 290*
Artichokes. Chickpea. Red Onion. Celery. Konbu Salt.
Nori. Teriyaki Almonds. Vegannaise. **V DF**

WILD MUSHROOM TOAST **NEW**..... *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 30*
Whipped Cream..... *Php 40*
Chocolate Chip..... *Php 50*
Walnuts..... *Php 80*
Almond Butter..... *Php 110*

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 **NEW**..... *Php 270*
Nitrate-free Bacon..... *Php 300*
Homemade Turkey Sausage..... *Php 360*

WARM QUINOA PORRIDGE **NEW**..... *Php 310*

Quinoa. Free-range Chicken. Free-range Eggs. Garlic.
Spring Onions. Homemade Chicken Broth. Kale.
V GF DF NF

BISTEK TAGALOG..... *Php 520*

Grass-fed Beef Tenderloin. Free-range Eggs. Garlic
Brown Rice. Side Salad. **V GF DF NF**

ARROZ CON POLLO..... *Php 450*

Cuban-style Sautéed Ground Chicken. Green Olives.
Sultanas. Organic Passato. Cuban Style Yellow Rice.
Free-range Eggs. Tostones. **V GF DF NF**

EGGS AND OMELETS

GREEN EGGS AND TOMATO OMELET

Kale. Spinach. Leeks. Wild Mushrooms. Cherry Tomatoes.
Emmental. Pine Nuts. Breakfast Side Salad. Sourdough Toast.

***GF option: no toast**

V..... *Php 360*

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 POWERBOWLS

SMOOTHIE BOWL

* choose a base and two toppings

BE EXTRAORDINARY... **Php 420**

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

BE EMPOWERED..... **Php 450**

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

ACAI..... **Php 460**

Date-Sweetened Frozen Acai
Smoothie. Local Organic Berries.
VGN GF DF RSF

WHOLESOME GRANOLA.....

Php 290

* 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**
Pistachios **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 30**
Almond Butter **Php 70**

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 280**

SIDES

Free-range Egg **Php 50**

Breakfast Side Salad **Php 90**

Plain Brown Rice **Php 90**

Garlic Brown Rice **Php 100**

Crispy Oyster Calamari **Php 120**

Nitrate-free Bacon **Php 160**

Turkey Sausage **Php 240**

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