

THE
WHOLESONE
TABLE

LUNCH MENU

ALABANG | BGC | GREENBELT | ROCKWELL | SALCEDO

11AM-2PM, DAILY

EAT CONSCIOUSLY. LIVE CONSCIOUSLY.

SMALL PLATES

VEGAN CHEESE..... *Php 190*

Tofu "Ricotta" Cheese. Sweet Onion Jam. Chili Flakes.

Sourdough Toasts. 🌿 **VGN DF**

**GF option: served with romaine hearts*

*GF option: Gluten-Free Bread Toast.....add **Php 80***

SPINACH DIP..... *Php 190*

Baby Spinach. Garlic. Sundried Tomatoes. Natural Cream.

Anchovies. Three Cheese Blend. Sourdough Toasts. 🌿 **NF**

**GF option: served with romaine hearts*

*GF option: Gluten-Free Bread Toast.....add **Php 80***

BURRATA..... *Php 260*

Burrata Cheese. Grape Tomatoes. Fresh Basil. Balsamic

Reduction. Sourdough Toasts. 🌿 **NF V**

**GF option: served with romaine hearts*

*GF option: Gluten-Free Bread Toast.....add **Php 80***

CRISPY CALAMARI (DAILY CATCH)..... *Php 290*

Sea-caught Baby Squid. *choice of: Fresh Tomato Sauce or*

*Lemon Garlic Dip. 🌿 **NF***

VIETNAMESE SPRING ROLLS..... *Php 400*

Ocean Caught Shrimps. Rice Noodles. Cilantro. Romaine.

Cabbage. Mangoes. Cucumber. Mint. Vietnamese Dipping

Sauce. 🌿 **NF GF DF**

TOASTS

*GF option: Gluten-Free Bread Toast add **Php 80***

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

Sourdough Toast. Emmental. Mozzarella. Sunny Side-up

Free-range Eggs. Basil Oil. Fresh Native And Grape Tomatoes.

🌿 **NF**

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

Sourdough Toast. Wild Mushroom. Truffle Oil. Emmental.

Mozzarella. Sunny-Side Up Free-range Eggs. 🌿 **NF**

SOUPS

CARROT-PUMPKIN SOUP..... *Php 150*

Carrot. Pumpkin. Goji Berries And Coconut Cream Foam.

🌿 **VGN GF DF NF**

SEAFOOD LAKSA (DAILY CATCH) 🌿..... *Php 490*

Mussels. Squid. Ocean Caught Shrimps. Rice Noodles.

Homemade Shrimp Paste. Homemade Laksa Paste. Coconut

Milk. Fresh Cilantro. Basil. Mint. Beansprouts. Peanuts. Lime.

🌿 **GF DF RSF**

HEARTY TOMATO SOUP..... *Php 200*

Sautéed Organic Grape Tomatoes. Onions. Garlic. Basil.

Rich Chicken Broth. Natural Cream. Chickpea Croutons.

🌿 **GF NF**

CHICKEN MISO RAMEN..... *Php 520*

Shirataki Noodles. Japanese Miso. Ground Chicken Breast.

Chicken Stock. Carrots. Beansprouts. Fresh Wakame. Sesame

Seeds. Japanese Tofu. Corn. Onion Leeks. Tamari Soy Sauce.

Medium Boiled Free-range Eggs. Cabbage. Spinach. Butter.

🌿 **GF NF RSF**

ALL-DAY BREAKFASTS

MEAT AND EGGS PLATE

Free-range Eggs. Broiled Tomatoes. Breakfast Side Salad.

Sourdough Toast or Organic Ifugao Brown Rice. 🌿 **NF**

**GF option: Gluten-Free Bread Toast*

choice of meat:

*Homemade Longganisa..... **Php 290***

*Nitrate-free Bacon..... **Php 320***

GREEN EGGS AND TOMATO OMELET..... *Php 420*

Kale. Spinach. Leeks. Wild Mushrooms. Cherry Tomatoes.

Mozzarella. Emmental. Pine Nuts. Breakfast Side Salad.

Sourdough Toast. 🌿 **V *GF option: Gluten-Free Bread Toast**

MEAT AND EGGS PLATE: SALMON TUYO.....

..... ***Php 380***

Atlantic Sustainable Salmon. Olive Oil. Tamari Soy Sauce.

Passato Sauce. Free-range Egg. Laurel. Onion Leeks. Carrots.

Organic Ifugao Brown Rice. 🌿 **NF GF RSF DF**

BISTEK TAGALOG..... *Php 590*

Grass-fed Beef Tenderloin. Free-range Eggs. Garlic Brown

Rice. Side Salad. 🌿 **GF DF NF**

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ADDITIONAL 5% FOR TAKE-OUT. 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.*

SALADS

*All our salads are good for sharing. You may also turn your salad into an entire meal with these add-on:
Grilled Free-range Chicken Fillets Php 180*

CORDILLERA SALAD †W!..... solo **Php 220 regular Php 390**
Kale. Romaine. Organic Duck Egg. Baked Onions. Carrots.
Benguet Gooseberry Tomatoes. Squash. Candied Chayote.
Benguet Pole Beans. Feta Cheese. Sagada Oranges tossed in
Cordillera Citrus Vinaigrette. Peanut Brittle. 🍴 **GF**
***DF option:** remove Feta cheese

CHICKEN SALAD..... solo **Php 320 regular Php 520**
Mixed Greens. Chicken Salad. Grapes. Apples. Walnuts.
Celery. Parmesan Cheese. Blueberry Vinaigrette.

SUPERFOOD SALAD.....solo **Php 250 regular Php 490**
Mixed Greens. Spinach. Almonds. Chia Seeds. Feta Cheese. Goji
Berry. Superfood Dressing. Yellow Corn. Red Onion. Orange.
🍴 **GF RSF V**
***NF option:** remove almonds
***DF option:** remove feta cheese

GREEK SALAD.....**Php 390**
Mixed Greens. Green Olives. Vine-ripened Tomatoes.
Cucumber. Capers. Onions. Oregano. Mint. Dill. Feta Cheese.
Green Bell Peppers. Red Wine Vinegar. Extra Virgin Olive Oil.
🍴 **V GF *VGN and DF option:** no cheese

ORZO SALAD..... **Php 480**
Grape Tomatoes. Capers. Fresh Basil. Mint. Feta Cheese.
Dried Cranberries. Arugula. Orzo. Red Wine Vinaigrette.
🍴 **V NF *DF option:** no cheese

CHICKEN DUKKAH SALAD... solo **Php 300 regular Php 580**
Dukkah-coated Grilled Chicken. Roasted Squash. Tomatoes.
Sliced Red Onions. Cucumbers. Crumbled Feta Cheese.
Sunflower Seeds. Balsamic Vinaigrette. 🍴 **GF**
***DF option:** remove Feta cheese

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.
***GF option:** Gluten-Free Buns add Php 80*

GREEK BURGER.....**Php 380**
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**

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 520**
Mushroom-Quinoa Patty. Vegan Ricotta. Onion Jam.
Field Greens. Tomatoes. 🍴 **V**
***GF and VGN option:** served with romaine lettuce instead of
potato bun

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POWER BOWLS

*Whole grain, nutritious meals-in-a bowl.
Option: Cauliflower Rice add Php 160*

VEGAN POKE BOWL ♥ †W| **Php 250**
Tofu. Wakame. Organic Ifugao Brown Rice. Onion Leeks.
Spiralized Carrot. Stir Fry Sauce. Togarashi Spice. Sushi Gari.
Romaine. 🌿 **GF DF NF**

BUDDHA BOWL 🌿 **Php 330**
Organic Ifugao Brown Rice. Mixed Vegetables. Thai Red
Coconut Curry Sauce. Micro Greens. Homemade Peanut
Brittle. Lime Wedge. Peanuts. 🌿 **GF DF**

♥ WHOLEHEARTED

*We believe that everyone has a right to healthy food.
Each time you buy a Wholehearted meal, you will feed
someone in need. Proceeds of this bowl will go to our
feeding program for underprivileged communities.*

THAI RICE BOWL **Php 320**
Vegan Bagoong Brown Rice. Pandan Tofu. Green Mango.
Tomatoes. Scrambled Egg. Cilantro. Peanuts.
🌿 **V GF *NF option: remove peanuts**

PROTEIN POWER BOWL **Php 420**
Quinoa. Chickpeas. Carrots. Wild Mushrooms. Flax Seeds.
Micro Greens. Tahini Sauce. 🌿 **VGN DF**

POKE BOWL †W| **Php 450**
Raw Salmon. Wakame. Organic Ifugao Brown Rice. Onion
Leeks. Japanese Mayonnaise. Stir Fry Sauce. Ebiko. Furikake.
Togarashi Spice. Pickled Ginger. Romaine. 🌿 **GF NF**
Extra Salmon **Php 250**

PASTA

*Option: 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)

MIE GORENG **Php 280**
Shiitake Mushrooms. Bean Sprouts. Carrots. Stir Fry Sauce.
Leeks. Crispy Chicken Skin. Chicken Yakitori. Free-range Egg.
Togarashi Spice. 🌿 **RSF**
Extra Yakitori Stick **Php 60**

LASAGNA **Php 420**
Grass-fed Beef. Bechamel. Mozzarella. Parmesan Cheese. 🌿 **NF**

GAMBARETTI ARRABIATTA 🌿 **Php 490**
Spaghetti. Deep Sea Shrimps. Smashed Grape Tomato Sauce.
Homemade Nitrate-free Bacon. Parmesan Cheese. 🌿 **NF**
Extra Shrimp **Php 190**

CLASSIC PESTO **solo Php 360 regular Php 690**
Spaghetti. Free-range Chicken. Pesto. Parmesan Cheese.
Sundried Tomatoes.
🌿 **V *DF option: no parmesan cheese and butter**

NUTTY GARLIC **solo Php 250 regular Php 420**
Spaghetti. Roasted Garlic Pesto. Extra Virgin Olive Oil.
🌿 **V *DF option: no parmesan cheese and butter**

TRUFFLE MUSHROOM PASTA **Php 420**
Spaghetti. Wild Mushrooms. White Wine. Truffle Cream. 🌿 **V**

SALMON IN TOMATO-BASIL CREAM SAUCE **Php 490**
Angel Hair. Fresh Salmon. Organic Cherry Tomato Passato.
Crème Fraîche. Basil.

CLASSIC SPAGHETTI BOLOGNESE
..... **solo Php 290 regular Php 580**
Spaghetti. Rich Grass-fed Meat Sauce. Parmesan Cheese. 🌿 **NF**

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WOODFIRED PIZZA

MARGARITA.....solo **Php 230 regular Php 370**
Organic Pizza Sauce. Fresh Basil. Mozzarella. Emmental.
🌿 **V NF**

GRAZELAND PIZZA.....solo **Php 350 regular Php 590**
Organic Pizza Sauce. Grass Fed Beef Strips. Baked Onions.
Roasted Garlic. Mozzarella. Emmental. Parmigiano-Reggiano.
Pecorino Romano. 🌿 **NF**

RUCOLA PIZZA |W|.....solo **Php 300 regular Php 590**
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. Emmental. Parmigiano-Reggiano. Pecorino
Romano. 🌿 **NF**

MAIN COURSE

BIBIMBAP BOWL |W|.....**Php 450**
Beef Slices. Organic Ifugao Brown Rice. Spinach. Carrots.
Shiitake Mushroom. Bean Sprout. Free-range Egg. Kimchi.
Bibimbap Sauce. 🌿 **NF**
Extra Kimchi.....**Php 50**
upgrade: Cauliflower Rice.....**add Php 160**

GYUDON RICE BOWL |W|.....**Php 470**
Beef Slices. Organic Ifugao Brown Rice. Onion. Free-range
Egg. Pickled Onions. Coco Amino Acids. 🌿 **GF DF**
upgrade: Cauliflower Rice.....**add Php 160**

CHICKEN TERIYAKI BOWL NEW.....**Php 490**
Homemade Teriyaki Sauce. Free-range Chicken. Stir-Fried
Vegetables. Teriyaki Rice. 🌿 **GF RSF DF**

MEATLOAF.....solo **Php 410 regular Php 560**
Thick Homemade Meatloaf. Organic Mashed Potatoes. Bacon
Mushroom Gravy. 🌿 **NF**

MISO-GLAZED SALMON.....**Php 670**
Miso-glazed Salmon. Tomatoes. Micro Greens. Organic Black
Rice Pilaf. 🌿 **GF NF**

SIZZLING TENDERLOIN TIPS.....**Php 680**
Grass-fed Beef Tenderloin Strips. Tamari Garlic Sauce.
Free-range Egg. Yellow Corn. Organic Ifugao Brown Rice.
🌿 **GF NF**

PORK CHOPS.....solo **Php 420 regular Php 690**
**please allow 20 mins for cooking*
Thick Pork Chops. Balsamic Glaze. Roasted Potatoes.
🌿 **NF GF *DF option: no cheese on potatoes**

SIDES

Plain White Rice	Php 30	Annato Garlic White Rice	Php 50	Regular Fries	Php 90	Garlic Bread	Php 130
Plain Brown Rice	Php 30	Annato Garlic Brown Rice	Php 50	Roasted Potatoes	Php 100	Quinoa	Php 160
Black Rice	Php 40	Garlic Brown Rice	Php 50	Parmesan Fries	Php 110	Extra Bacon	Php 180
Garlic White Rice	Php 50	Free-range Egg	Php 50	Mashed Potato	Php 120	Extra Grilled Chicken	Php 180
Sourdough Bread	Php 50	Side Salad	Php 80	Gluten-Free Bread Toast	Php 120	Cauliflower Rice	Php 190
						Wild Mushroom	Php 290

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SMOOTHIE POWERBOWLS

*Add-on Toppings: Granola Php 30, Chia Seeds Php 30, Cacao Nibs Php 30
Banana Php 30, Coconut Flakes Php 30, Mango Php 60*

EXTRAORDINARY BOWL NEW **Php 150**
Mixed of Banana. Coco Sugar Syrup. Sea Salt. Peanut Butter.
Cashew Milk. Topped with Fresh Banana and
Coconut Flakes. 🌿 **VGN**

MAGICAL BOWL NEW **Php 190**
Mixed of Banana. Mango. Coconut Meat. Coconut Water.
Butterfly Pea. Topped with Fresh Banana and
Coconut Flakes. 🌿 **VGN**

EMPOWERED BOWL NEW **Php 190**
Mixed of Banana. Spinach. Kale. Almond Milk.
Topped with Fresh Banana and Coconut Flakes. 🌿 **VGN**

BEAUTIFUL BOWL NEW **Php 340**
Mixed of Banana. Strawberry. Raspberry. Blueberry. Goji Berry.
Acai. Coconut Milk. Coco Sugar. Topped with Fresh Banana
and Coconut Flakes. 🌿 **VGN**

DESSERTS

CREME BRULEE **Php 160**
Free-range Eggs. Milk. Vanilla. 🌿 **V GF NF**

SUPERFOOD STICKY RICE "BIBINGKA" !W! **Php 160**
Sticky Rice. Latik. Cashew Nuts. Chia Seeds. Banana.
Cacao Nibs. Desiccated Coconut. 🌿 **V DF VGN GF**

CHOCOLATE CHIA PUDDING **Php 230**
Chia Seeds. Coconut Cream. Coco Sugar.
Cocoa Powder. Banana. Cacao Nibs. Mint Leaves.
🌿 **V GF DF**

BERRY CHIA PUDDING **Php 290**
Chia Seeds. Coconut Cream. Coco Sugar. Raspberries.
Mint Leaves. 🌿 **V DF**

TIRAMISU **Php 380**
Ladyfingers. Creamy Mascarpone. Espresso.

Nice Creams

INTRODUCING DAIRY FREE, REFINED SUGAR FREE,
GLUTEN FREE, SOY FREE ICE CREAM!

COCO-NUT **Php 120**
Dark Chocolate. Coconut Cream. Cashew Cream.
Almond Milk. Coconut Sugar. 🌿 **VGN DF RSF GF**

STRAWBERRY **Php 120**
Mt. Atok Strawberries. Coconut Cream. Cashew Cream.
Almond Milk. Honey. 🌿 **DF RSF GF**

nice to try!

BEVERAGE DESSERTS

SAGO AT GULAMAN **Php 150**
Tapioca. Gulaman. Chia Seeds. Brown Syrup. Crushed Ice.

GUINUMIS **Php 190**
Tapioca. Gulaman. Pinipig. Crushed Ice. Brown Syrup. Chia
Seeds. Coconut Milk. Coconut Cream.

SABA CON HIELO **Php 220**
Saba. Activated Cashew Milk. Chia Tapioca Pearl. Coconut
Cream. Red Jelly.



All our Wholesome Bakery items are 100% gluten-free;
lovingly made with grass-fed butter, wild honey, raw sugar,
free-range eggs, and homemade gluten-free flour blend.

CHOCOLATE CAKE *slice* **Php 190** *whole* **Php 1,600**
Rice Flour. Callebaut Dark Chocolate. Milk. Eggs. Vanilla.
Coconut Oil. Chocolate Frosting. Coconut Sugar.
🌿 **GF NF V**

MANGO CHEESECAKE
..... *slice* **Php 190** *whole* **Php 1,600**
Butter. Cream. Cream Cheese. Graham. Mangoes. Vanilla.
Honey. 🌿 **GF NF V RSF**

DOUBLE CHOCOLATE CHEESECAKE
..... *slice* **Php 250** *whole* **Php 2,200**
Callebaut Chocolate. Cream. Cream Cheese. Valrhona
Double Chocolate Cookie Crust. Cacao Nibs. Honey.
🌿 **GF NF V RSF**

GLUTEN-FREE CARROT CAKE
..... *slice* **Php 270** *whole* **Php 2,400**
Gluten-Free Flour. Organic Carrots. Golden Raisins.
Free-range Eggs. Cream Cheese Frosting. Walnut.
🌿 **GF V**

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