



- ★ BESTSELLER
- 🌱 VEGAN
- 👍 MUST TRY

FOOD MENU

As of AUG 2022

Roti

- 👍 **ROTI QUESADILLAS** P215
CHOICE OF VEGETARIAN OR VEGAN
- MEXICAN CHICKEN QUESADILLAS** P230
W/ GARLIC CUMIN YOGURT DIP
- SINGLE DIP ROTI** P95
1 ROTI BREAD WITH ONE DIP
(HUMMUS, GARLIC YOGURT OR
CURRY DIP)
- ★ **ROTI PLATTER** P190
2 ROTI BREADS WITH HUMMUS,
GARLIC YOGHURT & CURRY DIP

Fresh Springrolls

- 👍 **SPICY CRAB SALAD ROLLS** 3PCS P190
- ★ **FRESH VIETNAMESE SPRING ROLLS**
FRESH SUMMER ROLLS WITH OUR
SIGNATURE PEANUT SAUCE
- 3 PIECES** P130
- 5 PIECES** P220

Salads

- ★ **CHICKEN CAESAR SALAD** P200
WITH SOFT BOILED EGG
- LATIN CHICKEN CHOP SALAD** P220
- TOFU MEDITERRANEAN SALAD** P160
- 🌱 **GREEK QUINOA SALAD** P210
CHICKEN / TOFU
- 👍 **FALAFEL SALAD** P160
WITH HUMMUS & GARLIC YOGHURT

Pasta and Noodles

- ★ **PAD THAI** P265
WITH SHRIMP & TOFU
- 🌱 **PESTO PASTA** P185
CHICKEN OR SHIITAKE
- CREAMY SEAFOOD PASTA** P185
- MEDITERRANEAN SALMON PASTA** P190
- GARLIC SHRIMP PASTA** P180
- SEAFOOD MARINARA** P170

Soup

- new** **VEGETABLE MINISTRONE** P160
VEGAN SOUP WITH FUSILLI PASTA
- new** **CREAM OF VEGETABLE** P130
BLENDED SOUP OF VEGETABLES,
CREAM & CROUTONS

Wheat Pizza

- ★ **FOUR CHEESE** P370
- 👍 **CHICKEN & MUSHROOM TERIYAKI** P390
- HERB ROASTED GARLIC SHRIMP** P420
- ALL VEGETABLE GARDEN PIZZA** P350

Rice Meals

- 🌱 **TERIYAKI CHICKEN, FISH OR TOFU** P190
WITH ASIAN VEGETABLES
- 🌱 **PANDAN CURRY CHICKEN OR TOFU** P180
WITH ROASTED CARROTS
- ★ **CILANTRO CHICKEN CHOPS** P190
WITH MIXED VEGETABLES
- 🌱 **TOFU SISIG** P150
WITH EGG / NO EGG
- PARMIGIANA CHICKEN OR FISH** P190
WITH MIXED VEGETABLES
- LATIN ROAST CHIMICHURRI CHICKEN** P190
WITH MIXED VEGETABLES
- ★ **SHAWARMA RICE CHICKEN OR TOFU** P190
- 👍 **GREEK BEEF BALLS** P220
WITH TABBOULEH SALAD
- 🌱 **VEGAN TERIYAKI WINGS** P150
BREADED CAULIFLOWER WITH
MIXED VEGETABLES
- 👍 **SEAFOOD & LYCHEE RED CURRY** P190
SHRIMP & FISH FILLET

Convert rice
into a salad
JUST ADD
P30.00

CONTACT
Q. ABETO MANDURRIO
0945 978 6995
OPEN DAILY: 10AM - 9PM

ALTA TIERRA JARO
0917 700 5834
OPEN MONDAY - SATURDAY: 8AM - 5PM



ALL DAY HEALTHY BREAKFAST



Beef Arroz ala Cubana

GROUND LEAN BEEF WITH VEGETABLES AND
RAISINS, PAN-FRIED PLANTAIN BANANA,
SUNNY SIDE UP EGG, PURPLE RICE

P185



Chicken Breast Tocino

MARINATED CHICKEN BREAST STRIPS,
SUNNY SIDE UP EGG, GARLIC FRIED RICE,
PINAKURAT VINEGAR

P185



Sourdough French Toast

FRENCH TOASTED SOURDOUGH BREAD, 2
SUNNY SIDE UP EGGS, SYRUP, MINI CUP OF
FRUITS OF THE DAY

P200



DESSERT & DRINKS

Dessert

MANGO FLOAT	P125
 MANGO BANANA CRUMBLE	P115
VEGAN	
SUGAR-FREE CALAMANSI CAKE	P140
 VEGAN CHOCOLATE MOUSSE CAKE	P140
REDUCED SUGAR CARROT CAKE	P140
LESS SUGAR USING MUSCOVADO	
LOW FAT BUTTER POUND CAKE	P60
BEST PAIRED WITH COFFEE/TEA	

Drinks

LIVE COOLER	P80
CALAMANSI JUICE	P75
CUCUMBER CALAMANSI	P80
TURMERIC GINGER TEA	P70
SUPER GREEN SMOOTHIE	P95
LYCHEE BREEZE SMOOTHIE	P100
STRAWBERRY BANANA CHIA SMOOTHIE	P110
NO SUGAR ADDED	
MANGO CALAMANSI JUICE	P80
CARROT JUICE	P80
CHOCO BANANA SMOOTHIE	P100
RAW CACAO, BANANA, FRESH MILK	
CHOCOLATE PEANUT SMOOTHIE	P100
MATCHA SMOOTHIE	P170
DAILY GREENS JUICE	P90
A BLEND OF 11 VEGETABLES & FRUITS	
NO SUGAR ADDED	

Strawberry Milk Kefir

P150



A FERMENTED DRINK THAT CAN BOOST YOUR IMMUNE SYSTEM, AIDS IN DIGESTIVE PROBLEMS, IMPROVES BONE HEALTH, AND MAY EVEN COMBAT CANCER.

Kombucha

KOMBUCHA TEA + CHIA
1 MONTH SHELF LIFE WHEN CHILLED

	250ml	1 liter
CLASSIC	P90	P250
HONEY LEMON	P100	P300
LYCHEE	P100	P300
STRAWBERRY CINNAMON	P100	P300
TURMERIC GINGER	P100	P300
MANGO	P100	P300

KOMBUCHA TEA helps your digestion, rids your body of toxins, and boosts your energy. It boosts your immune system, helps you lose weight, ward off high blood pressure and heart disease, and prevent cancer.

Recommended intake is 250ml a day

Sugar-free

RITE N LITE 65

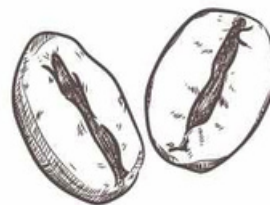
Zero Sugar. Zero Calories.

FLAVORS
Cucumber
Lemon
Rootbeer
Orange

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COFFEE MENU



	HOT	ICED
 Pour Over Black Manually brewed Iloilo coffee	95	110
Hazelnut Toasty & sweet black coffee	115	130
Chocolate Caramel Coffee, chocolate, caramel	115	130
Mocha Coffee Coffee, chocolate syrup	130	145
Cappuccino Espresso shot, frothed milk, cinnamon	125	140
Kori-Kohi Coffee Warm frothed milk over iced coffee cubes		150
Iced Tablea Ilonggo Tablea, fresh milk		130
 Vegan Iced Tablea Ilonggo Tablea, almond milk		130
 Vegan Iced Latte Espresso shot, almond milk	125	140
Sunrise Espresso 100% orange juice, espresso shot		150
Twinnings Tea	70	70

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