

## LONGEVITY MENU

Our longevity meals feature whole foods and minimally processed natural ingredients. Expertly crafted without added salts, refined sugars, or excessive fats, each dish is designed to highlight pure, natural flavors while nourishing the body and supporting long-term wellness.

## BREAKFAST

### HOUSE SMOKED BANGUS BELLY

*Smoked bangus in tea and orange peel, and garlic rice*

**Php 650**

### CONGEE CHICKEN ROSEMARY

*Rice porridge, and chicken*

**Php 480**

### VEGAN PANCAKE WITH FRUITS

*Whole wheat pancakes and fruits*

**Php 400**

### FRUIT PLATTER

*Papaya, Kiwi and Dragon Fruit*

**Php 420**

### HOUSEMADE CORNED BEEF

*Green and red bell pepper, onion leeks,  
turmeric, paprika and rice*

**Php 750**

## LONGEVITY MENU

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### APPETIZER

#### PRAWN COCKTAIL

*Fresh prawns with lemon and orange*

**Php 650**

#### VIETNAMESE ROLL

*Shrimp, vegetables, and herbs*

**Php 485**

#### CHICKEN LETTUCE WRAP

*Minced chicken with mushrooms in lettuce wraps*

**Php 485**

### SOUP

#### SMOKED TOMATO SOUP

*Smooth tomato purée with a smoky taste*

**Php 325**

#### ROASTED SQUASH SOUP

*Creamy roasted squash soup*

**Php 325**

#### POTATO LEEK SOUP

*Potato and leek soup with herbs*

**Php 325**

## **SALAD**

### **GAIA SALAD**

*Mixed greens, nuts, tomato, onion, and strawberry dressing*

**Php 650**

### **AHI TUNA SALAD**

*Seared tuna with greens and strawberry dressing*

**Php 780**

### **CIBUS THAI BEEF SALAD**

*Grilled beef with mint, cilantro, and lemongrass  
lime dressing*

**Php 820**

## **PASTA**

### **MORINGA PESTO PASTA**

*Pasta with moringa, basil, and garlic*

**Php 900**

### **SEAFOOD MARINARA**

*Tomato based pasta with shrimp, mussels and fish*

**Php 1,100**

### **PUTTANESCA**

*Whole wheat pasta with tomato, basil, and  
puttanesca sauce*

**Php 900**

## **SIDES**

### **PLAIN RICE**

**Php 120**

### **BASMATI RICE**

**Php 180**

## MAIN

### CAB TENDERLOIN STEAK IN STONE (200g)

*Grilled tenderloin with mix vegetables, served with rice or mashed potato*

**Php 2,950**

### CAB RIBEYE STEAK IN STONE (450-500g)

*Grilled ribeye with mixed vegetables, served with rice or mashed potato*

**Php 3,700**

### ORIENTAL BEEF SHANK

*Braised beef shank with bok choy, onions, leeks and rice*

**Php 1,580**

### BEEF TIKKA

*Beef tikka with rice, hummus, and tomato chili garlic*

**Php 1,550**

### PERI PERI CHICKEN

*Grilled chicken with peri peri sauce and rice*

**Php 1,150**

### LEMON GARLIC SHRIMP

*Grilled shrimp with lemon, garlic and rice*

**Php 1,390**

### BAKED SEA BASS

*Baked sea bass with vegetables and rice*

**Php 2,490**

### TEA SMOKED SALMON

*Smoked salmon with vegetables, rice, and moringa pesto*

**Php 1,850**

### SMOKED ROSEMARY CHICKEN

*Smoked chicken with rosemary, served with rice and vegetables*

**Php 1,150**

### CHICKEN TIKKA

*Chicken tikka with rice, hummus, and tomato chili garlic*

**Php 1,250**

### BLACKENED GINDARA

*Pan seared gindara, parsley, lemon, mix vegetables served with mashed potato & lemon parsley sauce*

**Php 2,150**

### GARLIC CHICKEN MUSHROOM

*Grilled chicken with shiitake mushrooms, garlic and rice*

**Php 1,350**

### CHICKEN INASAL

*Filipino-style grilled chicken with calamansi, paprika with sweet citrus sauce and rice*

**Php 1,250**

### CHICKEN FAJITAS

*Chicken with onions, bell peppers and rice*

**Php 1,250**

### CAJUN CHICKEN

*Grilled chicken with Cajun spices and rice*

**Php 1,150**



## GAIA SIGNATURE DRINKS

### **CIBUS ELIXIR JUICE**

*Lettuce, Pineapple, Beetroot, Celery,  
Citrus, Bell pepper*

**Php 400**

### **BASIL PUNCH**

*Cucumber, Apple, Celery, Citrus, Basil*

**Php 400**

### **CIBUS VITALITY JUICE**

*Lettuce, Cucumber, Apple, Citrus, Ginger*

**Php 400**

### **CITRUS TURMERIC**

*Orange, Carrot, Citrus, Turmeric, Pepper*

**Php 400**

### **CARROT CITRUS FLUSH**

*Carrot, Apple, Citrus, Ginger*

**Php 400**

### **GAIA GARDEN JUICE**

*Spinach/Kale, Celery, Pineapple,  
Citrus, Mint*

**Php 400**

### **SUPER GREEN DETOX**

*Spinach/Kale, Cucumber, Celery, Apple,  
Citrus, Broccoli*

**Php 400**



## TRANSITION MENU

Transition or Common Menu, In these dishes, our kitchen still uses some salt, sugars and other processed ingredients but they are Himalayan sea salt instead of table salt, coco sugar or honey instead of table sugar, and healthier oils like olive oil or avocado oil. They are called transition meals because they help us in transitioning from our normal diet or heavily processed foods into a healthier whole foods diet.

## BREAKFAST

### HOUSE SMOKED BANGUS BELLY

*Smoked bangus in tea and orange peel, garlic rice, scrambled egg and mix vegetables*

**Php 650**

### CONGEE CHICKEN ROSEMARY

*Rice porridge, chicken and boiled egg*

**Php 480**

### VEGAN PANCAKE WITH FRUITS

*Whole wheat pancakes and fruits*

**Php 400**

### FRUIT PLATTER

*Seasonal Fruits*

**Php 420**

### BREAKFAST PIZZA

*Eggs, olives, bell pepper and mozzarella cheese*

**Php 450**

### HOMEMADE CORNED BEEF

*Green and red bell pepper, onion leeks, turmeric, paprika, olive oil, Himalayan salt, egg, and rice*

**Php 750**

### BRAZILIAN TENDERLOIN TAPA

*Beef, rice, mix veggies and egg*

**Php 650**

### ENGLISH OMELETTE

*Eggs, mushroom, spinach tomato, yellow onion, parsley, parmesan cheese and olive oil*

**Php 320**

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### APPETIZER

#### DYNAMITE SHRIMP

*Crispy shrimp with dynamite sauce*

**Php 570**

#### PRAWN COCKTAIL

*Fresh prawns with paprika, lemon and orange*

**Php 650**

#### CHICKEN LETTUCE WRAP

*Minced chicken with mushrooms in lettuce wraps*

**Php 550**

#### VIETNAMESE ROLL

*Shrimp, vegetables, and herbs in rice paper*

**Php 485**

### SOUP

#### SMOKED TOMATO SOUP

*Smooth tomato purée with a smoky taste with bread*

**Php 325**

#### ROASTED SQUASH SOUP

*Creamy roasted squash soup with bread*

**Php 325**

#### POTATO LEEK SOUP

*Potato and leek soup with herbs and bread*

**Php 325**



By House of Gaia

## SALAD

### AHI TUNA SALAD

*Seared tuna with greens and vinaigrette*

**Php 780**

### GAIA SALAD

*Mixed greens, nuts, tomato, onion,  
and peanut dressing or strawberry dressing*

**Php 650**

### CIBUS THAI BEEF SALAD

*Grilled beef with mint, cilantro, and  
patis syrup and lime juice*

**Php 820**

## PASTA

### MORINGA PESTO PASTA

*Pasta with moringa, basil, garlic and bread*

**Php 900**

### SEAFOOD MARINARA

*Tomato based pasta with shrimp, mussels, clams, fish and bread*

**Php 1,100**

### PUTTANESCA

*Whole wheat pasta with tomato, basil,  
puttanesca sauce and bread*

**Php 900**

### AGLIO OLIO PASTA

*Whole wheat pasta with garlic, olive oil, chili, and bread*

**Php 900**

## SIDES

### FRIES

*House-made  
potato fries*

**Php 200**

### PLAIN RICE

**Php 120**

### BASMATI RICE

**Php 180**

### EGG

*2 eggs any style  
with bread*

**Php 280**

\* RATES ARE EXCLUSIVE OF VAT AND SERVICE CHARGE | RATES ARE IN PHP



## KIDS MENU

### MEAT BALL SPAGHETTI

*Beef balls, whole wheat pasta , pomodoro  
sauce with parmesan cheese*

**Php 650**

### HOUSE BURGER

*Beef patty, Tomato, Onion, Crispy shallots  
Cheese, Fries in the side*

**Php 650**

### CLUB SANDWICH

*Eggs, Chicken with Japanese mayo,  
Cheese, Fries on the side*

**Php 750**

### FRIED CHICKEN WITH FRENCH FRIES

*Boneless quarter leg served with in  
house thick cut fries*

**Php 650**

## DESSERT

### TABLEA CAKE

*A rich, velvety chocolate cake crafted from pure Davao cacao  
tablea, offering deep, authentic Filipino chocolate flavor*

**Php 350**

### TIRAMISU

*Classic Italian layers of espresso,  
mascarpone, and cocoa*

**Php 350**

### GOLDEN CRUNCH WITH CREAM

*Crisp caramelized banana rolls served warm and  
paired with smooth ice cream*

**Php 350**

## MAIN

### **CAB TENDERLOIN STEAK IN STONE (200g)**

*Grilled tenderloin with vegetables, potato wedges, corn, bellpepper and rice*

**Php 2,950**

### **CAB RIBEYE STEAK IN STONE (450-500g)**

*Grilled ribeye with mixed vegetables, potato wedges corn, bellpepper and rice*

**Php 3,700**

### **PERI PERI CHICKEN**

*Grilled chicken with peri peri sauce and rice*

**Php 1,150**

### **BAKED SEA BASS**

*Baked sea bass with vegetables and rice*

**Php 2,490**

### **BLACKENED GINDARA**

*Pan seared gindara, parsley, lemon, mix vegetables, seved with mash potato & lemon parsley sauce*

**Php 2,150**

### **SMOKED ROSEMARY CHICKEN**

*Chicken smoked with rosemary, served with rice and vegetables*

**Php 1,150**

### **CHICKEN INASAL**

*Filipino-style grilled chicken with calamansi, paprika with sweet citrus sauce and rice*

**Php 1,250**

### **CAJUN CHICKEN**

*Grilled chicken with Cajun spices and rice*

**Php 1,150**

### **BEEF TIKKA**

*Beef tikka with rice, hummus, and tomato chili garlic*

**Php 1,550**

### **ORIENTAL BEEF SHANK**

*Braised beef shank with bok choy, onions, leeks and rice*

**Php 1,580**

### **LEMON GARLIC SHRIMP**

*Grilled shrimp with lemon, garlic and rice*

**Php 1,390**

### **TEA SMOKED SALMON**

*Smoked salmon with vegetables, rice, and teriyaki sauce*

**Php 1,850**

### **CHICKEN TIKKA**

*Chicken tikka with rice, hummus, and tomato chili garlic*

**Php 1,250**

### **GARLIC CHICKEN MUSHROOM**

*Grilled chicken with shiitake mushrooms, garlic and rice*

**Php 1,350**

### **CHICKEN FAJITAS**

*Chicken with onions, bell peppers and rice*

**Php 1,250**

## BEVERAGE

### HOT COFFEE

#### AMERICANO

*1 shot*

**Php 180**

*2 shot*

**Php 270**

#### CAPPUCCINO

*1 shot*

**Php 200**

*2 shot*

**Php 300**

#### LATTE

*1 shot*

**Php 200**

*2 shot*

**Php 300**

#### SPANISH LATTE

*1 shot*

**Php 250**

*2 shot*

**Php 350**

#### CORTADO

*1 shot*

**Php 180**

*2 shot*

**Php 270**

#### ESPRESSO

*1 shot*

**Php 180**

*2 shot*

**Php 270**

### HOT TEA

#### CHAMOMILE

**Php 150**

#### GREEN JASMINE TEA

**Php 150**

#### BLACK TEA

**Php 150**

### ICED COFFEE

#### ICED AMERICANO

*1 shot*

**Php 180**

*2 shot*

**Php 270**

#### ICED CAPPUCCINO

*1 shot*

**Php 200**

*2 shot*

**Php 300**

#### ICED LATTE

*1 shot*

**Php 200**

*2 shot*

**Php 300**

#### ICED SPANISH LATTE

*1 shot*

**Php 250**

*2 shot*

**Php 350**

#### GAIA ICED COFFEE

*1 shot*

**Php 180**

*2 shot*

**Php 270**

#### ICED SHAKERATO

*3 shots espresso and milk*

**Php 360**

### CHOCOLATE

#### HOT CHOCOLATE

**Php 200**

#### ICED CHOCOLATE

**Php 200**

## BEVERAGE

### MANGO & DRAGON FRUIT SLUSH

*Fresh mango,  
fresh dragon fruit and ice*

**Php 300**

### PINEAPPLE & DRAGON FRUIT SLUSH

*Fresh pineapple,  
fresh dragon fruit and ice*

**Php 300**

### HOME BREWED ICED TEA

*Tea base, calamansi,  
honey and ice*

**Php 200**

### CIBUS ICED THAI TEA

*Thai tea base,  
coconut milk and ice*

**Php 320**

### CALAMANSI MINT

*Fresh calamansi juice, mint,  
honey and ice*

**Php 180**

### FRESH COCONUT WATER

*Fresh buko juice in a shell*

**Php 180**

### PINEAPPLE DETOX

*Pineapple, rosemary and ice*

**Php 320**

### SPARKLING WATER

*Perrier 750ml*

**Php 300**

### PINEAPPLE COLADA

*Pineapple, coconut milk and ice*

**Php 280**

### MANGO COLADA

*Fresh mango, coconut and ice*

**Php 280**

### FRESH PINEAPPLE SLUSH/JUICE

**Php 280**

### FRESH MANGO SLUSH/JUICE

**Php 280**

### FRESH WATERMELON SLUSH/JUICE

**Php 280**

### FRESH ORANGE JUICE

**Php 350**

### POMELO JUICE

**Php 350**

### MANGO SMOOTHIE

**Php 350**

### DRAGON FRUIT SMOOTHIE

**Php 350**

### STILL WATER

*Aqua Panna 750ml | Evian 750ml*

**Php 300**





## GAIA SIGNATURE DRINKS

### **CIBUS ELIXIR JUICE**

*Lettuce, Pineapple, Beetroot, Celery,  
Citrus, Bell pepper*

**Php 400**

### **BASIL PUNCH**

*Cucumber, Apple, Celery, Citrus, Basil*

**Php 400**

### **CIBUS VITALITY JUICE**

*Lettuce, Cucumber, Apple, Citrus, Ginger*

**Php 400**

### **CITRUS TURMERIC**

*Orange, Carrot, Citrus, Turmeric, Pepper*

**Php 400**

### **CARROT CITRUS FLUSH**

*Carrot, Apple, Citrus, Ginger*

**Php 400**

### **GAIA GARDEN JUICE**

*Spinach/Kale, Celery, Pineapple,  
Citrus, Mint*

**Php 400**

### **SUPER GREEN DETOX**

*Spinach/Kale, Cucumber, Celery, Apple,  
Citrus, Broccoli*

**Php 400**