

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, served with garlic rice accompanied by mixed fruits and healthy juice

Php 750

CONGEE CHICKEN ROSEMARY

Rice porridge, and chicken, served with mixed fruits and healthy juice

Php 580

VEGAN PANCAKE WITH FRUITS

Whole wheat pancakes and fruits served with mixed fruits and healthy juice

Php 520

FRUIT PLATTER

Papaya, Kiwi and Dragon Fruit

Php 520

HOUSEMADE CORNED BEEF

Green and red bell pepper, onion leeks, turmeric, paprika served with rice accompanied by mixed fruits and healthy juice

Php 850

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.

APPETIZER

PRAWN COCKTAIL

Fresh prawns with lemon and orange

Php 390

VIETNAMESE ROLL

Shrimp, vegetables, and herbs

Php 485

CHICKEN LETTUCE WRAP

Minced chicken with mushrooms in lettuce wraps

Php 550

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 520

AHI TUNA SALAD

Seared tuna with greens and strawberry dressing
Php 550

CIBUS THAI BEEF SALAD

*Grilled beef with mint, cilantro, and lemongrass
lime dressing*
Php 620

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 1,180

BEEF TIKKA

Beef tikka with rice, hummus, and tomato chili garlic

Php 1,350

PERI PERI CHICKEN

Grilled chicken with peri peri sauce and rice

Php 950

LEMON GARLIC SHRIMP

Grilled shrimp with lemon, garlic and rice

Php 990

BAKED SEA BASS

Baked sea bass with vegetables and rice

Php 2,350

TEA SMOKED SALMON

Smoked salmon with vegetables, rice, and moringa pesto

Php 1,450

SMOKED ROSEMARY CHICKEN

Smoked chicken with rosemary, served with rice and vegetables

Php 950

CHICKEN TIKKA

Chicken tikka with rice, hummus, and tomato chili garlic

Php 1,100

BLACKENED GINDARA

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

Php 1,420

GARLIC CHICKEN MUSHROOM

Grilled chicken with shiitake mushrooms, garlic and rice

Php 1,050

GRILLED CHICKEN

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

Php 950

CHICKEN FAJITAS

Chicken with onions, bell peppers and rice

Php 1,050

CAJUN CHICKEN

Grilled chicken with Cajun spices and rice

Php 950



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, scrambled egg, mix vegetables served with garlic rice accompanied by mixed fruits and healthy juice

Php 750

CONGEE CHICKEN ROSEMARY

Rice porridge, chicken and boiled egg served with mixed fruits and healthy juice

Php 580

VEGAN PANCAKE WITH FRUITS

Whole wheat pancakes and fruits served with mixed fruits and healthy juice

Php 520

BREAKFAST PIZZA

Eggs, olives, bell pepper and mozzarella cheese served with mixed fruits and healthy juice

Php 550

HOMEMADE CORNED BEEF

Green and red bell pepper, onion leeks, turmeric, paprika, olive oil, Himalayan salt, egg, served with rice accompanied by mixed fruits and healthy juice

Php 850

BRAZILIAN TENDERLOIN TAPA

Beef, mix veggies and egg served with rice accompanied by mixed fruits and healthy juice

Php 750

ENGLISH OMELETTE

Eggs, mushroom, spinach tomato, yellow onion, parsley, parmesan cheese and olive oil served with mixed fruits and h juice

Php 420

TRANSITION MENU

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APPETIZER

DYNAMITE SHRIMP

Crispy shrimp with dynamite sauce

Php 570

PRAWN COCKTAIL

Fresh prawns with paprika, lemon and orange

Php 390

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

SALAD

AHI TUNA SALAD

Seared tuna with greens and vinaigrette
Php 550

GAIA SALAD

*Mixed greens, nuts, tomato, onion,
and peanut dressing or strawberry dressing*
Php 520

CIBUS THAI BEEF SALAD

*Grilled beef with mint, cilantro, and
patis syrup and lime juice*
Php 620

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

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 580

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 PREMIUM ICE CREAM

Crisp caramelized banana rolls served warm and paired with premium ice cream

Php 350

PREMIUM ICE CREAM

NAMA CHOCOLATE

Silky chocolate ganache infused with coffee cream for a rich, indulgent scoop

Php 200 per scoop

MISO MASCARPONE WITH PASSION FRUIT ALMOND PRALINE

A dreamy mix of sweet mascarpone, miso's savory depth, and tangy passion fruit with crunchy almond praline

Php 200 per scoop

MALTED MILKSHAKE WITH FURIKAKE POPCORN

A playful twist of creamy malted ice cream layered with the crunch of savory-sweet furikake popcorn

Php 200 per scoop

STRAWBERRY GLOW

Fragrant strawberry ice cream, sweet and creamy with a refreshing tart balance

Php 200 per scoop

MAIN

CAB TENDERLOIN STEAK IN STONE (200g)

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

Php 2,950

BEEF TIKKA

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

Php 1,350

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 1,180

PERI PERI CHICKEN

*Grilled chicken with
peri peri sauce and rice*

Php 950

LEMON GARLIC SHRIMP

*Grilled shrimp with lemon,
garlic and rice*

Php 990

BAKED SEA BASS

*Baked sea bass with
vegetables and rice*

Php 2,350

TEA SMOKED SALMON

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

Php 1,450

BLACKENED GINDARA

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

Php 1,420

CHICKEN TIKKA

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

Php 1,100

SMOKED ROSEMARY CHICKEN

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

Php 950

GARLIC CHICKEN MUSHROOM

*Grilled chicken with shiitake
mushrooms, garlic and rice*

Php 1,050

CHICKEN INASAL

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

Php 950

CHICKEN FAJITAS

*Chicken with onions,
bell peppers and rice*

Php 1,050

CAJUN CHICKEN

*Grilled chicken with Cajun
spices and rice*

Php 950

BEVERAGE

HOT COFFEE

AMERICANO

1 shot

Php 180

2 shots

Php 270

CAPPUCCINO

1 shot

Php 200

2 shots

Php 300

LATTE

1 shot

Php 200

2 shots

Php 300

SPANISH LATTE

1 shot

Php 250

2 shots

Php 350

CORTADO

1 shot

Php 180

2 shots

Php 270

ESPRESSO

1 shot

Php 180

2 shots

Php 270

HOT TEA

CAMOMILE

Php 150

GREEN JASMINE TEA

Php 150

BLACK TEA

Php 150

ICED COFFEE

ICED AMERICANO

1 shot

Php 180

2 shots

Php 270

ICED CAPPUCCINO

1 shot

Php 200

2 shots

Php 300

ICED LATTE

1 shot

Php 200

2 shots

Php 300

ICED SPANISH LATTE

1 shot

Php 250

2 shots

Php 350

GAIA ICED COFFEE

1 shot

Php 180

2 shots

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