

KITCHEN

THE WHOLESOME ALTERNATIVE

1B

LENTEN SPECIALS

LUNCH & DINNER

PAN SEARED TILAPIA **520**

Java rice, sautéed beans, zesty lemon parsley garlic butter sauce

BLACKENED MAHI-MAHI **460**

Steamed white rice, caramelized carrots, mango pineapple salsa

BLUE MARLIN SALPICAO **460**

Garlic rice, sautéed vegetables

SEAFOOD KEBAB **480**

Salmon, marlin, squid, prawn, java

For inquiries and reservations, please contact:

*Kitchen 1B (02) 843-2392 • Apartment 1B - Salcedo (02) 843-4075
Apartment 1B - Rockwell (02) 869-3530 • Apartment 1B - Henry (02) 831-4452*

You may also visit our website: www.apartment1b.com

Prices are INCLUSIVE of 12% VAT, 10% service charge is added to the bill.

GRADUATION SPECIALS MENU PACKAGES

(GROUP OF 5-6 PERSONS)

APPETIZER

Choice of two:

BEEF KEBAB IN PITA BREAD

JALAPENO POPPERS

Cream cheese

CHICKEN LIVER PATE

Melba toast, arugula

ENTRÉE

Choice of three:

TWICE COOKED PORK SPARE RIBS

ROASTED LEMON GARLIC OREGANO CHICKEN

ROASTED BEEF CHUCK ROLL

SPAGHETTI WITH CHORIZO & MUSSELS

SIDES

Choice of two:

JAVA RICE/ WHITE RICE

SAUTÉED VEGETABLES

Carrots, broccoli, baguio beans, cauliflower

TRUFFLED MASHED POTATO

P4,800

(GROUP OF 10-12 PERSONS)

SOUP

CHICKEN & GNOCCHI VEGETABLE SOUP

APPETIZER

Choice of two:

BEEF KEBAB IN PITA BREAD

JALAPENO POPPERS

Cream cheese

CAESAR SALAD

Crispy fried chicken

ENTRÉE

Choice of three:

TWICE COOKED PORK SPARE RIBS

ROASTED LEMON GARLIC OREGANO CHICKEN

ROASTED BEEF CHUCK ROLL

SPAGHETTI WITH CHORIZO & MUSSELS

SIDES

Choice of two:

JAVA RICE/ WHITE RICE

SAUTÉED VEGETABLES

Carrots, broccoli, baguio beans, cauliflower

TRUFFLED MASHED POTATO

P10,000

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STARTERS

HEIRLOOM TOMATO SOUP	210
<i>Almond herb pesto drizzle</i>	
TURKEY MEATBALLS & VEGETABLE SOUP	210
<i>Mineral broth</i>	
LENTIL SOUP	240
<i>Organic ham</i>	
GOAT CHEESE & MARINATED BEET SALAD	390
<i>Arugula, mixed salad greens, mint, orange, beet-sherry vinaigrette</i>	
COBB SALAD	520
<i>Romaine, organic back bacon, free range chicken, avocado, heirloom cherry tomatoes, organic egg, creamy Davao blue cheese dressing</i>	
GRILLED PRAWNS & LENTIL SALAD	510
<i>Balsamic vinaigrette, cilantro oil</i>	
SMOKED SALMON PLATE	630
<i>Cream cheese, capers, bagel chips</i>	
GRILLED PRAWNS & CAULIFLOWER-TURMERIC RICE	450
<i>Garlic, celery</i>	
SALMON CAKES	420
<i>Tarragon-turmeric aioli, mixed salad greens</i>	
EGGPLANT CROQUETTES	450
<i>Feta cheese, tarragon - turmeric aioli</i>	
VEGETABLE & SHRIMP SPRING ROLLS	290
<i>Apricot - ginger dipping sauce</i>	
ROASTED RED BELL PEPPER & ANCHOVIES CROSTINI	420
<i>Whole wheat sourdough</i>	
SWEET POTATO WEDGES	200
<i>Lemongrass dipping cream</i>	
ONION RINGS	200
<i>Beer battered, creamy horseradish dip</i>	
ORGANIC POPCORN	260
<i>Herb infused Olive oil</i>	
OAT CRUSTED MUSHROOM QUICHE	340
<i>Onion, gruyere, mixed salad greens, honey-mustard vinaigrette</i>	

SANDWICHES

ORGANIC EGG SALAD SANDWICH	240
<i>Fresh yogurt, capers, dill, arugula, multigrain sourdough, sweet potato chips</i>	
MONTE CRISTO	490
<i>Battered triple decker sandwich, swiss cheese, ham, free range hormone free chicken, challah loaf bread, strawberry jam, sweet potato chips</i>	
CHEESE BURGER	610
<i>Grass-fed beef sirloin, whole wheat bun, sweet potato fries, choice of mild Davao blue cheese or Australian Cheddar</i>	
TURKEY BURGER	740
<i>Brie, cranberry compote, corn bread bun, sweet potato fries</i>	

PASTA

SPAGHETTI & MEATBALLS	480
<i>Grass fed beef, semolina pasta, plum tomato sauce</i>	
MUSHROOM & EGGPLANT LASAGNA	620
<i>Fresh whole wheat spinach lasagna, feta, gruyere, fontina, mixed salad greens</i>	
WHOLE WHEAT SPAGHETTI & VEGETABLES	560
<i>Broccoli, asparagus, green peas, herb (parsley, tarragon, mint) almond pesto</i>	
GARLIC SHRIMP PASTA	580
<i>Arugula, fennel, heirloom cherry tomatoes, capers, white wine, olive oil</i>	

MAINS

GRILLED MANGO BBQ CHICKEN	530
<i>Boneless free range hormone free chicken, cruciferous vegetables</i>	
BAKED WALNUT CRUSTED CHICKEN BREAST	590
<i>Free range hormone free chicken, marinara sauce, Greek salad</i>	
GRILLED CHILI CHICKEN	690
<i>Boneless free range hormone free chicken, bok choy, red bell pepper</i>	
OVEN ROASTED STUFFED PORK CHOP	660
<i>Pro-biotic hormone free pork, ricotta goat cheese, spinach, fennel, mango-pineapple chutney, cruciferous vegetables</i>	
GRILLED COCO-GINGER PORK RIB	780
<i>Pro-biotic hormone free pork, yellow ginger, turmeric, lemongrass, cruciferous vegetables</i>	
GRILLED FILET MIGNON	1,200
<i>Australian grass fed beef tenderloin, smoked bacon, French beans, heirloom cherry tomato, herb-garlic butter</i>	
MARINATED SLICED STRIPLIN	920
<i>Australian grass-fed striploin, cruciferous vegetables</i>	
GRILLED TENDERLOIN	1,280
<i>Australian grass fed beef, mashed cauliflower, asparagus</i>	
STEAK FRITES	1,950
<i>Australian grass-fed rib-eye, sweet potato fries, herbed butter</i>	
GRILLED LAMB CHOPS	2,080
<i>Australian pasteur-raised lamb, red wine-truffle sauce, cruciferous vegetables</i>	
LAMB CURRY	950
<i>Australian lamb, basmati rice, tomato salsa, fried sweet plantain, papadam</i>	
GRILLED TUNA LOIN WITH PEPPERONATA	870
<i>Fried bell peppers with onions</i>	
PAN SEARED GROUPE	810
<i>Sautéed garlic-herbed heirloom cherry tomatoes</i>	
GRILLED HERBED MAHI-MAHI	680
<i>Black bean salad</i>	
SALMON NICOISE	1,200
<i>Fresh Norwegian salmon fillet, mixed greens, poached egg, bell peppers, anchovies, tomato, potato, french beans, balsamic vinaigrette</i>	
BROILED MISO SALMON	1,200
<i>Fresh Norwegian salmon fillet, cilantro sauce, bok choy, red bell pepper</i>	
WHITE RICE	40
BASMATI RICE	60
ORGANIC BROWN RICE	70
MASHED POTATO	60
FRENCH FRIES	80
SWEET POTATO FRIES	80
BAKED SWEET POTATO	130
SWEET POTATO CHIPS	50
SIDE SALAD	120
SIDE CRUCIFEROUS VEGETABLES	120
<i>(broccoli, cauliflower, brussels sprouts)</i>	

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BREAKFAST

KITCHEN 1B OATMEAL	290
<i>Organic old fashioned oats, almonds, pecans, berries, blue agave honey</i>	
BIRCHER MUESLI	280
<i>Fresh yogurt, apples, almonds, quinoa crunch</i>	
HOMEMADE GRANOLA PANFAIT	360
<i>Blue agave honey, fresh yogurt, kiwi, papaya</i>	
BLUEBERRY OAT PANCAKES	450
<i>Organic old fashioned oats, real maple syrup add 140</i>	
BUTTERMILK WAFFLES	350
<i>Whipped cream, berries, real maple syrup add 140</i>	
STUFFED FRENCH TOAST	380
<i>Mango-cream cheese filling, Challah loaf</i>	
STEAK & EGGS	990
<i>Australian grass-fed Striploin, two organic free range eggs cooked any style, mixed greens, sweet potato home fries</i>	
BACON & EGGS	360
<i>Two organic free range eggs cooked any style, choice of Organic hormone-free back bacon or smoked bacon strips</i>	
NEW YORK OMELETTE	550
<i>Norwegian smoked salmon, cream cheese, caramelized onions, sweet potato home fries</i>	
SPANISH FRITTATA	440
<i>Chorizo Bilbao, bell peppers, black bean salad</i>	
EGGS BENEDICT	
<i>Wheat English muffins, sauteed kale, hollandaise, mixed greens, honey mustard vinaigrette</i>	
with TURKEY HAM	1 pc 350 / 2 pcs 640
with SMOKED SALMON	1 pc 480 / 2 pcs 840
POACHED EGGS & KALE ON TOAST	460
<i>Goat cheese ricotta, feta and avocado mash, multigrain sourdough</i>	
FRUIT PLATE	400
<i>Fresh seasonal fruits</i>	
FILIPINO EGG BREAKFAST	
<i>Two organic free range eggs cooked any style, garlic brown rice, pickled papaya and a choice of</i>	
BEEF TAPA <i>Marinated Australian grass-fed tenderloin</i>	740
LONGGAMISA <i>Filipino pork sausage</i>	360
BONELESS BANGUS <i>Marinated milkfish</i>	470

DESSERTS

BLUEBERRY WHITE CHOCOLATE CHEESECAKE	290
<i>Ricotta goat cheese, digestive biscuit crust</i>	
PINEAPPLE CRUMBLE	230
<i>Poached pineapple, coconut-tapioca cream, quinoa oat crumble</i>	
CREPE CAKE	230
<i>Coconut sugar</i>	
PECAN PIE	290
<i>Brown sugar & organic blue agave honey (low glycemic sweetener)</i>	
CHOCOLATE CAKE	230
<i>Caramel sauce</i>	
FRUIT PLATE	340
<i>Assorted sliced seasonal fruits</i>	
CHEESE PLATTER	990
<i>Grapes & candied walnuts</i>	

KIDS' MENU *(nine & under please)*

Breakfast

KID'S 2 & 2	200
<i>Two scrambled eggs and 2 bacon slices</i>	
RODRIGO'S CHOCOLATE CHIP PANCAKES	200
<i>Whole grain buttermilk</i>	
MAURO'S FRENCH TOAST FINGERS	230
<i>Cornflakes and almond coated</i>	
BOWL OF CEREALS	190
<i>A choice of Kellogg's boxed cereal, fresh milk</i>	
BOWL OF OATMEAL	120
<i>Organic old fashioned oats</i>	
TOAST WITH BUTTER & JAM	120
<i>White & whole wheat</i>	

Lunch & Dinner

CORNFLAKES CHICKEN FINGERS	260
<i>Sweet potato fries</i>	
NAFAEL'S FRIED RICE	140
<i>Egg, ham, carrots and peas</i>	
MAURO'S MAC & CHEESE	270
<i>Cheddar, mozzarella, parmesan</i>	
GRILLED HAM & CHEESE	230
<i>Cooked ham, cheddar, sweet potato fries</i>	
CHICKEN LOLLIPOPS	280
<i>Honey barbeque sauce</i>	
RODRIGO'S SWEET POTATO CHIPS	60

"A healthy outside starts from the inside."

NEW ZEALAND NATURAL ICE CREAM	150
<i>Chocolate Ecstasy, Chocolate fudge, chocolate ice cream Hokey Pokey, Butterscotch balls, honey flavored ice cream Superfruit Sorbet, Pomegranate, black currant, goji berry, tropical passion fruit Forestberry Yoghurt, Boysenberries, strawberries, blackberries and black currants</i>	
CARMEN'S BEST ICE CREAM <i>All natural, 100% full cream milk, 120ml scoop</i>	200
<i>Salted Caramel, Making our own caramel is a process that we have perfected. Combine that with local sea salt and you get this deep, decadent flavor that is equal parts sweet, equal parts salty, and all parts yummy. Kahlua Coffee, The sweet bitterness of Kahlua combined with earthy coffee roast from Brazil gives this ice cream a full-bodied, robust flavor. Caution: mildly intoxicating. Brown Butter Almond Brittle, Rich browned butter ice cream and salty, crunchy almonds. Familiar and delicious. Pistachio, Our personal favorite! We only use the best pure pistachio from Sicily. This will be your new standard for pistachio ice cream!</i>	
ADAM'S SERIOUSLY GOOD ICE CREAM <i>Dairy free & Sugar free, 240ml tub</i>	360
<i>Coco Van, Fresh coconut milk and Madagascar Vanilla (DF) Buko Bano, Fresh coconut milk, ripe Guyabano, wildflower honey (DF/SF) Chiqui Monkey, Organic, non-GMO, homemade peanut butter, bananas, dark chocolate chunks, wildflower honey (DF/SF) Black and White, Coco Van ice cream with a dark chocolate swirl (D/F) The First Lady's Fantasy, The best sugar-free chocolates sweetened with organic coco sugar and a bit of honey (SF)</i>	

DRINKS

SPECIAL JUICES

APERITIF

Kiwi Applemint Juice	200
Mango Pineapple Berry Smoothie	230
Papaya Pineapple Mint Juice	200

DIGESTIVES

Papaya Pineapple Ginger Smoothie	200
Grape Berry Juice (red grapes, blueberries, blackberries)	240
Apple Grape Pineapple Tonic	240

IMMUNO BOOSTERS

Antioxidant Juice #1 (sweet potato, carrots, broccoli, peppermint)	220
Antioxidant Juice #2 (apple, carrot, tomato, thyme, parsley)	220
Broc and Roll (kale, broccoli, carrots, apple)	250
Mango Banana Orange Shake	220
Green Tea Juice (kale, broccoli, green grapes, parsley, green tea)	200
Four Berries Juice (blueberry, blackberry, raspberry, strawberry)	270

FRUIT JUICES

Fresh Orange Juice	240
Calamansi Juice	130
Dalandan Juice	130
Lemon Juice	170
Dalandan Soda	150
Calamansi Soda	150

FRUIT SHAKES

Ripe Mango Shake	150
Green Mango Shake	150
Watermelon Shake	150
Dalandan Shake	150
Orange Shake	200
Guyabano Shake	150
Green Apple Mint Shake	200
Cucumber Mint Shake	200

SODA

Coke, Coke Light, Coke Zero, Sarsi, Sarsi Light, Sprite, Sprite Zero	80
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WATER

Bottled water	70
Tonic water	90
Soda water	90
Sparkling water	190

NON-ALCOHOLIC BEVERAGES

Decaf Vittoria Coffee	80
House Brewed Iced Tea	130
Yardstick Hot Chocolate	120
Fresh Milk	100
Almond Milk	120
Soy Milk	120
Hot Tea	80
Turmeric Tea	80

YARDSTICK COFFEE

Regular Coffee	80
Cappuccino	90
Café Latte	90
Espresso	80

CAP' MUNDO ARTISAN ESPRESSO

Copaiba (Organic)	150
Don Jimenez (Single Origin)	150
Dabema (Decaf)	130

LOCAL BEERS

San Miguel Light	95
San Miguel Pale	95
San Miguel Premium	130

IMPORTED BEERS

Corona	240
Victoria Bitter	240
Heineken	200

SPIRITS

Absolut Vodka	220
Artic Vodka	220
Stolichnaya	220
Grey Goose	280
Tanqueray Gin	220
Bombay Sapphire Gin	220
Johnnie Walker Black Label	220
Johnnie Walker Double Black	260
Hennessey XO	490
Chivas Regal	240
Jack Daniels	220
Jose Cuervo Gold	200
Carlos I	240
Bacardi Gold/White	200
Baileys	200
Campari	200
Kahlua	200
Cointreau	200
Malibu Rum	200

COCKTAILS

Margarita	240
Martini	240
Mojito	240
Cosmopolitan	240
Sangria	240
Screwdriver	240
Rhum Coke	240
Tequila Sunrise	240
Bloody Mary	240
Pimm's Lemonade	330
Vodka Tonic	240
Gin Tonic	240
Mimosa	290
Long Island Iced Tea	330
Daiquiri	240



KL Tower G/F, Units A & B, 117 Gamboa Street, Legaspi Village, Makati City 1229 Philippines (Entrance also at Soria Street)

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