

All-Day Breakfast

WORLD-CLASS BREAKFASTS 620

Barcelona Breakfast

Fries, Jamon Serrano, and huevos rotos (broken deep-fried eggs) don't sound like anything to write home about but this whole is considerably greater than the sum of its parts, thanks to some thoughtful tweaks on the original. Very few bars in Barcelona, and none anywhere else in Spain, get this dish right. A Plantation Bay Delicious Dozen Must-Try.

J & W's Slimmers Breakfast

2 poached eggs, tomato pesto sandwich, plain yogurt, and tropical smoothie.
Low calorie, low carb, but so good!

Mexican Medley Breakfast

Fried eggs on soft tortilla with frijoles, chile con carne, and Plantation Bay Salsa.

Eggs Benedict

Tarragon reduction with lots of butter, poached eggs on ham and hash browns instead of English muffins.



Flexible Filipino/International Breakfast

Two eggs, choice of meat/fish, fried rice or toast. 520

Continental Breakfast

Fresh fruits, yogurt or cereal, bread, and pastries of the day, coffee or tea. 520

Breakfast Sandwiches

Ham and Cheese Croissants 480, Spam and Cheese 420, Canned Corned Beef in two Pan de Sals 420.

Shirataki Garlic Fried Rice

0-carbs, almost 0-cals. Virtually indistinguishable from premium real rice.
200 standalone, 120 as substitution.

Fluffy Buttermilk Pancakes or Crunchy Waffles 420

Plantation Bay's Keto-Friendly Low-Carb, High-Fiber Pancake 480

Three five-inch rounds with Sugar-Free Syrup and 3 curls of butter.
Total 450 Calories, 5.4 grams Net Carbs, 6.6 grams Fiber. Not as good as buttermilk pancakes, but close enough for dieters.

Plantation Bay's Keto - Friendly Breakfast Trio (2+2+2) 620

Low-Carb Pancakes, Eggs (any style), and Bacon. All the comfort of the classic combo.
Total 380 Calories, 3.6 grams Net Carbs, 4.4 grams Fiber.

Breakfast Add-ons: 80each

Danish, Croissant, Yogurt, Cereal with milk, Atchara, Kimchi, 2 Slices Toast, Fried Rice, 1 Farm-Fresh Egg, Small Fruit Plate, Half-Portion of Breakfast Meat (2 slices of bacon, or 1 longganiza, or 1 slice of fried spam).



AMERICAN DELICATESSEN SANDWICHES 480

UPGRADE TO CARNIVORE KETO BREAD 50

Chunky Chicken

Tangy Tuna

Engineered Egg

BE GRATEFUL IT'S NOT SPINACH

Mixed Leafy Greens (Very Good for You!) 280

Coleslaw (Even Better - Cruciferous) 240

Ordinary Caesar Salad 350

NOT our Delicious Dozen Handmade Caesar Salad (which is in Palermo Café and Bar). But still better than what you'll normally find even in better-quality American, European, and Asian restaurants.

Inclusive of VAT and service charge.

SANDWICHES



Round-The-World Burgers 720

Home-made US beef patties, a precise blend of lean and fat, and two-stage charbroil ling over a real fire. Cheese on the bottom (not the top). Find out how good an American cheeseburger can be, and add a touch of globalization while you're at it.

A Plantation Bay Delicious Dozen Must-Try. Add egg 50

UPGRADE CHOICES, ADD 80:

- BANZAI BURGER. Wasabi mayo and teriyaki sauce
- BLUE CHEESE BURGER. Blue cheese
- PEKING PLUM BURGER. Plum sauce, scallions, and cucumber sticks
- PIZZA BURGER. Pizzaiola sauce and garlic
- BIBIMBURGER. Korean sauce, sesame oil, and chili paste
- TEXAS MESQUITE. Barbecue sauce and bourbon

Plantation Bay's Keto Sausage Burger 580

A 6-ounce (precooking) home-made pork longganiza patty with a Keto Bun. Total 710 Calories, 15.5 grams Net Carbs.

10.8 grams Fiber. Better-tasting than Egg or Sausage MacMuffins. Add soft-scrambled egg 50

Hungarian Hotdog Topped with Chile-con Carne. 480

BLT - Bacon, Lettuce, and Tomato 480

Grilled Ham and Cheese Sandwich 480

Contemporary Club Sandwich 480

Korean Egg Drop Sandwich The Korean snack favorite. 480

Snake River Farms Gold American Wagyu Ribeye (220 grams, crosscut section)

A top-quality, well-marbled steak from grain-fattened cattle, grilled over a real flame. About as good an American steak as you'll find anywhere. 3400



ALL IN ONE LUNCH BOWLS 580

Pick your base:

Rice, Potatoes, Garlic Spinach, or Shirataki Rice (additional P200).

The first two are precooked, frozen overnight, then re-cooked to create Resistant Starch, lessening effective calories and feeding good microbes. The third and fourth are very low-calorie and low-glycemic.

Pick your Main Flavor:

- Louisiana Spicy Jambalaya
- Australian Kare-Kare
- Cantonese Pork and Shrimp Dimsum
- Bicol Express
- Cebu Lechon

Pick your Topping:

- Pork Chicharon
- Crispy Spicy Dills
- Lechon Flakes
- Adobong Kangkong with Pork Bits
- Filipino Pork Adobo Flakes
- Sautéed Shiitake Mushrooms

ENTREES

Plantation Pork Ribs. Not sweet, not spicy, not drowned in sauce. Just the richest, porkiest-tasting, most tender ribs west of the Pacific. Or east of the Pacific. 780

Home-Made Corned Beef with Cabbage. Twice-cooked beef brisket, dripping with savory goodness. 720

Tita Bok's Spaghetti. A Bolognese-style sauce made with pork, beef, and chicken, seasoned to traditional Filipino family preferences. 580

Chicken Nuggets. Crisp, fun, ideal for little fingers. 580

Classic Chicken or Pork Barbecue. Juicy, garlicky, slightly sweet. 420

un-English Fish and Chips. Flaky, tender fish in a crunchy batter that will light up your mouth. 480

Chicken Wings. Perfectly fried wings. 580

Chile con Carne. It's oily, smoky, and just-right hot. This recipe was reconstructed from the taste-memories of several Plantation Bay shareholders who recalled chiles they liked in Boston and Washington, DC. A Plantation Bay Delicious Dozen Must-Try. Cup 290, Bowl 580

SIDE ORDERS

Soup of the Day 220

Home-made French Fries 300

Potato Wedges 300

Banana Chips 120

Home-made Kimchi 220

Inclusive of VAT and service charge.



DESSERTS

Mango McTart

From the Scottish Highlands to the Orchards of Cebu, an amazing marriage of some of our favorite desserts. 320

Ube Pound Cake

Rich, dense, delightful. 380

Tropical Sandstorm

Custard fruit cocktail, topped with Graham Cracker dust. 260

Ube Hopia

A kind of moon cake, much better than what the Chinese make out of mung beans. 180

Home-Made Ice Cream

Peanut Butter Chocolate, Mango, Vanilla, Strawberry, Jackfruit, Ube, and Coffee Chocolate Chip. Made by us with 100 with Whole Cream. 300. Extra Large, 380.

Ube Milkshake

Ube is the (wrongly-called) purple yam available only in the Philippines that's attracting worldwide attention. Ube reaches its highest expression not in a sophisticated dessert, but in an unpretentious milk-shake. We make it from scratch starting with our own Ube paste ("halaya") from real Ube tuber, which we make into our own Ube ice cream, then finally — with further tweaks — into the thickest, richest, Ube-est milkshake ever blended. A Plantation Bay Delicious Dozen Must-Try. Half portion 300. Full portion 380.

Apple Crumble with Home-Made Vanilla Ice Cream

Not sour like German strudel, not cloying-sweet like most American apple pie. Just right for satisfying your sweet tooth with a little less guilt. 380

Chocolicious Cake 320

Fresh Fruits 380



DINER





**DAIRY-FREE, ALLULOSE-SWEETENED,
LOW-CARB, AND LOW-CALORIE**

Made with coconut milk and sweetened with the most natural of alternative sweeteners, an Allulose-Monkfruit mix. Together, this reduces the calorie count by about 250 calories per generous ball of 170 grams and qualifies these absolutely delicious ice creams as Vegetarian, Keto, Paleo, Very-Low-Carb, and Diet.

P380

Vanilla

350 calories. Plain Vanilla never tasted this good.

Pandan

310 calories. An exotic, mildly coconut-y taste.



Banana

370 calories. Rich, unctuous banana flavor; unlike most other banana ice creams which are icy and too hard.

CHOCOLATE PEANUT BUTTER

(Fully Vegan, no egg yolk)

530 calories. Higher-calorie than we'd like, but tastes better than the conventional dairy-sugar Ben & Jerry's.

DUTCHMAN

