

# FEEL GOOD

## HOLIDAY CATALOGUE 2024



The **SUGAR FREE** Bakery

**ROASTED**

**PINO FINO**  
BAKERY

**get well**  
soup



FEEL GOOD FOOD  
SOLUTIONS

**KETOS**  
OF MANILA

**Eat's Life**  
MANILA





The **SUGAR FREE** Bakery

**PINO FINO**  
BAKERY

## ✧ SUGAR-FREE

Himalayan Dark Choco Cake 8"	1,500
Mini Cake - Himalayan Dark Choco Cake 3"	450
Ube Tres Leches Cake 8"	1,500
Mini Cake - Ube Tres Leches Cake 3"	450
Leche Flan Chiffon Cake 8"	1,600
Mini Cake - Leche Flan Chiffon Cake 3"	350
Dubai Knafeh Chocolate Cake 8"	2,100
Mini Cake - Dubai Knafeh Chocolate Cake 3"	450
Sea Salt Caramel Cheesecake 8"	1,500
Mini Cake - Sea Salt Caramel Cheesecake 3"	350
Bento Statement Cake (Chocolate/Vanilla) 8"	1,100
Bento Statement Cake (Chocolate/Vanilla) 3"	300
SFB x PFB Mini Cake Gift Box	1,600

## ✧ AUTHENTICALLY SWEET

8" Christmas Red Velvet Cake	1,500
3" Christmas Red Velvet Cake	300
Rizal Sans Rival 8"	1,100
Rizal Sans Rival 3"	300
Benguet Coffee Caramel Brazo de Mercedes Roll	600
Ube Kesong Puti Sorbetes Cheesecake 8"	1,200
Ube Kesong Puti Sorbetes Cheesecake 3"	300
8" Guimaras Mango Chiffon Cake	900
3" Guimaras Mango Chiffon Cake	250
8" Chocnut Chocolate Cake	1,200
3" Chocnut Chocolate Cake	280







Sugar-Free Bento  
Statement Cakes 8"

Christmas Red  
Velvet Cake 3" and 8"

Ube Kesong Puti  
Sorbetes Cheesecake  
3" and 8"

Sugar-Free Bento  
Statement Cakes 3"

Dubai Knafeh  
Chocolate Cake 3"

Sugar-Free Sea Salt  
Caramel Cheesecake 3"





Sea Salt Caramel  
Cheesecake 8"

Dubai Knafeh  
Chocolate Cake 8"

Rizal Sans Rival 8"

Rizal Sans Rival 8"





## BREADS

Sugar-Free Black Sesame Baguettini	150
Sugar-Free Slow-rise Sourdough Bread	160
Keto Mini Loaf	160
Sugar-Free Wholesome Multigrain Bread	180
Keto Pandesal	250
Keto Ube Cheesedesal	350

## PASTRIES

Sugar-Free Croissant	300
Sugar-Free Pastry Care Box (Pain Au)	300
Sugar-Free Pastry Care Box (Assorted)	400
Sugar-Free Gourmet Eclair Gift Box	550
Sugar-Free Croissant Pudding with Limoncello Sauce	650
Sugar-Free Holiday Gift Box*	1,500

## DESSERTS

Keto Vegan Salted Caramel Brownie	300
Keto Vegan Walnut Brownie	300
Keto Vegan Butterscotch Bar	350
Moody Cookies:	
- Matcha/Classic Chocolate Chip/Red Velvet	250
- Assorted	300
Yema Egg Pie 3"	420

## SUGAR-FREE BEVERAGES

Strawberry Fruit Tea	100
Mango Fruit Tea	100
Cold Brew Black	110
Classic Milk Tea	110
Thai Milk Tea	110
Lemon Fruit Tea	120
Cold Brew Latte	130
Matcha Milk Tea	130
Fruit Tea Bundle	280
Milk Tea Bundle	320



# HOLIDAY GIFT BOX


₱1,500



Box of 3 Assorted Moody Cookies  
from Pino Fino Bakery (non-sugar-free)



A Tub of Sugar-Free Chocolate Clusters



4-pc Sugar-Free Truffles



3-pc Sugar-Free Christmas Tree Brownies



# CROISSANT PUDDING WITH LIMONCELLO SAUCE

₱650







## BEEF

Rosemary-Peppercorn Crusted Roast Beef	1,800
Braised Beef Brisket with Marbled Potatoes	2,200
Ultimate Beef Wellington	2,900

## CHICKEN

Chicken Stuffed Croquettes	600
Cajun Roast Chicken with Sweet Potato Wedges	1,600
Creamy Chicken Marsala in Red Wine	2,300

## PORK

Chimichurri Crackling Pork Belly	2,350
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## SEAFOOD

Fresh Prawns with Chili- Ginger-Garlic Butter Sauce	2,600
Pan Seared Salmon with Sundried Tomato and Spinach Cream Sauce	3,300

## RICE

Gising-Gising Fried Rice	550
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## SOUP

Chunky Bacon Potato Chowder Soup	800
Classic Roasted Pumpkin Soup	800
Swicy Roasted Red Pepper Soup	800
Philly Cheesesteak Soup with Bread Bowl	1,050
Creamy Roasted Mushroom Soup	950


## PASTA AND PIZZA

Keto Bolognese-Puttanesca Vegetarian Pizza	550
Vegetarian Seaweed Pesto Pasta	830
Lemon & Garlic Butter Scampi Pasta	1,100
Crunchy Chicken Alfredo Pasta	1,250
Lasagna Roll Ups with Creamy Spinach Sauce	2,100

## PASTA AND PIZZA

Romaine Caesar Salad	490
Sicilian Chicken Salad	580
Russian Beet and Potato Salad	700
Trio Vegetable Gratin	850
Roasted Chicken Pesto Pasta Salad	1,100





Russian Beet and Potato Salad

Cajun Roast Chicken  
with Sweet Potato Wedges

Ultimate Beef Wellington





Cheesy Chicken Croquettes

Ultimate Beef Wellington

Braised Beef Brisket  
with Marbled Potatoes





ROASTED  
BY THE SUGAR FREE Baker

# ROASTED PAIRINGS

## ROASTED BEST OF THE BEST MENU

From ₱6,800 **MOST ORDERED**

1 tray of Ultimate Beef Wellington  
1 tray of Creamy Chicken Marsala in Red Wine  
1 tray of Lasagna Roll Ups with Creamy Spinach Sauce  
1 tray of Romaine Caesar Salad  
1 serving bowl of Classic Roasted Pumpkin Soup  
Tri-colored Panna Cottas  
PLUS Any 8" Sugar-Free/Non-Sugar-Free Cake  
of your choice or Mini Cake Gift Box

## COZY CHRISTMAS BRUNCH MENU

From ₱6,400 **LIMITED-TIME OFFER**

1 tray of Cheesy Chicken Croquettes  
1 tray of Braised Beef Brisket with Marbled Potatoes  
1 tray of Lasagna Roll Ups with Creamy Spinach Sauce  
1 tray of Russian Beet and Potato Salad  
1 serving bowl of Comforting Almondigas Soup  
PLUS Any 8" Sugar-Free/Non-Sugar-Free Cake  
of your choice or Mini Cake Gift Box

## HEALTHY FEAST MENU

From ₱6,900

1 tray of Cajun Roast Chicken with Sweet Potato Wedges  
1 tray of Pan Seared Salmon with Sundried  
Tomato and Spinach Cream Sauce  
1 tray of Vegetarian Seaweed Pesto Salad  
1 tray of Romaine Caesar Salad  
1 serving bowl of Roasted & Tomato Basil Soup  
PLUS Any 8" Sugar-Free/Non-Sugar-Free Cake  
of your choice or Mini Cake Gift Box

## FESTIVE FILIPINO FAVORITES

From ₱5,500 **CHEF'S SPECIAL**

1 tray of Cajun Roast Chicken with Sweet Potato Wedges  
1 tray of Fresh Prawns with Chili-Ginger-Garlic Butter Sauce  
1 tray of Gising Gising Fried Rice  
1 tray of Romaine Caesar Salad  
1 serving bowl of Creamy Chicken Sopas  
PLUS Any 8" Sugar-Free/Non-Sugar-Free Cake of your choice or Mini Cake Gift Box

## MENU GONE VIRAL

From ₱6,000 **MUST-TRY**

1 tray of Ultimate Beef Wellington  
1 serving bowl of Chunky Kimchinigang Soup  
1 tray of Lasagna Roll Ups with Creamy Spinach Sauce  
PLUS Any 8" Sugar-Free/Non-Sugar-Free Cake  
of your choice or Mini Cake Gift Box

## NOSTALGIC FEAST MENU

From ₱4,400 **VALUE FOR MONEY**

1 tray of Rosemary-Peppercorn Crusted Roast Beef  
1 tray of Chimichurri Crackling Pork Belly  
1 tray of Russian Beet and Potato Salad  
1 serving bowl of Philly Cheesesteak Soup  
with Bread Bowl  
PLUS Any 8" Sugar-Free/Non-Sugar-Free Cake  
of your choice or Mini Cake Gift Box

## MERRY AND BRIGHT HOLIDAY MENU

From ₱6,300 **HIGHLY RECOMMENDED**

1 tray of Cheesy Chicken Croquettes  
1 tray of Ultimate Beef Wellington  
1 tray of Lemon & Garlic Butter Shrimp Scampi Pasta  
1 tray of Russian Beet and Potato Salad  
1 serving bowl of Philly Cheesesteak Soup  
with Bread Bowl  
PLUS Any 8" Sugar-Free/Non-Sugar-Free Cake  
of your choice or Mini Cake Gift Box



get  
well  
soup

have a bowlful of hope this Christmas

philly cheesesteak soup with bread bowl

vegan tablea latik champorado

ginger-infused detox miso soup

swicy roasted red pepper soup





# soups

comforting bacolod molo soup	200
creamy chicken sopas	200
comforting almondigas soup	200
ginger-infused detox miso soup	200
green tea dumpling soup	200
roasted tomato & basil soup	200
chunky bacon potato chowder	220
classic roasted pumpkin soup	220
comforting chicken noodle soup	220
coconut, ginger & carrot soup	220
french onion soup	220
chipotle taco soup	220
chunky kimchinigang soup	230
swicy roasted red pepper soup	250
vegan tablea latik champorado	250
creamy spinach soup	250
hainanese chicken arroz caldo	250
creamy roasted cauliflower soup	250
creamy roasted mushroom soup	280
philly cheesesteak soup	280
hearty vegan minestrone	300
spicy weight loss cabbage soup	300
chunky tom yum noodle soup	300
philly cheesesteak soup with bread bowl	350



# philly cheesesteak soup with bread bowl

₱350





# home for the holiday bundle

₱900







# frozen soup bundles

## **pinoy favorites bundle 800** best-seller

comforting almondigas soup  
creamy chicken sopas  
hainanese chicken arroz caldo  
comforting Bacolod molo soup

## **happy kid bundle 800**

creamy chicken sopas  
chunky bacon potato chowder  
comforting almondigas soup  
box of 3 moody cookies (assorted)

## **bowl full of gratitude bundle 900**

creamy spinach soup  
chipotle taco soup  
chunky bacon potato chowder  
vegan tablea latik champorado  
comforting Bacolod molo soup

## **all-star soup bundle 3,600** must-try

a collection of all our hearty  
and comforting soups

## **nourishment for the soul bundle 900**

comforting chicken noodle soup  
swicy roasted red pepper soup  
coconut, ginger & carrot soup  
ginger-infused detox miso soup  
comforting almondigas soup

## **home for the holiday bundle 900**

classic roasted pumpkin soup  
creamy chicken sopas  
hainanese chicken arroz caldo  
philly cheesesteak soup  
chunky kimchinigang soup

## **signature soup bundle 1,750** chef's recommended

creamy roasted mushroom soup  
classic roasted pumpkin soup  
comforting chicken noodle soup  
hainanese chicken arroz caldo  
roasted tomato & basil soup  
chunky bacon and potato chowder  
comforting almondigas soup

**we are now accepting bulk orders for holidays!**





## meal set

cozy meal set	360
on-the-go meal set	350
rain or shine meal set	390
feel better meal set	390
ultimately thai meal set	430

## sandwiches

sugar-free black sesame baguettini	150
homemade kesong puti sandwich	150
tuna cheese melt sandwich	150
sugar-free slow-rise sourdough bread	160
creamy spinach & mushroom sunrise wrap	180
sugar-free wholesome multigrain bread	180
chicken shiitake pesto sandwich	200
power brunch chorizo wrap	200
sugar-free croissant	300

## salad

roasted chicken pesto pasta salad	180
classic thai beef salad	180
sicilian chicken salad	180
romaine caesar salad	180
russian beet and potato salad (coming soon!)	

## add-ons

sugar-free strawberry fruit tea	100
sugar-free mango fruit tea	100
sugar-free thai milk tea	110
sugar-free classic milk tea	110
sugar-free lemon fruit tea	120
sugar-free matcha milk tea	130
box of 3 moody cookies	250
available flavors:	
matcha/ classic chocolate chip	
red velvet	
box of 3 moody mookies	300
- assorted: 1 of each flavor	





**Feel good after  
the holidays!**







# Nobody Does Keto like Ketos of Manila!

## Lose Weight Fast with Keto & Low Carb Meal Plans:

### **K-Max | 1800 kCal**

Perfect for those who want larger portions

### **K-Lite | 1200 kCal**

Designed for those who prefer lighter portions

### **Keto 2.0 | 1000 kCal**

Ideal for Keto first-timers with 3 meals a day

### **K-Fast | 800 kCal**

Great for intermittent fasting with 2 meals a day

### **Simply Low Carb**

For those following a low-carb, non-Keto diet



Plan your healthy days ahead with the most complete meal plan:

Lose weight with

### **Slim Life Meal Plan 1200 kCal**

Maintain your progress with

### **Balanced Life Meal Plan 1500 kCal**

Bulk Up with

### **Fit Life Meal Plan 2000 kCal**

Embrace Plant-Based with

### **Vegan Life Meal Plan 1200 kCal**

Boost your heart health with

### **Vegan Life Meal Plan 1200 kCal**







# CUSTOMIZED FOOD SOLUTIONS FOR YOUR BUSINESS







# PACKED MEALS





# PACKED MEALS MENU

## REGULAR MEALS

Pork Sisig with Garlic Rice	110.00
Pork Menudo with Steamed Rice	110.00
Baked Chicken BBQ with Steamed Rice	110.00
Chicken Ala King with Steamed Rice	110.00
Garlic Chicken Adobo with Steamed Rice	110.00
Green Thai Chicken curry with Steamed Rice	110.00
Fried Chicken with Gravy & Steamed Rice	110.00

## BALANCED MEALS

Salisbury Steak in Creamy Mushroom Sauce with Steamed Rice	165.00
Bistek Tagalog with Garlic Rice	165.00
Oriental Beef Stir Fry with Steamed Rice	165.00
Arroz Ala Cubana with Steamed Rice	165.00
Sweet and Sour Fish Fillet with Steamed Rice	165.00
Boneless Bangus Pepper Steak with Steamed Rice	165.00

## HEALTHY MEALS

Chicken Cocido with Steamed Rice	220.00
Baked Rosemary Chicken with Mixed Veggies and Rice	220.00
Roasted Lemongrass Chicken with Side Salad and Steamed Rice	220.00
Herbed Roast Pork with Caramelized Apple Sauce and Rice	220.00
Salt and Pepper Pork Chops with White Radish and Rice	220.00
Chinese Style Braised Pork Belly with Steamed Rice	220.00
Beef bulgogi with Stir Fried Veggies and Steamed Rice	220.00
Classic Bibimbap	220.00
Grilled Chicken with Peppercorn Sauce, Roasted Veggies and Rice	220.00
Beef Stroganoff with Mixed Veggies and Steamed Rice	220.00
White Fish with Romesco Sauce, Side Salad, and Steamed Rice	220.00

Terms & Conditions: Minimum order qty.: 50 pax (Contact us for orders less than 50 pax) | 3 days lead time | FREE DELIVERY!

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# PACKED MEALS MENU

## BREAKFAST MEAL

Ube Champorado w/ Danggit	150.00
Chicken Arroz Caldo	150.00
Pork Tapa, Sunny Side-Up Egg & Fried Rice	150.00
Corned Beef Guisado, Sunny Side-Up Egg & Garlic Rice	150.00
Hotdog, Sunny Side-Up Egg, & Garlic Rice	150.00
Creamy Chocolate Rice Porridge	150.00
Ube Cheese Pandesal	150.00
Pan-seared Chicken Strips w/ Side Vegetables & Steamed Rice	150.00
Clubhouse sandwich and Tuscan Pasta	150.00

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## SNACKS

Fish Fingers & Fries with Tartar Sauce	110.00
2-Tier Clubhouse sandwich and Tuscan Pasta	110.00
Burger Sliders	110.00
Pepperoni Pizza	110.00
Vegetable Pancake with Bulldog Sauce	110.00
Nacho Grande	110.00
Truffle Mac 'N Cheese	110.00
Meaty Spaghetti	110.00

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## COMBO SNACKS

Charlie Chan Pasta & Cheese Pimiento Sandwich	160.00
Roasted Chicken Pesto Pasta & Ham and Cheese Sandwich	160.00
Pasta Marinara & Meaty Clubhouse Sandwich	160.00
Baked Macaroni & Chicken Shitake Sandwich	160.00
Creamy Tomato Pasta & Grilled Cheese Sandwich	160.00
Chicken Alfredo Pasta & Grilled Ham Sandwich	160.00
Bolognese Spaghetti & Egg Salad Sandwich	160.00
Chinese Stir-fry Noodles & Ham Sandwich	160.00
Creamy Carbonara & Samsaek Sandwich	160.00
Pancit Bihon & Pandesal with Kesong Puti	160.00
Japchae & Grilled Cheese Sandwich	160.00
Creamy Tuscan Pasta & Tuna Cheese Melt Sandwich	160.00
Wild Mushrooms and Lemon Cream Pasta & Ham Sandwich	160.00
Penne Carbonara & Grilled Chicken Sandwich	160.00
Chicken Pesto Pasta & Grilled Cheese Sandwich	160.00

Terms & Conditions: Minimum order qty.: 50 pax (Contact us for orders less than 50 pax) | 3 days lead time | FREE DELIVERY!





# CORPORATE ✦ GIFTS ✦





# CORPORATE GIFTS

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## GET WELL SOUP

### comfort soup bundle | 1,200.00

1pc comforting chicken noodle  
1pc creamy roasted mushroom soup  
1pc roasted pumpkin soup  
1pc chunky tom yum noodle soup  
1pc ginger-infused miso soup

### gentle cleanse soup bundle | 1,200.00

day 1: hainanese chicken arroz caldo  
day 2: vegan curry lentil soup  
day 3: creamy roasted mushroom soup  
day 4: coconut ginger and carrot  
day 5: roasted tomato & basil soup  
FREE ginger-infused miso soup

### signature soup bundle | 1,750.00

1pc creamy roasted mushroom soup  
1pc roasted pumpkin soup  
1pc comforting chicken noodle  
1pc hainanese chicken arroz caldo  
with soy glazed sauce  
1pc roasted tomato & basil soup  
1pc chunky bacon and potato chowder  
1pc chunky tom yum noodle soup

### wholesome detox soup bundle | 2,400.00

2pcs green tea dumpling soup  
2pcs detox vegetable broth  
2pcs spicy weight loss cabbage soup  
2pcs coconut, ginger and carrot  
2pcs roasted tomato & basil  
2pcs hearty vegan minestrone

### all star soup bundle | 2,700.00

1pc chunky bacon potato chowder  
1pc classic roasted pumpkin soup  
1pc coconut, ginger & carrot soup  
1pc comforting chicken noodle soup  
1pc creamy roasted mushroom soup  
1pc hainanese chicken arroz caldo  
with soy glazed sauce  
1pc roasted tomato & basil soup  
1pc comforting alondigas soup  
1pc chunky tom yum noodle soup  
1pc hearty vegan minestrone  
1pc ginger-infused miso soup  
1pc protein-packed chili

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## THE SUGAR-FREE BAKERY

### PASTRY CARE BOX | 400.00

Sugar-Free Herbed Croissant  
Sugar-Free Pain Au Chocolat  
Sugar-Free Mango Custard Danish  
Sugar-Free Blueberry Pinwheel Danish  
Sugar-Free Almond Croissant

### PINOY MERIENDA CARE BOX | 400.00

2pcs Keto Vegan Fudgy Walnut Brownie  
2pcs Sugar-Free Cheese Roll  
3pcs Keto Ube Cheesecake  
1pc Seriously Sugar-Free Coffee  
1pc chunky bacon and potato chowder  
1pc chunky tom yum noodle soup

### PINOY DESSERT CARE BOX | 450.00

2pcs Sugar-Free Calamansi Muffin  
2pcs Keto Vegan Fudgy Walnut Brownie  
2pcs Sugar-Free Napoleones  
1pc Sugar-Free Signature Bibingka  
1pc Seriously Sugar-Free Coffee Latte

### SUGAR-FREE LIFE STARTER KIT | 990.00

1 bottle Seriously Sugar-Free Milktea  
1 box Sugar-Free Keto Signature Bibingka  
1 box Keto Vegan Butterscotch  
1 box Keto Vegan Walnut Fudge Brownie  
1 pc Sugar-Free Croissant  
1 bottle Seriously Sugar-Free Cold Brew Black  
1 pc Sugar-Free Black Sesame Baguettini  
Comes in an insulated bag



# CATERING PACKAGES

HEADCOUNT PER HEAD	PACKAGE PRICE						
	₱400.00	₱500.00	₱650.00	₱700.00	₱750.00	₱770.00	₱800.00
30	₱12,000.00	₱15,000.00	₱19,500.00	₱21,000.00	₱22,500.00	₱23,100.00	₱24,000.00
50	₱20,000.00	₱25,000.00	₱32,500.00	₱35,000.00	₱37,500.00	₱38,500.00	₱40,000.00
100	₱40,000.00	₱50,000.00	₱65,000.00	₱70,000.00	₱75,000.00	₱77,000.00	₱80,000.00
200	₱80,000.00	₱100,000.00	₱130,000.00	₱140,000.00	₱150,000.00	₱154,000.00	₱160,000.00
300	₱120,000.00	₱150,000.00	₱195,000.00	₱210,000.00	₱225,000.00	₱231,000.00	₱240,000.00

FOOD & BEVERAGE	INCLUSIONS						
BEEF	✓	✓	✓	✓	✓	✓	✓
CHICKEN	✓	✓	✓	✓	✓	✓	✓
PORK	✓	✓	✓	✓	✓	✓	✓
RICE	✓	✓	✓	✓	✓	✓	✓
SOUP	✓	✓	✓	✓	✓	✓	✓
JUICE/SODA	✓	✓	✓	✓	✓	✓	✓
BOTTLED WATER	✓	✓	✓	✓	✓	✓	✓
DESSERT	✓	✓	✓	✓	✓	✓	✓
SEAFOOD				✓	✓	✓	✓
PASTA					✓	✓	✓
OVERFLOWING COFFEE						✓	✓
SALADS							✓

	AMENITIES						
TABLES & CHAIRS			✓	✓	✓	✓	✓
BUFFET SET-UP		✓	✓	✓	✓	✓	✓
SERVERS		✓	✓	✓	✓	✓	✓
WAITERS			✓	✓	✓	✓	✓
TABLE CENTERPIECE			✓	✓	✓	✓	✓

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## Terms & Conditions:

Minimum Order Qty: 30pax  
(Contact us for orders less than 30 pax)  
14 days Lead Time  
50% down payment is required  
upon confirmation.



# CELEBRATE WITH US!



Call us at 09171022108

The **SUGAR  
FREE** Bakery

**ROASTED**  
BY The **SUGAR  
FREE** Bakery

