

FEEL GOOD

HOLIDAY CATALOGUE 2024



The SUGAR FREE Bakery

ROASTED

BY The SUGAR FREE Bakery

PINO FINO
BAKERY

get
well
soup



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"

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"

Christmas Red
Velvet Cake 3" and 8"

Dubai Knafeh
Chocolate Cake 8"

Sea Salt Caramel
Cheesecake 8"

Rizal Sans Rival 8"

Rizal Sans Rival 8"



The **SUGAR FREE** Bakery

PINO FINO
BAKERY

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

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

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

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



ROASTED FOOD TRAYS

BY: The SUGAR FREE Baker



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



Ultimate Beef Wellington

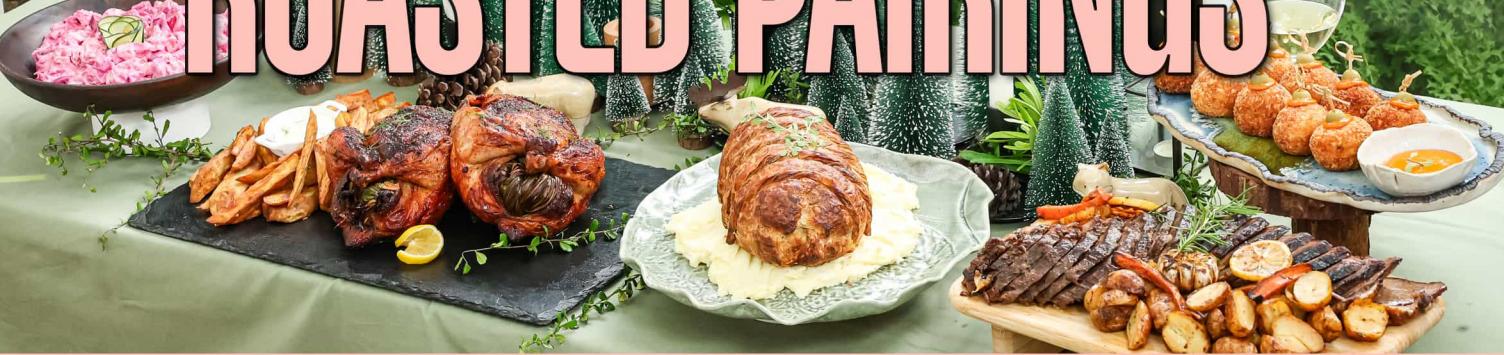
Cheesy Chicken Croquettes

Braised Beef Brisket
with Marbled Potatoes

ROASTED

BY:
The SUGAR
FREE
Bakery

ROASTED PAIRINGS



ROASTED BEST OF THE BEST MENU

From ₱6,800 MUST 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

NOSEGAL 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

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





get
well
soup

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

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!)	

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

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 - assorted: 1 of each flavor	300



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

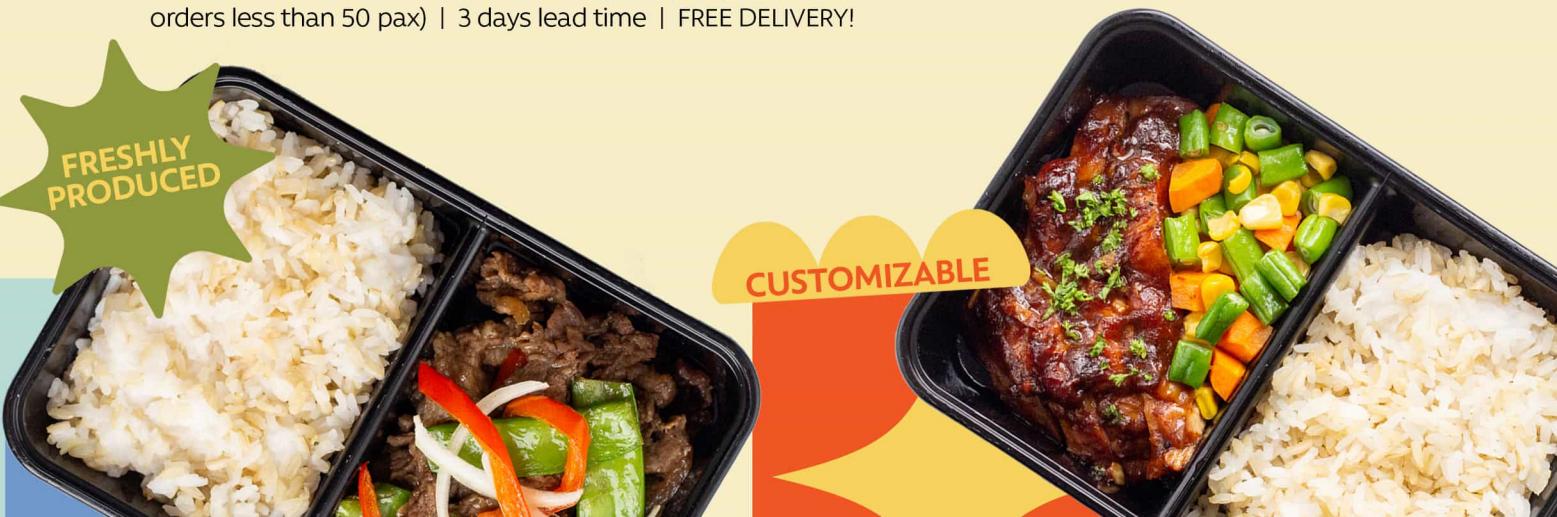
HEALTHY MEALS

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!

FRESHLY
PRODUCED

CUSTOMIZABLE



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

FRESHLY
PRODUCED

SNACKS

Fish Fingers & Fries with Tartar Sauce	110.00
2-Tier Clubhouse sandwich and Tuscan Pasta	110.00
Buger 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

CUSTOMIZABLE

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

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CORPORATE GIFTS



CORPORATE GIFTS



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

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 Cheesedesal
1pc Seriously Sugar-Free Coffee
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 almondigas soup
1pc chunky tom yum noodle soup
1pc hearty vegan minestrone
1pc ginger-infused miso soup
1pc protein-packed chili

A yellow graphic with the word "CUSTOMIZABLE" in red, surrounded by three yellow rounded rectangles.

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			✓	✓	✓	✓	✓

FRESHLY
PRODUCED

CUSTOMIZABLE

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



get
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soup



KETOS
OF MANILA

