FREE

Vol. 25 APRIL 2018

# Philippine • The Expats' Guide to the Philippine Lifestyle

GIRES

SANDVICTES

### **COVER STORY**

Between the Buns: Find the tastiest burgers and sandwiches in the metro

### **TRAVEL**

Inside Intramuros: A Tour in the Walled City

### SPECIAL

Not-Your-Ordinary Museum: Unique museums in the metro for all ages



### Your success is our sense of accomplishment.

Every time we work together for a project, we strive to create meaningful results for the good of our clients and for the greater good of the Filipino people.

Case in point, we were mandated to lead a syndicate of banks in funding one of the country's landmark projects, the Light Rail Transit Line 1 (LRT-1) extension. Once completed, 8 stations traversing Southern Manila from Baclaran, MIA, Aseana, Sucat, Las Pinas, and Cavite will ease the daily transport requirements of hundreds of thousands of commuters, giving them timely arrivals to and from work, school, and home. Because of this, livelihood and businesses are expected to boom in the Southern National Capital Region.

The deal was awarded the Transport Deal of the Year in the Philippines and in Asia at the recent Asset Triple A Awards, and Best Project Finance Deal by the Alpha Southeast Asia Best Deal and Solution Awards. A Fitting testament to the Metrobank team's depth of experience in dealing with Project Financing transactions across industries allowing the sharing of financial structuring capabilities that led to this landmark transaction.

With recognitions like these, you can be assured that when we involve ourselves in projects, you are always in good hands.





# We are the Leading Recruitment Company in the Philippines.

We will continue to provide the best service to our clients and applicants.



We are awarded as the TOP MULTI-LINGUAL RECRUITMENT PROVIDER by world-class companies in the Philippines since 2014.

For our applicants, we have jobs for all nationalities.

For our clients, we provide bilinguals across all nationalities and industries.



We are available every day, even at night, weekends and holidays Operating Mondays to Sundays 8:30 - 23:00

We can provide the following nationalities:

Japanese, Korean, Mandarin, other Asian, European and Latin American Nationalities

### For applicants, please contact us:

jkmanpower@jp-network-e.com **Telephone:** 02-932-0963 **Globe:** 0936-973-4028

Applicant's Page: http://jkmanpower.jp-network-e.com/

### For clients, please contact us:

jkhr@jp-network-e.com **Telephone:** 02-932-0963 **Globe:** 0917-813-9678
Client's Page: http://jkmanpower.jp-network-e.com/forClients

02-932-0963

GLOBE: 0916-493-1663 / 0936-973-4185 / 0936-973-4028 / 0936-973-4186 SMART: 0929-3159-901

UNIT 3 IJKLM 3rd floor Crissant Plaza Building No.272 Commonwealth Avenue Old Balara, Quezon City, Philippines







### April2018









On the cover: GILT BURGER

### [ Feature Stories ]

4 Cover Story
The Burger and Sandwich Issue

**22** Special Feature Unique Museums to Visit in the metro

**24** Local Travels
Inside Intramuros: A Tour in the
Walled City

**32** Medical Doctors 101
Medical Professionals in Manila

**40** Business Talk Interview with Foodie Global Concepts' Chief Operating Officer Eric Dee 44 Maps

Guide to local businesses in Makati & BGC

**48** What's New in the Metro? Concerts, Festivals, Openings, Sports, and Family Events





### Feature of the Issue

COVER – Juicy burgers, sandwiches loaded with fillings, and hotdogs with generous toppings are enough to make you go weak in the knees. Let us save you the effort of finding the best ones as we bring you to some of the restaurants that serves the best gourmet burgers and sandwiches. So get out there, and get eating!

TRAVEL - Metro Manila may be home to high-rise buildings and modern districts like Makati or BGC, but there's an area that stands out for its place in history: Intramuros.

Once the seat of power in the Philippines, Intramuros is now one of the few heritage sites in the country, and is probably the only other Spanish settlement in the country to have survived the test of time, the other being the City of Vigan in Ilocos Sur. Let's go back in time and explore the streets once walked by the likes of the Spanish elite, friars, and Dr. Jose Rizal, all contained within The Walled City. Plus! Philippine Primer prepared a weekend guide to some of the beautiful and interactive museums in the metro. Get ready to explore as we give you different kinds of museum perfect for family or solo wanderers.

PrimerMedia, Inc. Unit 807, Greenbelt Mansion Building, 106 Perea St., Legaspi Village, Makati City

Tel: 02-836-8381 | Fax: 02-808-2163 E-mail: sales@primer.ph | Url: http://primer.com.ph information@primer.ph

### ブライマー Grab Philippine Primer's Japanese edition today!

No part of this magazine may be reproduced in whole or in part without written permission of the publisher.

Publishing / Editing / Production

Prau Lorena Senior Editor

Jastine Valeriano | Andronico Del Rosario Junior Editors

> Rei Leaño | Mintzy Flor Writers

Jowinie Doma | Dantes Remot | Janina Torres Graphic Designers

> Bryan Boado Content Marketing Assistant

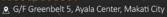


are the days when only the fast food restaurants serve your favorite burgers. Now, various burger joints spring to life serving their own original recipe. Looking for a place to satisfy your immense burger cravings? Here are some of the best burger and sandwich joints in the city.

After opening its doors to the public in 2010, Paris Délice is indeed a go-to café in the Metro. Their menu offers a variety of options for guests to choose from which include salads, pasta, soups, and sandwiches. Some of their best sellers or must-try dishes include L'Atlantic, a baguette filled with soft salmon and an herb dressing (P245); and L'Everest, filled with goat cheese, bacon, herb dressing, and fresh arugula leaves (P195).



Although it's known for luxury dining, Lusso makes sure that they have dishes that will cater to everyone. Their menu is composed of all-time favorites such as pasta and sandwiches with an added twist. Take, for example, the crowd-favorite Lusso Demi-Pound Burger with foie gras. We recommend their US Angus Short Rib Roll, a combination of tender Angus beef with just the right amount of fat, soft-boiled egg, and horseradish cream on Dutch crunch



- © 02-756-5893
- 11 am to 11 pm (Mon to Sun)
- LUSSO by Margarita Forés





PP

### Paris Délice

Makati Ave., cor Juno St., Makati City

③ 7:30 am to 7:30 pm (Mon to Sun)

© 02-798-0740 / 02-218-1662

- parisdelice.com.ph

### SANTIS DELICATESSEN

Säntis Delicatessen is a high-end brand which aims to deliver some of the best and highest-quality products one would think he/she could only find in hotels and fine dining

The place is widely known for their European Sausages, Cold Cuts, Prime Meats (e.g. Angus Beef), and different kinds of wines from some of the best wine producers from all over the world. Aside from these, though, they also offer dairy and dry products, as well as fruits and vegetables.

For a quick bite, we recommend the Croissant Classic (P220+) and the Turkey Wrap (P250+).

- 🙎 7431 Yakal, Makati City
- © 02-844-1154
- 3 8 am to 8 pm (Mon to Sat)
- www.santis-deli.com @ Santis Delicatassen









### SINGLE ORIGIN

A classy specialty cafe with branches in BGC, Rockwell, and recently in Greenbelt Makati, Single Origin is a known provider of single-origin coffee collected from various coffee farms around the world like Colombia, Brazil, Guatemala,

Single Origin has around six kinds of gourmet sandwiches and hamburgers that are perfect for an afternoon snack or a casual no-rice meal. Each one uses only fresh quality ingredients like European cheese and Japanese beef. One of the must-tries is their Bleu Burger; the big Japanese beef patty is topped with a good amount of blue cheese, which gives it a slightly pungent taste.

- 2 1/F Edades Garden & Tower Villas, Rockwell Center,
- © 02-772-62595
- (§ 7 am to 12 mn (Sun to Thurs), 7 am to 2 pm (Fri to Sat)
- (f) Single Origin









PP

### ZARK'S BURGERS

PP

Zark's Burgers is a popular homegrown joint that serves American comfort food, especially huge, greasy burgers. Some of the restaurant's best sellers include: Jawbreaker, a challenge burger made with ¼ pound patty, spam, bacon, cheese, lettuce, and tomato (P299). And there's the infamous Tombstone (P500) - a humongous, ominous two-pound cheeseburger with 300 grams of fries.



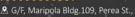


- 🙎 2464 Taft Ave, Malate, Manila
- © 02-247-223 / 0917-687-7755
- () 10 am to 10 pm (Mon to Sun)
- ▼ Zark's Burgers

### BALKAN YUGOSLAVIAN HOME COOKING OO

From the vast plains of the north, mountains and hills of the southeast, to the different ethnic groups within the former state, Yugoslavian's culture is diverse, and history, deep. Yugoslavian cuisine has stood the test of time. This cuisine has unified the Yugoslavian people and made them shine. Eat and drink at Balkan, Where You-go-Slav!

Try their house specialty: Premium Half carcass lamb seasoned with fine ingredients and slowly roasted to perfection. It has a crispy outside layer and is oozing with goodness of natural flavors on the inside.



Legaspi Village, Makati City

© 02-802-0268 © 11 am to 10 pm (Mon to Sun)





### SOUTH PUB

PP

South Pub Burger (P280)

### BURGER PUB

PP

South Pub prides itself in its signature dishes that have become the crowd-favorite among avid patrons. Their best sellers are Nachos, Mushroom Chicharon, The Allison, Corned Crispy Pata, and Sisig Rice. One of their recommended dishes is their very own South Pub Burger (P280), which is made with two smashed burger patties with cheese, served with fries and their special dressing in a bun.



© 0918-439-1606

③ 4 pm to 12 mn (Mon to Wed), 4 pm to 2 am (Thurs to Fri), 11 am to 2 am (Sat to Sun)

① South Pub



For first-time visitors, we suggest getting the Pub Original (P345), combined with a glass of Weihenstephaner Dunkel (P110) and a serving of Churros with either a butterscotch whisky or dark chocolate dip (P270).



© 02-546-6864 © 12 nn to 10 pm (Mon to Thurs).

12 nn to 2 am /Fri to Sat), 11 am to 9 nm /Sun

① BurgerPub







GILT

BB

Tucked away in Guijo Street is a new burger shop named GILT Burgers. GILT was taken from gold, gilded, and gilt; just think of them as your next GILT-y pleasure for your GILT trips. They use 100% New Zealand Angus beef for their patties while still using local produce and all buns are made fresh from the neighborhood bakeshop, Trigo.

If you're looking for something new and unique, their burgers are definitely a must-try. The headliner is the GILT Burger (P888), and it will blow your mind. It's a luxurious burger for those who want to splurge, combining ingredients such as truffle mayo with caviar, bacon jam, and a 24-karat edible gold leaf,





The King (P324), The O.G (P 322), Drunken Umami (P 439)



<sup>🙎 7615</sup> Guijo Street, Makati City

<sup>© 0927-474-5804</sup> 

<sup>⊕</sup> GILT Burger @giltburger ⊕GILTburger

PP

This restaurant serves equally delicious and affordable burgers made with domestically produced organic beef. They are also the first certified organic beef restaurant in the Philippines that offers free-range, no antibiotics and no-added-hormone organic beef in the country. Some of their best-selling burgers include: Certified Organic Double Cheese Burger and Farmer's Burger.



- 2/F The Commercenter Alabang Muntinlupa City
- © 02-831-7493
- # thefarm.ph The Farm Organics

Part of the stylish Hole-in-the-Wall food court in Century City Mall in Makati City, The Beef is definitely a go-to place to satisfy your cravings for mouth-watering hamburgers. The Beef has been known as a burger house that serves only two kinds of burgers: Classic Hamburger and Cheeseburger (P325). If you wish to add an extra patty, you may do so by adding P190; adding extra cheese is priced at





- A/F Hole in the Wall, Century City Mall, Kalayaan Ave., Poblacion, Makati City
- © 02-869-9680
- 11 am to 10 pm (Sun to Thurs), 11 am to 12 mn (Fri to Sat)
- ① The Beef

### BOUTIOUE BURGER KITCHEN

Vinyl records, posters, different wall entering Boutique Burger Kitchen in BGC, Taguig. One of their bestsellers is The Aussie Burger. It's made of cheddar cheese, crispy bacon, beetroot, pineapple, grilled onions, BBQ sauce and with a sunny side up egg. If you're looking for a staple, try their Classic Cheese Burger (P280) with American Cheddar, Lettuce Tomato, Onions,

- ♠ G/F, The Fort Strip, BGC, Taguig City © 02-964-2050 / 0917-893-4913
- (3) 11 am to 12 mn (Sun to Thurs), 11 am to 2 am (Fri to Sat)

Mustard, and Bbk ketchup.

⊕ Boutique Burger Kitchen Philippines ⊕ bbkphilippines



### H.I.D. BURGERS

PP

H.I.D Burgers will give you a new kind of excitement about eating burgers. Instead of ground beef patties, they use minced chicken for their patties which are flame-grilled. A recommended item on the burger menu is the H.I.D BLT which is made with their flavorful chicken patty, gooey cheese sauce, bacon, lettuce, tomato, onions, and mayo. Many cheese lovers have also got their eyes on the Bacon Mushroom Melt, made with chicken patty, bacon, mushrooms, and a very tempting amount of melted mozzarella.





- Senator Gil Puyat Ave. Corner Malugay St., San Antonio, Makati City
- © 02-215-0427/0917-824-2336
- (Sun) 11 am to 3 am (Mon to Sat), 11 am to 2 am (Sun)
- H.I.D Burgers Makati

### **BURGER GEEK**

PPP

Burger Geek at Molito in Alabang is quite secretive about their burgers, but one thing they couldn't hide from us is the simple yet meticulous way they treat their burger patties. They smash the patties, seasoned with only salt and pepper, flat on the griddle to maximize the natural juiciness and the meatiness of the meat.

One of the burgers that stand out on Burger Geek's menu is the Class President, a best seller that has a bunch of rich and savory ingredients stuffed in one burger. Another must-try is The Hangover. This burger is more on the sweet side because of the beer syrup. You can also find The Geek, which brings along some American cheese and veggies.



**(1)** Burger Geek









### G.R.EAT BURGER TRUCK

Burgers used to call the streets their home. When they first came out in the Philippines, they were either sold in small stands or in food trucks. These days, you'll find them in malls and major streets. One place, however, has kept to tradition and is still associated with a food truck: G.R.eat Burget Truck. Their claim to fame is their Original Burger (P150), a quarter-pound, all-beef burger seasoned with salt and pepper. If you're feeling brave, we suggest getting their signature Chili Burger.







### SWEET ECSTASY

PP

Sweet Ecstasy burgers are indeed one of the best burgers in Metro Manila. One of their best is The Double, a classic cheeseburger with twice the beef and cheese. As they aptly put it, "it's two cheeseburgers in one bun." If you're a fan of grilled cheese sandwiches, you'll love their Grilled Cheese Cheeseburger. Just like some other burger joints, they have secret burgers that you can order, although you need to make sure to follow and check their social media accounts to see what they are.





- 2 2/F Uptown Parade, BGC, Taguig City
- © 0906-346-7989
- 11 am to 12 am (Sun to Thurs), 11 am to 1 am (Fri and Sat)

### **BCUTS BURGERS**

PP

If you're looking for pubs in Manila where you can spend a night with burgers and beers, come to 8 Cuts Burgers at Greenbelt. 8 Cuts burgers stand out from other burger restaurants as they make everything from scratch, all-beef patties, to their house-made bacon, sauces, and buns. Their patties also come in two blends, the House Blend and Grass-fed blend, both without extenders.





- Greenbelt 2, Ayala Center, Makati City
- ① 11 am to 1 am (Mon to Wed), 11 am to 2 am (Thurs to Sat), 11 am to 12 mn (Sun)
- ① 8cuts Burgers

### **GRIND BISTRO**

PP

The Grind Bistro has a "rustic charm," with seats that remind you of home for its comfiness and decors that can only be described as classy American. The burgers are served on a wooden platter along with their house fries and pickles, customers can also customize their burgers as they wish. The Grind Bistro uses all U.S chuck and short rib, a perfect combination of meat and fat for their burger patties. They also cook their burgers standard medium.





- A G/F Net Park, 5th Ave., BGC, Taguig City © 02-246-9069 ext: 649
- ® 8am-10pm (Mon to Thurs), 8am-11pm (Fri to Sat), 8am-9pm (Sun)
- ( Grind Bistro (grindbistro

### POUND BY TODD ENGLISH

PP

The restaurant has a speakeasy vibe that may attract a lot of passersby; think of it as if James Bond decorated the entire place. The leather seating adds that classy touch. Pound serves uncomplicated-looking burgers with complex flavors. From their sliders down to their burgers, everything is made fresh and with an emphasis on premium quality.

Don't get intimidated by their burgers as they are all budget-friendly, compared to the other burger joints; Pound is affordable and doesn't miss out on its flavors. The Backyard Cheeseburger Double is a must try! If you're feeling adventurous and want to try all the flavors of their sliders, they offer Pound for Pound, a sampler of their three

▲ B3, Bonifacio High Street, BGC, Taguig City ©02-617-8633 / 0977-858-8633 ③11 am to 10 pm (Sun to Thurs), 11 am to 11 pm (Fri to Sat) ⊕ Todd English Food Hall Manila









### TEDDY'S BIGGER BURGERS

PP

PP

### Hailing from Hawaii, Teddy's Bigger Burgers at Greenbelt 3 stands out with a floral and beach theme. Think of it like (P298) as small nibblers before the main attraction. One of their best sellers is the Baecon Me Crazy Burger (P347 for a

going to a usual Hawaiian diner with lots of memorabilia. Order their Spam Fries single patty, P427 for double patty), a steak burger with smoked bacon, cream cheese, and vegetables.

dy's Cheese Burger (P278/4oz., P338/9



- A 3/F Greenbelt 3, Ayala Center, Makati City
- © 02-728-3056 / 0921-6009834
- teddysbb.com
- Teddy's Bigger Burgers and Tiki Bar

### RAGING BULL BURGERS

PP

It's easy to fall in love with Raging Bull Burgers, as their burgers are as flavorful and unique. One of the best-sellers is The Mighty Beast (P275), if you're hungry and are going for a full-on meat. The Raging Bull has an option for vegetarians: The Pretender (P225). The patty is made from kidney beans, quinoa, and guacamole. It was definitely a surprise when we tried it as it seemed like an ordinary burger with a kick of spice.



- 30th St, Taguig City
- © 02-820-0888 / 02-246-9069 ext: 479
- 11 am to 12 mn (Fri to Sat)
- www.ragingbullburgers-fort.comRaging Bull Burgersragingbullburgers



### FATBURGER

Fatburger prides itself in being a true hamburger stand. Every meal is cooked to order and made with only the freshest of ingredients. Known for their authentic, made-from-ice-cream milkshakes and build-your-own burgers, Fatburger is a staple among burger fans across the globe.





- A G/F, Glorietta 2, Palm Dr., Makati City ©02-805-8615
- 11 am to 12 mn (Sun to Wed),
- ① Fatburger Philippines ③ fatburgerph

### BOTAN BLACK CAFE

PP

Botan Black Café is a home to hale and hearty Taiwanese epicurean favourités. Botan Black offers its patrons an authentic rendition of their set menus, ala carte meals, and sandwiches. Some of their best-selling sandwiches are the Chicken Sandwich, served with chicken fillet with cucumber and egg, and a mashed potato Sandwich, it is served with tender cut porkloin meat with cucumber and egg, and a mashed potato on the side (P265).



- . 2/F Wumaco Bldg 1, Quadrant 3, 9th ave **BGC**, Taguig City
- © 02-873-3333 / 02-873-9999
- ① 10:30 am to 12 mn (Mon to Sun)
- mww.botaneacafeph.com
- Botan Black Cafe

### L'ENTRECOTE CORNER BISTRO

PPPPP

This French-Swiss restaurant serves delectable steaks and variety of European dishes, presented in a simple way, coming from countries such as Switzerland and France. If you want something new, you can order the Juicy 7 oz Angus Beef Burger (P525) from their secret menu. At 5 cm thick, the Angus beef patty is 7 ounces of juiciness. The burger is seasoned with salt and pepper. At first bite, the taste of fine beef will spread throughout the mouth.

- Lunit A Bellagio, Forbes Road, Forbes Town Center, BGC, Taguig City © 02-856-4858
- www.lentrecotemanila.com
- ① Lentrecote-Manila





Price Guide: P P300 & below P P P300 - P800 P P P800 - P1,500 P P P P1,500 - P2,000 P P P P2,000 & above

### PINK'S HOTDOGS

PP

Owned by Richard Pink, Pink's Hotdogs is undoubtedly the most popular hotdog joint in America, with more than 10 branches in the US and now with two branches in the Philippines. Pink's uses locally-sourced meats with imported ingredients to make sure that their servings are guaranteed fresh. They make their own buns and hotdogs with 100% organic casing, along with the option to choose whether you'd like your hotdog to be made with beef or pork.



3 11 am to 3 am (Fri to Sat)

①Pink's Manila





### THREE GUYS AND A GRILL

PP

A hidden gem in Poblacion, Makati, Three Guys and A Grill serves the best locally sourced sausages made fresh and off the grill. One of their bestsellers is The Posh Dog (P250), a German Pork Bratwurst with truffle honey mustard, grilled onions, topped with cheese. For other sausages, try The Bird Dog (P180) or if you're looking for a smaller size with big and bold flavors, have a taste of The Duncan Dog (P150).

🙎 4364 B. Valdez St., Brgy. Poblacion, Makati City ©0917-842 0620 / 02-817-4449 11 am to 3 am (Mon to Sun) Three Guys and A Grill @ 3guysgrill





### IKOMAI AND TOCHI DESSERTS OF

Although it serves Japanese cuisine. Ikomai does not market themselves as a typical Japanese restaurant, rather, its unique concept is to "create a space where people and meet and make friends," all while enjoying sumptuous food. Get to try the much-loved handmade pastries, and sandwiches, one is the Karaage French Bread, which is made up of fried chicken and shredded vegetables in French bread, and the other is Ebi Sandwich which is a sandwiched shrimp and vegetables.





₾ 1/F ACI Bldg., 147 H.V. Dela Costa St., 1227, Salcedo, Makati City © 0999-887-0297 / 02-816-4588

### MAISEN

PP

Brought to Manila by the Suyen Group of Companies under renowned tycoon Ben Chan, Maisen brings something new to the table courtesy of the pairing of the soft, lean kurobuta pork and the four kinds of sauces that are unique to Maisen: akamuchi (sweet), karakuchi (Worcestershire sauce), spicy mustard, and the special kurobuta spicy and sweet sauce mixed with freshly grated apples. For those on-the-go, you gotta try their Tenderloin Katsu Pocket Set (P275) made with their special katsu and egg.

▲ G/F Greenbelt 5, Ayala Center, Makati City © 02-239-0390 / 02-810-9514

® 11 am to 11 pm (Mon to Sun)

Maisen Philippines





### **ALMON MARINA**

Almon Marina started as a cold seafood and deli store. That all changed in 1990 when it was turned into a sandwich bar and deli which has been known for its freshly-made soups, salads, and sandwiches. What makes this sandwich bar different is that they inject modern take into everything that comes out of this





flavorful and delicious, just the way how it was prepared by the original chefs in the 60s. Aside from Filipino dishes, guests can also enjoy their list of sandwiches like MW Club Sandwich, Chicken Asparagus Sandwich (P195), Chicken Salad Sandwich (P195), Shrimp Hawaiian Sandwich (P195).

The dishes they serve here are made

MILKY WAY CAFÉ





🙎 900 Arnaiz Ave., cor. Paseo de Paseo,

©02-843-4124/02-843-7124

(S 11 am to 10 pm (Mon to Sat)

⊕ www.cafe.milkywayrestaurant.com 
⊙ Milkyway Cafe

A 1/F Tower 1, The Residences at Greenbelt, Makati City

© 02-738-7336

(9 10:30 am to 9 pm (Mon to Sun) almonmarina.com ① Almon Marina Sandwich Bar & Deli

### CORNER TREE CAFÉ

PP

Corner Tree Café serves vegetarian comfort food, loved and appreciated by vegetarians and meat-lovers alike. This cozy restaurant - tucked in a tiny corner of Jupiter Street in Makati offers dishes that will appeal even to the pickiest eater.

For vegan sandwiches, try the Asparagus and Guriel cheese panini Grilled Asparagus Panini it has asparagus, gruyere cheese and pesto grilled with olive oil on ciabatta bread. We also recommend the Falafel Sandwich (P390).

- ▲ 150 Jupiter St., Bel-Air, Makati City
- © 02-897-0295 / 0906-558-6177







### PLAZA CAFÉ

PP

If you need to take a break, Plaza Cafe is one of the best and most accessible places to retreat to for those working in Makati's Central Business District. Delicious sandwiches and paninis dominate the menu of Plaza Cafe.

For their sandwiches, they use biga bread (a kind of fermented bread which is healthier than the usual white bread). Their Sirloin Steak sandwich is a very filling snack that can take the place of rice or noodles for lunch. Pastrami on Rye is also a good choice for health-conscious people. Other highly recommended dishes to try are classic favorites like the Tuna Melt Panini and the Chicken Club sandwich.

- 🕭 1/F Corinthian Plaza, 121 Paseo de Roxas, Legaspi Vill., Makati City Q02-625-0305
- 37 am to 2 am (Mon to Fri), 9 am to 2 am (Sat), 9 am to 5 pm (Sun)





### PROVIDORE

PP

Built with a coffee bar, a bistro, essential kitchen provisions, and a retail area with local artisanal items, Providore is both a feast in the eye and stomach. The inside of this restaurant will instantly let diners take pleasure in a country and laidback vibe with its wooden fixtures and light atmosphere adorned with dainty crockery and some greenery.

Everything in the sandwich menu are made fresh - all ready to bring wide smiles on your face! We recommend the Roasted Turkey Clun, Providore Pastrami Melt and Decadent Bone Marrow Burger.

🙎 G/F SM Aura Premier, BGC, Taguig City

© 02-808-9448

10 am to 10 pm (Mon to Sun)

① Providore PH @ providoreph













### **DINING @ YAKAL**

Your One Stop European Dining Destination!



Tel: 815-1359 / 892-7524 Mobile No: 0956-1354212 Facebook: Chesa.Bianca Tel: 892-5852 / 843-7286 Mobile No: 0956-1354213 Facebook: Steakhouse.ImAngus Tel: 867-3164 / 553-9643/553-9636 Mobile No: 0956-1354202 Facebook: Carpaccio.Ristorante

7431 Yakal St. San Antonio Village, Makati City

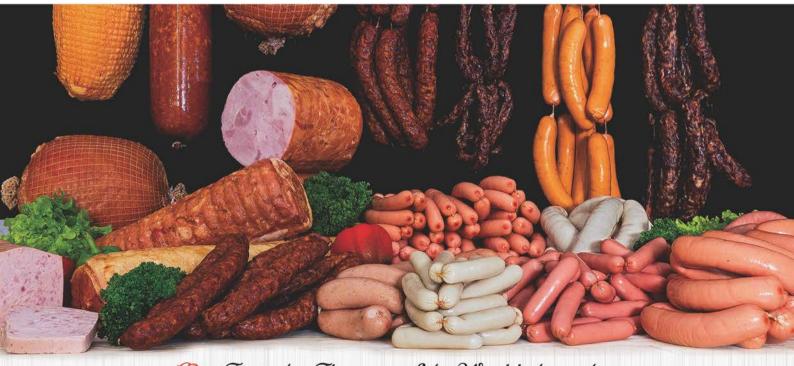
### DINE IN & GET A FREE GLASS OF HOUSE WINE

To redeem the free glass of house wine, guest must show/bring the coupon from Primer Magazine.

### TERMS AND CONDITIONS:

- Guest must order at least one (1) dish from the menu to redeem freehie
- One coupon per person only.
- Coupons can be used in any of the three restaurants.
- Maximum of two (2) coupons can be redeemed per table.
- Guest can choose either red or white wine.
- Promo period is valid from April 1-30, 2018
- Guests can redeem the free glass of house wine multiple times within the promo period.

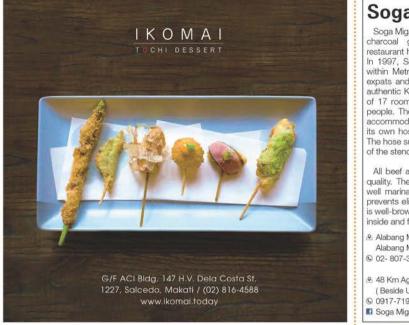




Taste the Flavours of the World through SÄNTIS Delicatessen

Try our European sausages, hams, cold cuts and other meat specialties!

Like and follow us on



### Soga Miga

Soga Miga is a Korean restaurant famous for its charcoal grilled meat. This Korean-owned restaurant has been in the business since 1990. In 1997, Soga Miga opened various branches within Metro Manila. Their goal now is for the expats and locals to understand and embrace authentic Korean dishes. Soga Miga has a total of 17 rooms that can accommodate up to 16 people. They also have bigger rooms that can accommodate up to 40 people. Each table has its own hose on top, hanging from the ceiling. The hose sucks the smoke from grilling to get rid of the stench.

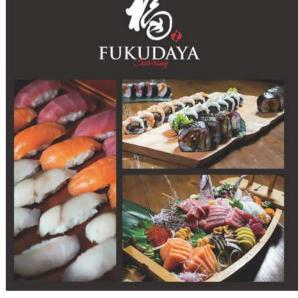
All beef are sourced from the US with Japan quality. Their chargrilled meat is very juicy and well marinated. The method of using charcoal prevents eliminating the umami flavor. The meat is well-browned on the outside, but remains juicy inside and full of the umami flavor.

- Alabang Molito Commercial Complex Alabang Muntinlupa
- © 02-807-3008/0917-8073008
- ♣ 48 Km Aguinaldo Hi-way Lalaan 1 Silang Cavite ( Beside Unioil) Rivera Golf Club
- © 0917-7195784
- Soga Miga 소가미가









### Private catering for special occasions

Package includes Nigiri Sushi Bar, Sashimi Boat and Sushi Roll/ Maki Minimum of 10 pax
Live sushi preparation by our Japanese Chef
Reservations must be made at least 2 weeks in advance
Price valid for Taguig and Makati City area only,
additional charge for outside areas

### **NIGIRI SUSHI BAR**

3 Kinds Sushi (60 pcs.) Tuna, Salmon, Mackerel Add on options: additional Php2.500 to upgrade to 4 Kinds Tuna. Salmon, White Fish, and Mackerel) or additiona Php7.500 to upgrade to 5 Kinds (100 pcs Salmon, Tuna, White Fish, Macerel and Roast Beef)

SASHIMI BOAT (assorted 8 kinds)
Tuna, Salmon, Snapper, Tuna, Horse Mackerel, Squid, Mackerel and Uni

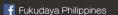
SUSHI/ROLLS (48 pcs ) Spicy Salmon Roll, California Maki and Futomaki

Php 35,000, good for 10 pax

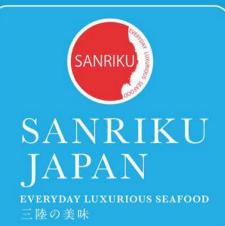
For reservations or inquiries. Please call:

0927-264-0171 / 0998-805-6859
Unit7 The Plaza, Arya Residences, Mckinley Parkway cor. 8th Ave., Bonifacio Global City, Taguig

(Lunch) 11 a.m. - 3 p.m. / (Dinner) 6 p.m. - 11 p.m.; Monday to Sunday







Distributor of fresh, high-quality seafood from Japan at low cost for restaurants, grocery stores, specialty shops, and fish markets.

### Fresh Seasonable Seafood this April

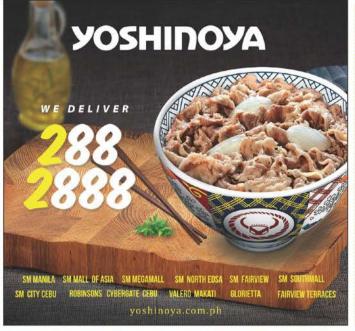


We can bring and show samples to potential buyers FREE OF CHARGE.



Imported and Distributed by Frus Corporation. Now available in selected Shopwise and Rustan's store. Shopwise - Harrison Plaza Manila Rustans Rockwell - Makati - BGC - Katipunan

02-806-0789 / 02-822-1053 +63917 7910339 / +63917 9016393 Telefax: 02-822-1053 VVS Warehouse Compound, Multinational Avenue Access Road, Brgy. Sto. Niño, Parañaque City fruscorp@gmail.com









### Noodles for your restaurant needs!



We supply any kinds of noodle: Ramen, Yakisoba, Tonkotsu, Champon, Sara-udon, Tsukemen and others



Since 1997





Our factory noodles are made in the Philippines with carefully selected Japanese ingredients, and with technical guidance of a Japanese!



### FRESH ROASTER COFFEE TONYA

### Freshly-roasted coffee beans on demand

Coffee Tonya is a specialty coffee shop located in Makati City. With a highly-experienced Japanese barista from the Specialty Coffee Association of Japan (SCAJ) heading the shop, Coffee Tonya seeks to introduce their 50 brands of raw coffee beans from different parts of the world. Using a roaster from Japan, the shop offers coffee on demand, where you can have your drink customized, just the way you like it. You may also order their coffee online!

- ▲ 1331 Angono Street, Makati City © 02-750-6200
- © 10 am to 7 pm (Monday to Saturday); Closed on Holidays and Sunday
- ⊕ ww.coffeetonyaph.com
- Coffee Tonya







Plaza#5 Cartimar Shopping Center, Cartimar Avenue, Pasay City

Tel: 831-8382 Fax: 831-0114 Mobile: 0995-4497081 /0923-6989259 Email: darumayajfc@gmail.com

**Darumaya Japanese Foods Center** is your one stop shop for all Japanese ingredients. We supply to restaurants and walk-ins with our imported dry and frozen products. We offer a wide variety of foodstuff like Japanese rice, soy sauce, ramen soup base, tempura flour, salad dressings, spices, condiments, Japanese tea, fresh noodles and more! Cook and experience authentic Japanese dishes with our food items.









### What's your Frappuccino® favorite?

Share it on starbucksfrappuccino.ph





### JAPANESE COOKING McAsia Foodtrade Corporation is one of the major leading suppliers of food items, kitchen

TOTAL

utensils, industrial cookware, and commercial kitchens in the Philippines. They have been wholesaling products to restaurants, hotels, caterers, and grocery stores in Metro Manila. They are also open to inquiries even if you are in Visayas or Mindanao. Available products are basic seasonings such as soy sauce, wasabi powder, mayonnaise, wheat flour, cooking wines, etc. McAsia also sells high quality Japanese equipment like kitchen and dining wares. Customers can buy anything necessary for restaurants such as dried goods, cans and seasoning. There is also a wide variety of Japanese sake for sale, just name the

Trunkline No. 02-251-3625 / 02-231-1026 Fax No. 02-415-4431 Telephone Nos. 02-411-2911

158 Apo St, Sta. Mesa Heights, Quezon City, NCR @mcasiafoodtrade.ph/sales1@mcasiafoodtrade.ph/sales2@



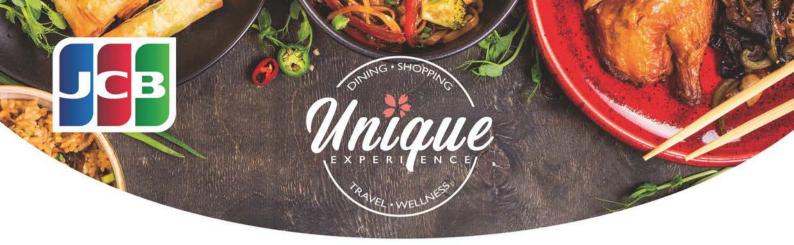


### PRODUCTS

- Japanese seasoning
- Noodles Seafood
- Frozen Meat Products
- Vegetables
- Sake Whisky

Also available: Asian and Italian seasoning products with common parking area accessible to malls and public transportation

G/F 1 Juno Cor. Makati Avenue, Bel-Air, Makati City



Have a Unique Experience with your JCB Card and enjoy exclusive deals with our partner merchants nationwide!















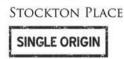






















































DINING























SHOPPING





























Visit www.primer.com.ph to get the latest information for expats on Travel, Food, Beauty, Tips, Events, Trends, and Businesses.



**CONTACT US:** 

02-836-8381 sales@primer.ph

**ENGLISH** 

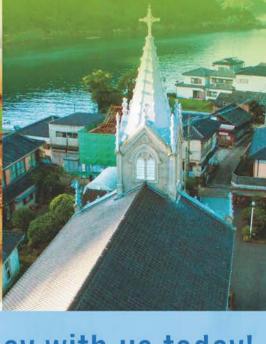
www.primer.com.ph

JAPANESE www.primer.ph

# EXPERIENCE GOAMAKUSA









### Begin your journey with us today!

### TRAUEL ITINERARY DAY 1

### DAY 2

- ▶ Visit UNESCO World Heritage Church

### DAY 3

- ► Aquarium

- ► Boat cruise

### DAY 4

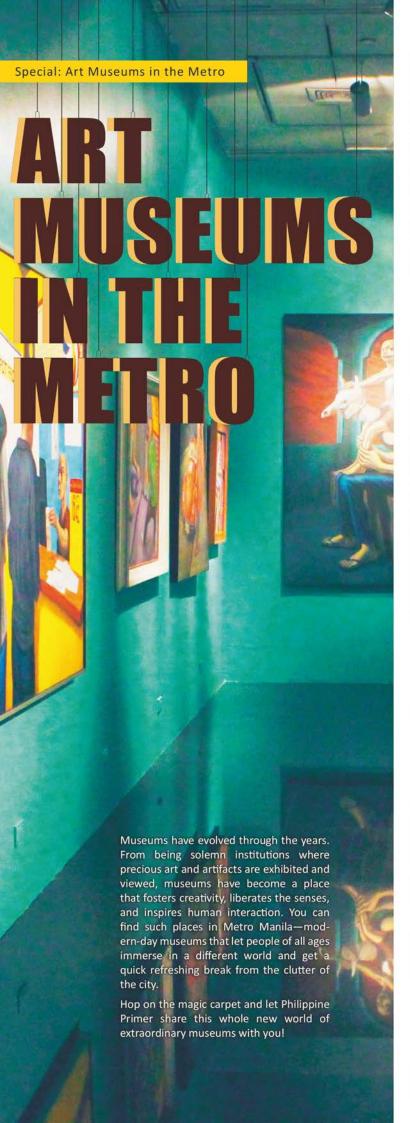


\*Round trip tickets are not included in the promo

PRIMER LUX







### Must-Visit Museums



well-known for exhibiting Philippine artifacts. This museum houses two of the most famous Filipino works, Juan Luna's Spolarium and La Felix Resureccion Hidalgo's Tragedia de Gobernador Bustamante "The Assassination of Governor Bustamante", both declared as National Cultural Treasures.

- Padre Burgos Dr., Rizal Park, Manila
   02-537-1215
- 10 am to 5 pm (Tues to Sun) # www.nationalmuseum.gov.ph



Located in Makati's central business district, the Ayala Museum is a 4-story gallery that presents a wide collection of archeologi-

cal artifacts, dioramas and chronological exhibition of the major events in Philippine history and a display of the finest artworks from the leading Filipino artists. Each of the four floors describes the rich history and culture of the Philippines.

Entrance Fee: Adult - P425 / Student, Senior Citizen & PWD - P300

Makati Avenue cor De La Rosa St., Greenbelt Park, Makati City

9 am to 6 pm (Tues to Sat)

©02-759-8288 Ayala Museum



interior resembles colonial Spanish architecture with a touch of

Mediterranean. Numerous contemporary artworks inside and outside the gallery that the owner collected from 1990 up to present are being displayed around the museum. Pinto Art Museum is definitely a must-visit for its artistic attractions inside. Art geeks and shutterbugs will surely love wandering around to see paintings, sculptures, installation art and more.

Entrance Fee: Adult - P200 / Student - P180 / 3 years below - Free

Silangan Gardens, 1 Sierra Madre St., Greenheights, Antipolo City

() 9 am to 6 pm (Tues to Sun)

© 02-697-1015 Pinto Art Museum

### Interactive Museums







With enhanced facilities, a variety of exhibitions, game corners, a museum shop, and cafe, The Mind Museum will surely satisfy the intellectual curiosity of children and adults alike. Inside, you can find over 250 interactive exhibits through five interconnected stories. The exhibition shows the beauty of nature, from the smallest thing to the largest things and everything in between: Atom, Earth, Life, Universe, and Technology.

Entrance Fee: Adults - P625 (3/hours): All day - P750 / Student - P475 (private) / P190 (public)

- Q J.Y. Campos Park, 3rd Ave., BGC, Taguig City © 02-909-6463
- @ 9 am to 6 pm (Tues to Sun)



m www.themindmuseum.org

The Mind Museum







With over 50 trick art murals that were painted by a team of 18 Korean master painters who were flown in the country-Art in Island lets you experience a multi-dimensional adventure. More than just paintings, they give guests a certain illusion from a specific angle which is the perfect backdrop for your photos. Art in Island almost has everything, from huge murals that look real to different destinations, personalities, tricks, and themes. You can take dozens of pictures with each painting.

- Entrance Fee: Walk-in P500 / Students P400
- Q 15th Avenue, Cubao, Quezon City © 02-421-1356

(f) Art in Island

() 9:30 am to 9:30 pm (Tues to Sun)







Located at S Maison in Pasay City, this museum is an oasis of all things sweet and vibrant. The museum features eight eye-catchy rooms, each room represent different desserts like Donuts, Marshmallows, Candy Canes, Ice Cream, Bubbles Gum, Gummy Bears, Cotton Candy and Cakes. An electronic bracelet will be given before entering the museum, which will also allow guests to claim their free desserts in each themed-rooms. Before you end your trip, the last room takes you to a souvenir shop where you can choose and purchase all things desserts, from edible and creative cakes to dessert-shaped stationery.

Entrance Fee: Online - P699 / Walk-ins P799

- S Maison, Coral Way, Conrad Hotel Manila, Mall of Asia Complex, Pasay City.
- 10 am to 10 pm (Mon to Sun)
- (f) The Dessert Museum







Upside Down Museum offers an experience that not many conventional museums can give. This museum is a breeding ground for creativity and human relations. Leave it to your imagination to create a picture out of what your eyes see as backward, inside-out and upside-down. Some of the most popular attractions are the 90-degree house, mirror house, Goliath's shoe, the upside-down highway, and the fully-furnished upside down house. It's a fun and mindboggling way to spend time with family and friends.

Entrance Fee: Adult - P450 / Senior Citizen & PWD - P330

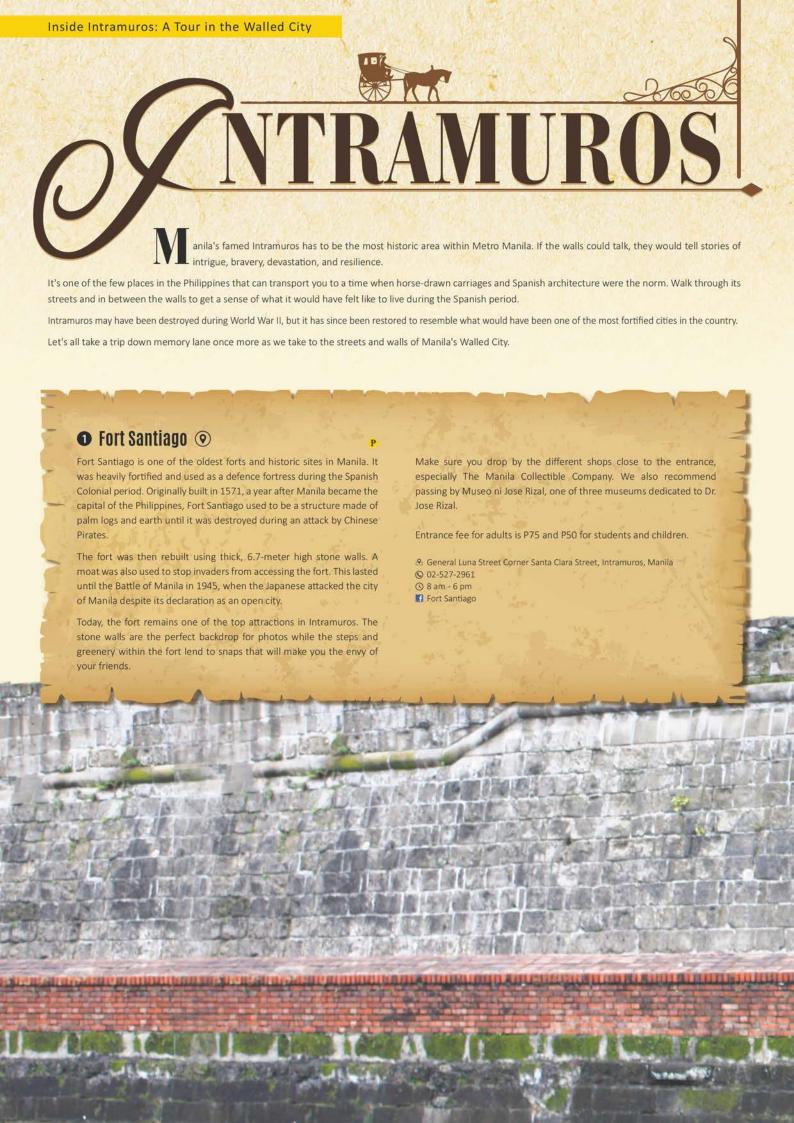
Q Boom na Boom Grounds, CCP Complex, Roxas Boulevard, Pasay City © 02-834-8997/ 02-551-5530

11 am to 9 pm (Tue to Sun) www.upsidedown.com.ph



### Salcedo Auctions

The trove of treasures that is the Salcedo Auctions gathers and curates timeless articles and brings them close to connoisseurs and collectors who want to own a piece of valuable and timeless acquisitions. Salcedo Auctions is the only auction house in the Philippines to specialize in the sale of fine art, jewelry, decorative arts and collectible accessories by leading local and international artists and artisans.



### 2 Rizal Shrine (9)

Rizal Shrine in Fort Santiago was built in honor of the Philippines' national hero, Dr. Jose Rizal. Fort Santiago in Intramuros used to be a Spanish military fortress that imprisoned many Filipinos and Americans during the Spanish Colonial Period and World War II. The most famous prisoner was Rizal.

The museum was built in 1953 and was modernized in 2013. In the Rizal Shrine, memorabilia such as Rizal's books, medical instruments, coat, hat, even business cards and many more are displayed.

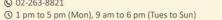
A facsimile of his novels, Noli Me Tangere and El Filibusterismo, which were believed to have sparked the rebellion against the Spanish government, are also exhibited.

The most interesting point inside Rizal Shrine is the room where our hero was imprisoned.

This room was the actual detention cell where he was held captive and wrote his final letters to his family and closest friend, Ferdinand Blumentritt, before he was shot to death on December 30, 1896 at Bagumbayan (now known as Luneta or Rizal Park). It is one of the most important dates in the Philippine history.

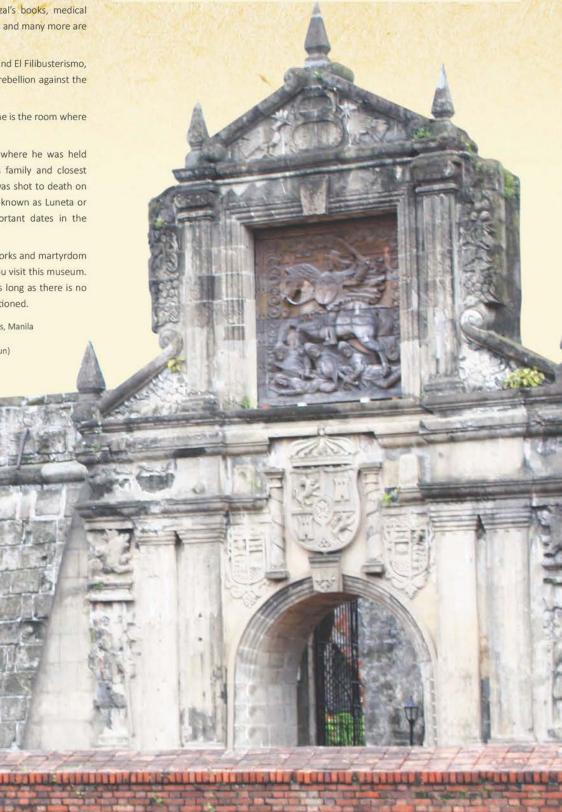
If you want to learn more about the life, works and martyrdom of Dr. Jose Rizal, it is recommended that you visit this museum. Visitors can take pictures of the exhibits as long as there is no camera flash. Also, the building is air-conditioned.

A Fort Santiago, General Luna Street, Intramuros, Manila Q 02-263-8821











### The Manila Collectible Co.





One of the shops located at the 400-year-old chamber inside The Fort Santiago is The Manila Collectible Co. Opened in 2013, this souvenir shop offers a wide range of unique items which are from indigenous groups, Filipino artists, and local brands. The shop also promotes Philippine history as the staff can give a quick tour of the store, explaining the history of the various items for sale. Inside is a wide range of retail items from different local brands that promote 100% Philippine-made products. Some items available here are replicas of Philippine artifacts.



- 🕭 Gen. Luna St. Cor. Sta Clara St Fort Santiago, Intramuros, Manila
- © 02-230-9710
- () 9 am- 6 pm (Tues to Sun)
- ☑ manilacollectible@gmail.com
- Manilacollectible



### Casa Manila ©

P

A museum made to look like a typical upper class house during the turn of the 19th century. It was built in the Plaza San Luis Complex in the 1980s, and the façade is made to look like a house that was built in the 1850s in San Nicolas.

The 2-storey house is divided into rooms such as the sala, despacho, comedor, cuartos, cocina, baño etc. Each of the rooms are decorated with turn of the 19th century furniture, tableware, and books, all donated from various sources.

Guests are not allowed to touch the displays, and can only walk on the red carpet. Photography is also prohibited. However, guests can walk around freely in the kitchen, toilet and bathroom, and even touch the displays.



- A Plaza San Luis Complex, Cor. Real & Gen. Luna Sts. Intramuros, Manila
- Q 02-527-4084/02-527-4088
- ⊙ 9 am- 6 pm (Tues to Sun)

### **⑤** Manila Cathedral **⑨**

There's one structure that's as synonymous with the famed Walled City as its centuries-old walls: the Manila Cathedral-Basilica.

Formally known as the Minor Basilica of the Immaculate Conception, the Manila Cathedral-Basilica is the country's only premier basilica, elevated to its rank by none other than Saint John Paul II when he visited the country in 1981.

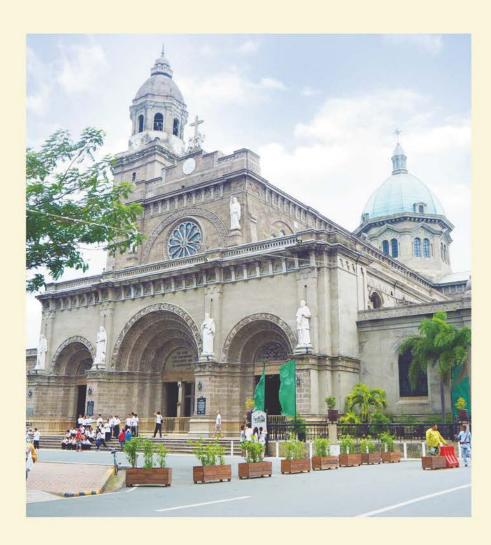
It was put up by Fr. Juan de Vivero in 1571 and was declared a Cathedral in 1581, right after the Philippines was given its own diocese.

Its facade is lined with statues of influential saints like St. Jacob the Great, St. Andrew the Apostle, St. Francis Xavier, and St. Anthony Abbot.

Masses at the Manila Cathedral are celebrated at 7:30 am on weekdays and Saturdays. A second mass is held at 12:10 pm on weekdays, while Sunday masses are celebrated at 7 am, 8:30 am, 10 am, 11:30 am, and 6 pm.

Cabildo cor. Beaterio St., Intramuros, Manila

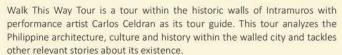




# Yours in Intramuros



### Walk This Way Tour



Regarded as performance art in disguised as walking tour, Walk This Way will be highlighting humor, drama, tour, and carriage rides all under one event.

Adults: Php 1350 / Students: Php 650 / Seniors & PWD: Php 950



- © 02-484-4945/0920-909-2021
- () 11 am- 12 am (Mon to Fri), 10 am- 11 pm (Sun)
- @ carlosceldranwalks.wordpress.com
- III realCARLOSCELDRAN





### White Knight Tours



White Knight Tours is another way to tour Intramuros in a fun and unique way! Explore the 400 year-history of the walled city on electric chariots offered exclusively by White Knight Tours.

Those who want to explore Intramuros in the least time possible can opt for the 30-minute Budget Tour which costs only P500 per person. With trained tour guides, you will be taken around Plazuela de Santa Isabel, Manila Cathedral, Plaza de Roma, Fort Santiago, Postigo del Palacio, San Agustin Church, ECJ Building, Casa Manila, and Plaza San Luis Complex-totally worth the money!

Meanwhile, if you want a more comprehensive tour of the historic city, White Knight Tours highly recommends that you take the 1 Hour Grand Intramuros Tour, which is P1,000 per person.

- A Plaza San Luis Complex General Luna Street corner Urdaneta Street Intramuros, Manila
- Q 02-526-6181/02-353-95-49
- 3 8 am-6 pm (Mon to Sun)
- www.whiteknighttours.ph

### Bambike Ecotours





Bambike is a "socio-ecological enterprise" that lets you explore the walled city on a special handmade bamboo bike by Gawad Kalinga villagers called "Bambuilders."

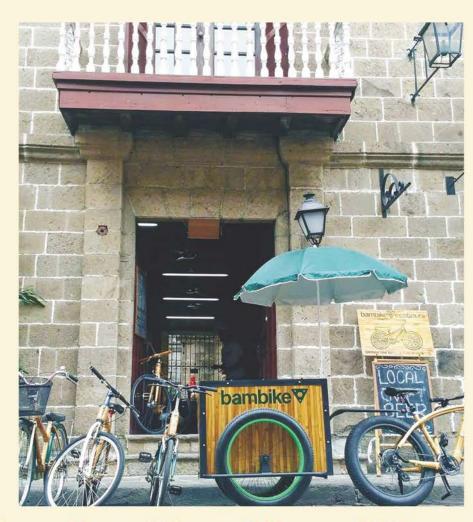
Through these bamboo bikes or "bambikes," Intramuros tourists now have an alternative way of touring around Intramuros in a more eco-friendly way. Besides having a memorable experience, you also help the local community as part of the profit goes back to Gawad Kalinga for development.

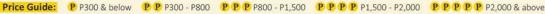
Places of interest that may be included in the tour are San Agustin Church, Fort Santiago, Manila Cathedral, Rizal Shrine, Plaza San Luis Complex, Gallery of Presidents, Puerta Real, and various monuments found outside the walls.

Tour Fee: Intramuros Experience: 2 hr 30 min P1,200.00 / Sunset tour: 1 hr 30 min P1,200 / Express Tour: 1 hr P600.00

- A Bambike HQ, Real Street corner General Luna Street, Intramuros, Manila
- © 02-525-8289
- () 9 am- 6:30 pm (Tue to Sun)
- m www.bambike.com
- **If** Bambike Ecotours



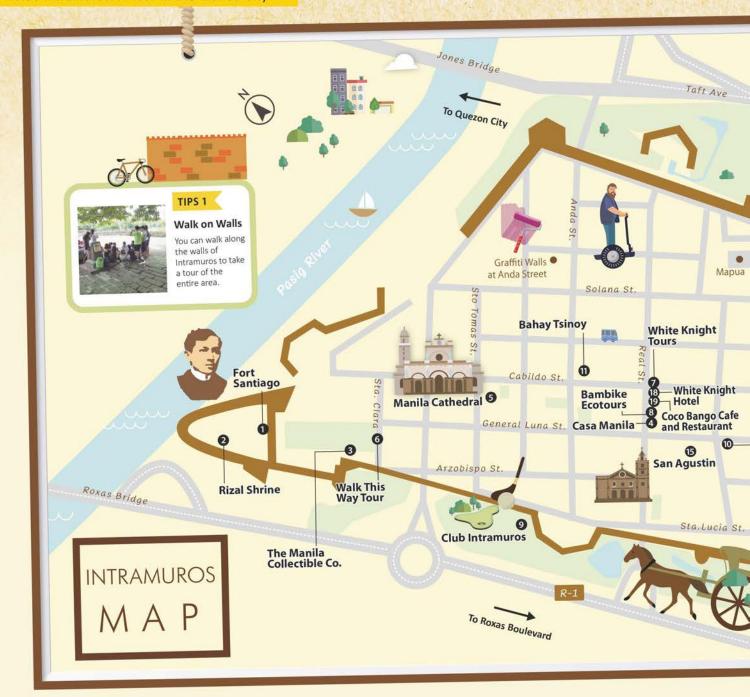














### Club Intramuros



Club Intramuros features an 18-hole golf course. The course is relatively small but is sizable in terms of the challenges it has. Most of the holes include water hazards, out-of-bounds, or both, so everybody is sure to have an exciting time. A fun game can be played in approximately two hours, which is ideal for busy people who are looking to unwind with a quick game of golf.

- & Club Intramuros Golf Course, Anda Circle, Bonifacio Drive, Intramuros, Manila
- O 02-526-1291/02-527-6612
- ⊙ 6 am 2:30 pm (Mon to Sun, Golf course), 6 am - 8:30 pm (Mon to Sun, Driving range)



### 

The NCCA Gallery is one of the few galleries in the country which is free of charge and is open to the public. It features two different galleries-The Glass Gallery and the Open Gallery.

Each gallery features a different artist/collection every month, usually from up-and-coming or young artists.

- 🕰 633 Gen. Luna Street, Intramuros, Manila
- © 527-2192 loc. 328
- 3 9 am 5 pm (Mon-Thurs), Fri- by appointment
- ™ nccagallery09@gmail.com



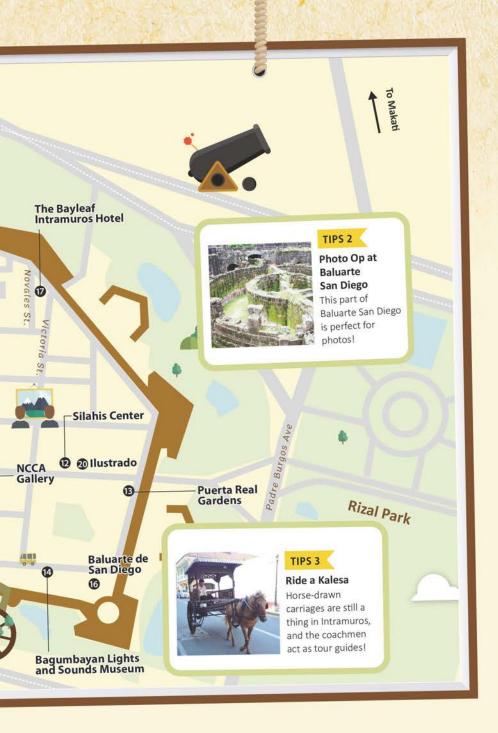
### 

Their collections consist of Ching Ban Lee Porcelain Gallery (Chinese ceramics found in the Philippines), Ang Siu Cham Collection of 19th Century prints and photographs (rare prints and photographs showing the Chinese living the Filipino way), and other

- 🐣 32 Anda Corner Cabildo Street, Intramuros, Manila
- O 02-526-6796/02-482-0512

interesting artifacts.

- ① 1 pm 5 pm (Tues to Sun)
- @ www.bahaytsinoy.org
- ☑ info@bahaytsinoy





### 🕝 Baluarte de San Diego

Resembling the shape of an ace of spades, Baluarte de San Diego was constructed out of a circular tower that was originally meant to protect Manila from the enemies during the Spanish occupation. The construction of the new bastion was completed sometime in the 1650s. This historical concrete structure withstood cannon fires, earthquake, and Battle of Manila.

- A Sta. Lucia Street, Intramuros, Manila
- © 02-527-3096/0932-527-2961
- ① 8 am 5 pm



### 



In 1973, the monastery was converted into a museum. The hallways are lined with large paintings of saints, approximately two meters in height, and the rooms, which used to be the sleeping quarters of the friars, have various statues and other art pieces on display.

- A General Luna Street, Intramuros, Manila
- Q 02-527-2746 / 02-527-4052
- ③ 8 am 12pm / 1 pm 6pm (Mon to Sun)
- @ sanagustinchurch.org



### © Silahis Center 💿



If you walk down southeast of General Luna Street from San Agustin Church, you will find a three-storey souvenir shop known as Silahis Center, which is the largest in Intramuros. Silahis Center was built in Intramuros in 1985 for the primary purpose of making Filipino heritage known throughout the country and around the world through various arts and crafts.

- 🕰 Silahis Center, 744 General Luna Street, Intramuros, Manila
- © 02-527-2111/0905-265-0744 () 10 am - 7 pm (Mon to Sun)
- m www.silahis.com
- SilahisCenter



### Puerta Real Gardens



A famous sightseeing spot and events place in Intramuros, Puerta Real Gardens is a beautiful place amidst the historical city where a piece of nature thrives. As you walk around the area, you'll see that vivid greens are overflowing and feel the cool wind. It is also a favorite spot for young people to unwind after school or work and enjoy chatting while sharing some snacks. The place is cozy enough to make you forget about time and just rest at your own pace.

- 🗷 General Luna Street Corner Real Street, Intramuros, Manila © 02-527-3096
- () 12 am 12 pm (Mon to Sun)



### Sounds Museum



Bagumbayan Lights and Sounds Museum traces back its history as a former house of nuns under Mother Ignacio de Jesus. This museum talks about Philippine history from the pre-colonial era up to the granting of Philippine independence in 1896. It involves life-size mannequins and a presentation that runs for about an hour.

- & Victoria St., Corner Sta. Lucia Street, Intramuros, Manila
- © 524-2827/0919-469-6809
- @ 9 am 6 pm
- ⋈ Ism.intramuros@yahoo.com

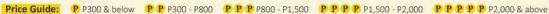
















# Hotels & Restaurants

### 

PPPP

Established in 2011, The Bayleaf is a boutique hotel that rests proudly within the historical grounds of Intramuros, providing a temporary home to numerous guests who seek top-notch accommodation as they immerse in this beautiful walled city.

The Bayleaf has a total of 57 guestrooms that are ideal for both families and business travelers. You can choose from Superior, Deluxe, Premier, Executive, and Bayleaf Suite, which all offer a stunning glimpse of the historical city through the wide windows.

The Bayleaf in Intramuros is very accessible to major institutions in the city, like schools, churches, and hospitals.

- A Muralla Street corner Victoria Street, Intramuros, Manila
- O 02-318-5000/02-328-3170
- @ www.intramuros.thebayleaf.com.ph







### Restaurants at The Bayleaf Intramuros





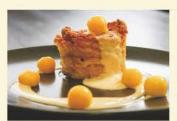
### The Sky Deck @

PPPP

The Sky Deck is considered as the most sought-after restaurant at The Bayleaf Intramuros because of its impressive setting—the rooftop of the hotel that features a 360-degree view of the whole city of Manila. This al fresco-style roof deck restaurant places its diners on a privileged spot from which they can watch the city move by at its usual pace.

They have other delectable dishes on the menu, which are sure to make your experience of the city from the rooftop more enjoyable.

- A Rooftop, The Bayleaf Intramuros, Muralla Street corner Victoria Street, Intramuros. Manila
- © 02-318-5003
- ⊙ 5 pm − 1 am (Mon to Sun)
- @ www.intramuros.thebayleaf.com.ph/sky-deck/





### 9 Spoons @



9 Spoons is one of the restaurants at The Bayleaf that offers a chic and casual dining experience that includes a panoramic view of the city skyline and the Intramuros Golf Course from your spot at the hotel's penthouse level.

With its spacious and naturally vibrant interior, 9 Spoons provides an unhurried setting for business meetings and a laidback atmosphere for casual gatherings. They also offer dishes of various international cuisines like wood-fired pizzas, pasta, sandwiches, and rice dishes.

- 🕭 The Bayleaf Intramuros, Muralla Street corner Victoria Street, Intramuros, Manila
- © 02-318-5000
- O 6 am 10:30 pm (Mon to Sun)
- www.intramuros.thebayleaf.com.ph/9-spoons/





### Raffaele @



Pizza lovers would be delighted to know that there is a special place for them at The Bayleaf Intramuros. Situated on the third floor of the hotel, Raffaele Pizzeria takes pride in rich and flavorful pizzas that are a result of being cooked in a wood-fired oven.

The interior of Raffaele is simple yet classy, dominated by wood from floor to ceiling and accentuated by green and purple seats that would remind one of the colors of autumn.

- № 3/F, The Bayleaf Intramuros, Muralla Street corner Victoria Street, Intramuros, Manila

  © 02-318-5003
- ① 11 am 11 pm (Mon to Fri), 5 am 11 pm (Sat to Sun)
- www.intramuros.thebayleaf.com.ph/raffaele-woodfired-pizza/





### Cioccolata 🔞



After an indulgent meal at one of the restaurants at The Bayleaf Intramuros, mellow down and head over to Cioccolata Churros Cafe for some dessert and coffee. Located on the ground floor of the hotel, Cioccolata feels almost like a European coffee shop with a cozy ambiance and outdoor seating.

The cafe also has a selection of classic sandwiches, Danish pastries, cakes, and pies, which are best to have with a cup of house-brewed coffee or tea.

- 🛎 G/F The Bayleaf Intramuros, Muralla Street corner Victoria Street, Intramuros, Manila
- © 02-318-5003
- ③ 6 am 10 pm (Mon to Fri), 8 am 9 pm (Sat),10 am 9 pm (Sun)
- www.intramuros.thebayleaf.com.ph/cioccolata-churros-cafe/

Intramuros can be easily explored in one day, but that doesn't mean you don't have options for hotels within the Walled City. Here, we feature two very different hotels that can cater to weary trekkers within the walls of Intramuros, each with its own touch of class.

While we're on the subject of spending more time in Intramuros, let's talk about where to get the best grub. You'll often see students hanging out on her streets with typical Filipino street food. It's perfect for pick-me-ups, but if you're in the mood for something a bit more filling, check out our recommendations for the best that Intramuros has to offer.

### ® White Knight Hotel 室





Intramuros is one of the iconic places in the country that can be experienced in full within a day. If, however, you're looking for more time to explore everything that Intramuros has to offer, why not book a room at the White Knight Hotel?

The White Knight Hotel takes its cue from the sights that surround it: the majestic Manila Cathedral, the expansive collection of San Agustin Church, the vast areas of Rizal Park, and the greens of Club Intramuros. It gives guests a taste of comfort with its 29 rooms.

It's ideal for those who want to explore not just Intramuros but the rest of Metro Manila.

- A Plaza San Luis Complex, General Luna Street, Corner Urdaneta Street, Intramuros, Manila
- © 02-526-6181, 02-567-9535, 0906-232-6673
- O www.whiteknighthotelintramuros.com
- whiteknighthotelintramuros







### © Coco Bango Cafe and Restaurant 🙃



If you've been eyeing a mix of Filipino classics, American staples, and continental cuisine, then Coco Bango Cafe and Restaurant may just be what you're looking for.

Located within White Knight Hotel in the heart of Intramuros, Coco Bango Cafe and Restaurant prides itself in being one of Manila's premier restaurants. Most of their dishes are inspired by generations of recipes that showcase a mix of Filipino, American, and Continental influences. They take only the best in terms of Filipino cuisine and elevate it with a touch of Filipino service known all over the world.

- Plaza San Luis Complex, General Luna Street, Corner Urdaneta Street, Intramuros, Manila
- © 02-526-6181/02-526-6539
- () 6 am 11 pm (Mon to Sun)
- www.whiteknighthotelintramuros.com/
- WHITE KNIGHT HOTEL INTRAMUROS







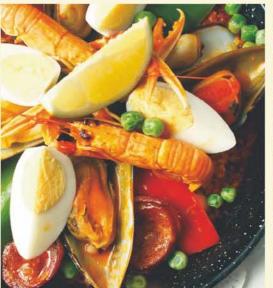
### 🚳 llustrado 🔞



Experience the beautiful flavors of the Spanish-Filipino cuisine inside Ilustrado - regarded as one of the best restaurants in the Walled City of Manila.

Opened in 1989, Ilustrado is a family-run business with an 'Old-Manila' setting. One of Ilustrado's key selling points is its Hispanic architecture fit for intimate luncheons and a memorable venue place for events. But what makes Ilustrado stand out the most is its food. Famed for many dishes such as the Paella Ilustrado and its very own Sampaguita ice cream, the restaurant has garnered loyal patrons. Ilustrado accepts walk-in quests and private events. They have both indoor and outdoor seating and two function rooms named 'Binondo' and 'Bonifacio,' each can accommodate 20 pax.

- A 744 Calle Real del Palacio (Gen. Luna), Intramuros, Manila
- Q 02-527-2345/0998-850-2735/0917-806-4855
- ( 8 am 9 pm (Mon to Sat)















# MEDICAL PROFESSIONALS

For an expat, there are basic necessities that you need to know to have a comfortable stay in the Philippines. Apart from food, means of transportation, and emergency hotlines, it is important to be aware of health services around the Metro. This includes finding a physician you can talk to about your health condition as you live in the Philippines.

To help you out, here are 4 trusted medical professionals in Manila, who are highly-experienced and trained to provide the best care for their patients. Get to know them as you read their profile and each of their specializations.



### Orlando S. Serafico, MD, FPOA Orthopedic Surgery

Dr. Serafico is an orthopedic surgeon by profession. The scope of his practice includes the following: arthritis and osteoporosis management, treatment of fractures and handling of spine, hand, and arthroscopic and pediatric orthopaedic cases. He finished his pre-medical degree at the University of Santo Tomas. He took his MD at the Fatima College of Medicine, had his internship at Jose R. Reyes Memorial Medical Center, and completed his residency training at the Department of Orthopedics in the same institution. His approach to treating patients is somewhat unique. He earns the patients' trust by thoroughly explaining to them their conditions, possible treatment options, and expectations during their recovery in the simplest interpretation possible by using layman's terms. He has been practicing as an active fellow of the Philippine Orthopedic Association for the past 17 years.

### Make an appointment:

- Room 206, St. Clare's Medical Center, 1838 Dian St., Palanan, Makati City Mondays and Wednesdays: 10 am to 12 nn Contact no.: 02-831-6511 local 154
- Room 943, United Doctors Medical Center, 6 N. Ramirez St., Quezon City Mondays to Saturdays: 2 pm to 5 pm Contact no.: 02-425-2325



### Rod T. Castro MD, FPCP, FPCC

### Internal Medicine- Cardiology

Dr. Castro is a cardiologist by profession with a sub-specialty in critical care. He decided to take the medical profession as a career in response to his childhood dream of serving people and has been practicing for about 10 years. He graduated with a degree in Biology from the University of Philippines Baguio and took his MD, internship, and residency training at the University of the East-Ramon Magsaysay Medical Center. Aside from that, he also had his fellowship for cardiology at St. Luke's Medical Center, Quezon City and underwent training for Cardio Critical Care at St. Thomas' Hospital in London. As a cardiologist, some of the services that Dr. Castro offers are taking care of bypass patients, medical diagnosis and treatment of congenital heart defects, coronary artery disease, heart failure, and valvular heart disease. Because of the hard work he continuously gives in his chosen field of profession, he was awarded as the most outstanding resident doctor during his time.

### Make an appointment:

- ✓ St. Luke's Medical Center- Quezon City, CHBC N-806, 279 E. Rodriguez Sr. Ave., Quezon City Wednesday and Friday: 4 am to 6 pm
- St. Clare's Medical Center, Room 206, 1838 Dian St. Palanan, Makati City Monday and Thursday 1 pm to 3 pm
- ✓ UERM Medical Center, Room 211-212, Aurora Blvd., Quezon City Wednesday: 10 am to 12 nn; Friday: 1 pm to 3 pm

### Terrence Clyde H. Depaynos, MD

### Urology

Dr. Depaynos is a urologist by profession. After coming from a family of doctors, he was inspired to become a doctor as well and has been in the medical field for about 10 years. He obtained his pre-medicine degree at St. Louis University in Baguio City, took his MD at the University of the East-Ramon Magsaysay Memorial Medical Center, and had his residency training at Veterans Memorial Medical Center in Quezon City. As a doctor, Dr. Depaynos usually starts his day by doing rounds for his in-patients, holds clinic for about two to three hours a day, and schedules surgeries if deemed necessary. As a urologist, he treats ailments in the kidneys like kidney stones, kidney cancer, problems in the bladder, and elderly men with prostate cancer. His advice for those who would want to be a doctor in the future is "You should be determined, because being a doctor is really hard. It will take a lot of your time but it will be rewarding after."



### Make an appointment:

- St. Clare's Medical Center, Room 206, Dian St. Makati City Monday and Wednesday: 3 pm to 5 pm
- ✓ Taytay Multispecialty Hospital, Room 215, Taytay Rizal Monday and Wednesday: 12 nn to 2 pm

### Danilo V. Enriquez, MD, FPCP, DPCCP

### Internal Medicine- Pulmonology

Dr. Enriquez is a pulmonologist by profession. As a pulmonologist, he caters to respiratory diseases, mostly on coughs and colds, pneumonia, asthma, patients with chronic, obstructive, pulmonary diseases, and patients with tuberculosis. He graduated with a degree in Biology from the University of Sto. Tomas, took his MD at the Pamantasan ng Lungsod ng Maynila, had his residency training at Manila Medical Center, and his specialty fellowship at Manila Doctor's Hospital. He has been in the medical field for about 20 years. His advice for those who would want to venture the medical field in the future is that "They should be happy with their plan of work, especially in the medical field where they should be comfortable in treating patients whether it is a difficult or an easy case. And the happiness of it all comes with the successful management of the case." As a pulmonologist, Dr. Enriquez also deals with mechanical ventilatory support on ICU patients, and BiPAP or CPAP machines for COPD patients.



### Make an appointment:

- ✓ St. Clare's Medical Center, Room 207, Dian, Makati City
  Wednesday and Friday: 10 am to 12 nn
- ✓ Manila Adventist Medical Center, Room 12 OPD, Pasay City Wednesday: 4PM to 6PM, Friday: 8 am to 10 am
- ✓ VRP Medical Center, Room 415, Mandaluyong City Tuesday and Thursday: 10 am to 12 nn Saturday: 2 pm to 5 pm

## REHYDRATE with POCARI SWEAT















**NO Artificial Coloring** 



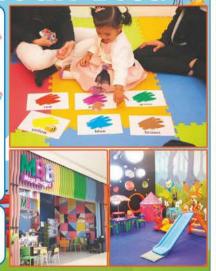
**NO Artificial Sweetener** 















## FSL CLASSES

c. J-Shine certification (to

ages 1-10 years old)

become certified elementary

Address: 2nd Level S Maison, Conrad Manila

Facebook page: Mega Blue Bird International PH Instagram: megabluebirdint

Coral Way, MOA Complex, Pasay City

Tel Number: 817-1827, 0999-101-5443

Email: megabluebirdjuku@gmail.com

English Teacher in Japan) d. Educational Play Land kids

Genius Academy provides a safe, reliable, and fun learning environment for children of any age. This friendly tutorial center also caters to professionals of all ages, levels and nationalities. ESL classes include debate, reading, writing and grammar classes.

- •Writing & Speaking Reading & Listening

## SPECIAL CLASSES

- GABE Help students to be more creative and imaginative.
- •PLAY FACTO assist in developing children's mathematical and creative thinking.
- •Fun Science Help kids to be ready from the real science classes.
- ORDA Practice basic math lesson in a fun way!

Addres: UGF, F1 Hotel, 32nd St., Bonifacio Global City, Taguig City 0949-473-4506 (Smart) / 0927-294-8953 (Globe) / 02-869-59-11









(WEIGHT LOSS & TONE-UP 8 WEEK PROGRAM) For only P16,000!

- INCLUSIONS:

  \*FREE WHOLE BODY COMPOSITION CHECK UP

  \*WITH EXPERIENCED AND QUALIFIED PERSONAL TRAINERS
  \*HIGH-INTENSITY TRAINING
- \*CUSTOM PLANS BASED OFF OF THE GOALS OF EACH INDIVIDUAL- FUN AND PRODUCTIVE WORKOUTS
- \*NUTRITIONAL GUIDANCE
- \*PLAN/GOAL DEVELOPMENT, TRACKING AND PROGRESS ASSESSMENTS AND MOTIVATIONAL SUPPORT
- \*GROUP SESSIONS ONLY

PROMO RUNS FROM MARCH 5- APRIL 30, 2018















TECHNOLOGY

Changing seasons and environments can be tough on your skin. AlRism offers you a soft, comfortable, lightweight way to layer. This smart and breathable base layer releases heat and moisture and adapts to any condition under outfits to maintain your daily comfort

through Japan Technology.





AIRism

## Keeps you DRY

Releases moisture\*, so the fabric and your body remain moisture—free.

\*With high breathability, it is easy to release heat outside.



## Continuous feel of SMOOTHNESS

Made with breathable, smooth fabric that keeps you comfortable all day.



## COOL to the touch

Delivers pleasantly cool comfort the moment you put it on.









## FIT FOR LIFE!

## Are you worried about:

- Being overweight
- Having poor eating habits
- Having indigestion
- High blood pressure
- # High cholesterol
- **⊯** Diabetes
- Arthritic pain
- Inflammatory symptoms
- Fast aging process
- **☞** Bacterial infection

BIO-NORMALIZER is here to let you enjoy life the way it should be.

- \* SCIENTIFICALLY PROVEN, TRIED and TESTED
- \* More than 130 published scientific researches
- 48 years in the world of food supplement market industry
- Over 150M sachets were sold since its commercial release.
- All-natural dietary supplement made from organically grown green papaya and processed using JAPANESE FERMENTATION TECHNOLOGY.
- \* Increases the total well-being of a person both physically and mentally

























## 🖅 // P Beauty Guide

### SALONS AND BEAUTY CENTER

## Ayumi Japan Eyelash and Nail Art © 02-984-2942 ♠ Aguirre Ave., Paranaque City

Beauty and Butter

© 02-556-9383/02-470-4239

♠ Megamall and SM Mall of Asia, Pasay City

#### **Belo Medical Group**

© 02-817-7178

↑ The Residences at Greenbelt, Esperanza Street, Makati City

Bruno's Barbers

© 02-840-5299

♠ G/F, Greenbelt 1, Makati City

Callaway
② 02-551-3406

♣ Unit 113 GF Commercenter Alahang Commerce Avenue corner
Filinvest Avenue, Filinvest Corporate City. Alahang Muntinlupa City

© 02-500-6312 / 546-6607 / 0977-852-6312

A UP Rizal Avenue corner F. Zobel Street, Barangay Poblacion, Makati City

Felipe & Sons
Sp 02-728-2431
Mezzanine, LPL Mansions, San Agustin Street, Salcedo Village, Makati City

© 02-729-5448

A 2/F, Matheus Building, Gen. Luna Street, Barangay Poblacion, Makati City

KIYOSA © 02-805-8888 / 0939-915-8888

♠ G/F, F1 Hotel, 32nd Street corner Lane Q, Bonifacio Global City, Taguig City

### M Tokyo Manila

♠ 26th floor of Fort Palm Spring Building, 30th Street, 1st Avenue, Bonifacio Global City, Taguig City
☑ info@mtokyomnl.com

Posh Nails - Perea 29 09174194523 / 02-511-8279

♠ 109 Maripola Bldg. Perea Street, Legaspi Village, Makati City Basement Salon

Skincare Solutions © 02-856-6960 / 0917-433-8172

♠ Unit 1-H Grand Hamptons Tower 1, 31st Street corner 2nd Avenue, Bonifacio Global City, Taguig City

## Strip and Browhaus © 02-501-3998 A Greenbelt 5, Makati City

## Tips and Toes 202-892-6362

→ Glorietta 1. Avala Center, Makati City

## Wilson & Ayache ସ୍ଥ 02-846-6725

202-846-6725
 A LG/F, Legaspi Park View Bldg., 134 Legaspi Vill.
 Makati C.Palanca St.Legaspi Vill. Makati City

## DENTAL

Kobayashi Dental
② 02-852-3622 / 0917-894-7005 / 0919-430-9932
← 401 MAGA Centre, Paseo de Magallanes, Magallanes
Village, Makati City

### Navales Dental

Navaies Dental

© 02-751-8101 / 02-817-4824 / 0917-559-8156

R Suite 1405 Medical Plaza Makati Bidg, Amorsolo cornel
Dela Rosa St. Legaspi Village, Makati City

## Gan Advanced Osseointegration Center (GAOC) ල 02-843-4262

♠ G/F, The Residences at Greenbelt Building, Amaiz Avenue, Makati City

#### HAIR SALON

2 02-801-3333
 ★ SM Aura Premier, Bonifacio Global City, Taguig City

Emphasis Salon

© 02-403-0117

♠ Joya Drive, Rockwell Center, Makati City

Hair Salon Hide2A හු 02-779-8435 / 0908-299-1290 / 0927-228-7470 ♠ G/F, B and P Building, 843 Arnaiz Avenue, Legaspi Village, Makati City

Salon de Michel ☎ 02-621-3460 ♠ G/F, Unit 114 The A.Venue 7829 Makati Ave, Makati City

Junea Salon

© 02-810-3314 / 0956-912-3266 / 0928-908-4639

♠ Cityland, Pasong Tamo Tower, 2210, Chino Roces Ave.,
Makati City

#### **HOME MASSAGE**

J&J Need Massage © 02-583-3101 / 0995-992-0965 / 0999-341-6068

## LB Chan Massage / Makati 요 0927-908-8515 / 0917-621-2442 / 02-225-7759 /

## Sa-ja Massage / Makati © 02-515-85-15 / 0927-4517-600 / 0908-3077-700

Sakura Massage / Makati © 02-897-4890 / 0916-259-8945 / 0920-656-6817

Sistar Massage / Makati © 0915-650-5909 / 0977-374-5241 / 0999-812-9999

#### MASSAGE AND SPA

## Island Spa / Makati

Karada / Makati and BGC ☎ 02-503-6004

Purple Fire Spa

② 0995-534-3087

♠ 2/F, Makati Creekside Mall Building, Amorsolo cor. V.A.
Rufino St. Legazpi VIIlage, Makati Čity

## Regent Spa / Makati ☎ 02-519-7263

Shiatsu Hari ☎ 02-843-4275 ♠ 1688 Dian St., San Isidro Makati City

The Spa / Makati, BGC and Greenbelt 202-856-5858



JAPAN TECHNOLOGY

Be Original.

# MAXIMIZE YOUR COMFORT AND SAVINGS



## Business Talk An interview with the top executives in the Philippines Get a first person point of view when it comes to business



Eric Dee is the President and Chief Operating Officer of Foodee Global Concepts. He manages the day-to-day operations of their different brands: Mesa, Todd English Food Hall, Tim Ho Wan, Sunnies Cafe, Pound, Hook, Llao Llao, FOO'D (fú-dō) by Davide Oldani, and, more recently, Bench Cafe, a collaboration between the Suyen Corporation and Foodee Global Concepts. They're set to launch two more Michelin-starred restaurants in the country: Hawker Chan and Kam's Roast Goose.

#### How did you get your start in the food industry?

The business started 30 years ago. My father started with a single store in Pasay Road to what we are today.

We started in food courts: Chin's Express, Inihaw Express, and Handaan Grande. We're available in most major food courts nationwide. It still forms a bulk of our business, with about 80 branches scattered across the country.

My father eventually decided to venture into casual dining and opened Krocodile Grill. We also opened Kai in Greenbelt 5. Mangan, and Ebun, Roughly seven years ago, my father and I decided to open Mesa.

Mesa is a spin-off of LaMesa Grill sans everything you see in LaMesa's tables and a menu that has more seafood. Today, Mesa has 40 stores with 10 more opening by year-end.

#### Would you say that bringing in Michelin-starred restaurants sets Foodee Global Concepts apart from the rest?

More than award-winning, we define what we do as "affordable luxury." It might sound like a juxtaposition, but our track record has been showing that we've been doing it ever since.

There's Tim Ho Wan, the most reasonable Michelin-starred restaurant in the world, and FOO'D by Davide Oldani, the most reasonably-priced Italian restaurant in all of Europe.

We also have Pound by Todd English, which is still the most affordable when compared to similar burger places. We focus a lot on aesthetics and design which makes people think they might be paying P1,000 for a meal, but in reality you're only paying about P250 -

If we benchmark with our competitors, that would be easy, so we benchmark instead on fast food chains. People are used to a 50-peso burger steak, so I have to justify why I'm selling mine for three times the amount.

#### How has Foodee Global Concepts fared since its inception? Do you have a certain restaurant you're proud of?

We're proud of all of our restaurants. Each of our restaurants have their own unique selling point that would make us want to say they are our favorite.

Other restaurant groups may want to follow the trend, but we want to set trends more than follow them. We don't look at what others do; we decide what we want to do and let people follow us.

The frequency of people eating out has increased to 10 times a week. You have double income homes where parents don't have time to prepare a home-cooked meal so they buy food to-go.

With a population of roughly 150 million, doing a fine-dining or top-tier concept is not the way to go. It's better if you focus on the emerging area of the middle class and giving them something they can eat

What you have to create is something that you can easily reproduce, something that you won't spend an arm and a leg for even if you go out for a meal three times a week.

#### What other challenges has Foodee Global Concepts faced?

Five years ago, "ber" months was the time when restaurants would celebrate because of how much people spend on food, much like retail. Now, it's a

thing of the past. Opening a restaurant in December is not as big of a leap compared to other months of the year, and it's because of the sheer number of restaurants we have

The industry has also gotten so big that getting the right people is hard. We're competing with the global restaurant industry. The top tier of talents are already working overseas. The best of the second tier talents are all working in casino-hotels. The best we can get are the third-tier talents

We also find it hard to keep our staff. With how many restaurants there are, it's not hard to find a job elsewhere in a matter of days. If they've been working for me for a while, they'll get hired without a second thought.

#### What are some of the plans that Foodee Global Concepts has for the future?

We're looking into opening more restaurants. We wanted to open 20 restaurants last year and we ended up wit 22, so we're looking into opening 30 this year. We're building a 2,000-square-meter food hall called The Food District Signatures located at the ground floor of the new Philippine Stock Exchange [in BGC].

#### How would you describe the way you manage Foodee Global Concepts?

I try to manage Foodee Global, but we have so much happening on a daily basis that all I can do is build a team. It took us seven years to build a team that will lead Mesa. Our other brands feel like startups, and we're still at that stage of figuring out how to scale our younger brands.

We treat each other like family but we still operate like a corporation. We don't go through so much hierarchy because your response rate has to be incredibly fast. We can react to things as quickly as possible because of that. Through our experiences with the restaurant business, we can solve things on the spot.

#### Who are some of the people you look up to?

My father is well-respected in the industry. My goal is to be as good as him if not better.I worked directly with my father and grew up with him. I know how he runs things so it was a bit easier, but to pass that on to my son will not be

## We don't look at what others do; we decide what we want to do and let people follow us."

#### What has made the most impact on your role as Foodee Global Concepts apart from being treated as a family-run business?

I like to think that I brought in more of the international brands. I'm a fan of all these international chefs. I spend more time watching the Food Channel more than the local

Todd English was sort of an idol of mine at one point and now I have Michelin-starred chefs on speed dial. It's something that I really love. I don't consider what I'm doing as work and I feel comfortable being in a restaurant. I like the creation process, running a restaurant, and food in general.

#### Can you describe a typical day of work at Foodee Global Concepts?

I do "office work" on Mondays, Wednesdays, and Fridays. I have an office, but I tend to make our outlets my office. I'll hold meetings on a Monday, Wednesday, and Friday for marketing and operations of different brands. Tuesdays, Thursdays, and Saturdays are normally job site visits.

For the complete interview, you may view it at www.primer.com.ph

## **Panasonic**

PV module HIT® transforms the nature into power.

More power today, more power in future.



## **Japan Visa Assistance?**

Our friendly staff is willing to assist you!!!



FRIENDSHIP TOURS AND RESORTS CORPORATION

### VISIT/CONTACT US:

#### MANILA OFFICE

Avala Center Makati City

#### **CEBU OFFICE**

What are you waiting for? Explore Japan. Get your Visa Now and

Japan Embassy

Eliminate Hassle! Do it with Friendship Tours!!!



0949-596-9296(Smart)

REAL ESTATE CORP. MAIL: jnp-real-estate@billionaire-club.jp

## **Business Guide**

#### BUSINESS

## AAB Philippines Inc. 20 02-218-3535/0915-660-0152

♠ Unit 409 Cattleya Building, 235 Salcedo St., Legaspi Village, Makati City

### ☎ 02-884-9090

♠ 7/F and G/F, Commerce and Industry Plaza (CIP) Bldg, Campus Ave., corner Park Ave., McKinley Hill, Brgy. Pinagsama, Fort Bonifacio, Taguig City

#### ත 02-888-8111

♠ 2/F Makati Shangri-La Retail Arcade, Ayala Avenue, Makati City

#### ☎ 530-9876

♠ Carmelray Industrial Park(CIP) II. Brgy. Punta, Calamba City, Laguna

## MCCK Consulting Group ② 02-893-1100/02-893-1200/ 893-1300/816-4312

♠ 2/F, Asia Tower, Benavidez St., corner Paseo de Roxas, Legaspi, Legaspi Village, Makati City

#### ☎ 02-892-0331 to 42

♠ Cor. Don Bosco and Pasong Tamo St., Makati City

#### NGS & ARK Manila Lending Corp ☎ 02-451-2837

♠ One San Miguel Avenue Condo, San Miguel Ave., Pasig City

**2 02-880-0231/0927-273-0114** 

## Nippon Express 2 02-844-1111

♠ Unit 2701 Yuchengco Tower RCBC Plaza. Ayala Ave., Salcedo Village, Makati City

### ☎ 02-807-4991

A Km. 23 West Service Road, South Superhighway, Alabang, Muntinlupa City

#### Spectrum Investment

#### g 0917-823-2612/02-217-3034

♠ Unit 1031-10A, The Net Lima Tower, 5th Ave., corner 26th St., Cresent Oark West, Bonifacio Global City, Taguig City

#### **Safety Service Kindness** pines Incorporated

#### ନ୍ତ 911-6154

♠ Unit G, 189 Katipunan Ave., Project 4, Quezon City

### ☎ 02-772-2705

♠ Unit 2204 Tower 1 Entrata Urban Complex 2609 Civic Drive. Filinvest City, Muntinlupa City

## VALUEASIA ☎ 0917-817-6549

♠ 2/F, COCOFED Bldg., 144 Amorsolo St., Legaspi Village, Makati City

### ocs

#### ☎ 02-817-8282

First Cityland Condominium Building, Rada Street, Legaspi Village, Makati City

#### ☎ 02-822-9911 to 15

★ Suite 102, CTC Building, 2232 Roxas Boulevard, Pasay City

#### ත 02-851-2649

LBC Aviation Center, General Aviation Compound, Domestic Airport, Pasay City

### **BANKS**

## **Asia Development Bank**

#### ₱ 02-632-2444

6 ADB Ave., Mandaluyong City

## ☎ 02-840-7000

♠ 7899 Makati Ave., Makati City

#### ☎ 02-818-5541 to 48

♠ BPI Head Office, 6768 Ayala Ave., Makati City

#### Deutsche Rank

#### ☎ 02-894-6900

♠ Deutsche Bank AG, Manila Branch, Tower One, Ayala Triangle, Makati City

#### තු 02-857-5319

♠ Metrobank Plaza, Sen. Gil J. Puyat Ave., Makati City

#### ☎ 02-887-4941

A Yuchengco Tower, RCBC Plaza, 6819 Ayala Ave., Makati City

#### ☎ 02-465-2500

♠ 26/F, One Global Place 5th Ave. Cor. 25th St. BGC, Taguig City

### RECRUITMENT

#### **2 0919-6775-493/02-813-6977**

♠ Unit 3009, 30/F, Cityland Pasong Tamo Tower, 2210 Don Chino Roces Ave., Makati City

## J-K Manpower ② 02-932-0963

♠ UNIT 3 JKLM 3/F, Crissant Plaza Building No.272 Commonwealth Ave., Old Balara, Quezon City

#### ☎ 02-687-1978

♠ 3/F, OAC Building, 27 San Miguel Ave. Ortigas Center, San Antonio, Pasig City

## Recracoen Recruitment Co., Ltd 202-893-7282/02-843-2986/

0942-462-4174

### **2 02-893-8815/0932-893-8815**

♠ 139 Valero St., Salcedo, Makati City

### **LAW OFFICES**

## **Baker & McKenzie**

### ☎ 02-819-4700

♠ 12/F, Net One Center 26th Street corner 3rd Ave. Crescent Park West, BGC, Taguig City

## Ingles Laurel Calderon Law office 2 02-812-9419/02-812-9333

♠ Suite 7B, The Valero Tower, 122 Valero Street. Salcedo, Makati City

#### MATSUO&NAMBA

ත 02-892-3011/02-892-3032

## Puyat Jacinto & Santos Law Office 202-840-5025 to 28

♠ 10/F, 8 Rockwell, Hidalgo corner Plaza Drive Rockwell Center, Makati City

## Sicangco & Sicangco Law Officen 202-813-4967/02-856-4658

1205 Security Bank Centre, 6776 Ayala Ave., Makati City

#### ctrum Leasin

#### ☎ 0917-823-2612

♠ Makati & BGC

## **Venture Hub**

## ත 02-789-9001

♠ 40/F, PBCom Tower, 6795 Avala Ave., V.A. Rufino St, Bel-Air, Makati City

## **OTHERS**

## 2 02-888-1111

♠ 6799 Ayala Ave., Makati City

## ☎ 02-730-1000/0915-895-9923

♠ 2/F, Greenbelt 4, Ayala Center, Makati City

### ☎ 02-888-8171

RC Bldg., 7895 Makati Ave., Cor. Dela Rosa St., Makati City

## **Globe Telecom DSL**

#### ☎ 02-919-8888

♠ 2/F, Greenbelt 4, Makati City

## 

A Solid House, Pasong Tamo Ext., Makati City

## **Dream Cable**

#### ☎ 02-889-8292

♠ 11/F, DPC Place Office Building, 2322, Chino Roces Ave., Makati City

## ත 02-636-7591

♠ G/F, Benpres Building Meralco Ave., Pasig City

**企 02-888-5555** 



## SHARP



## THE COMPLETE DOCUMENT MANAGEMENT APPLIANCE

docukit with your Multi-Function Device (MFD) is the complete document management software tool that makes it easy for business to combine the management of papers and digital files into a single hub.

#### Benefits of docukit:

- Disaster Recovery Preparedness (DRP) and Business Continuity Plan (BCP)
- ✓ Enhance work efficiency and time management
- Enable compliance with mandated regulation
- Cost savings and increase in profitability
- ✓ Security and Confidentiality
- ✓ Datamine records



"THE ONLY ROLL-IN READY TO GO DOCUMENT ARCHIVING APPLIANCE"



- **(+632)** 521 2574 ; 521 8942 ; 522 1771 ; 536 0174
- sales@ecopy.com.ph
- www.ecopy.com.ph





OCCUPIER SOLUTIONS
PROJECT LEASING
INVESTMENT SALES
BPO SITE SELECTION
RESEARCH & CONSULTANCY

## www.leechiu.com

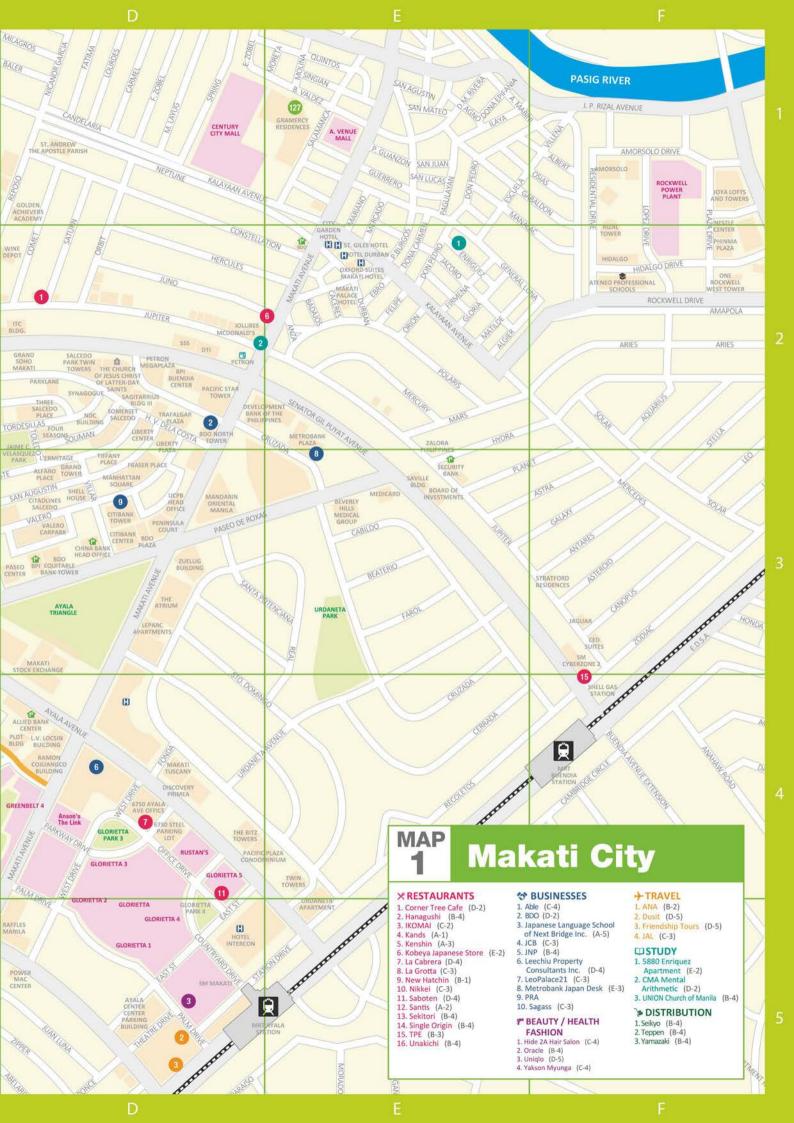
PRESIDENT & CEO DAVID LEECHIU

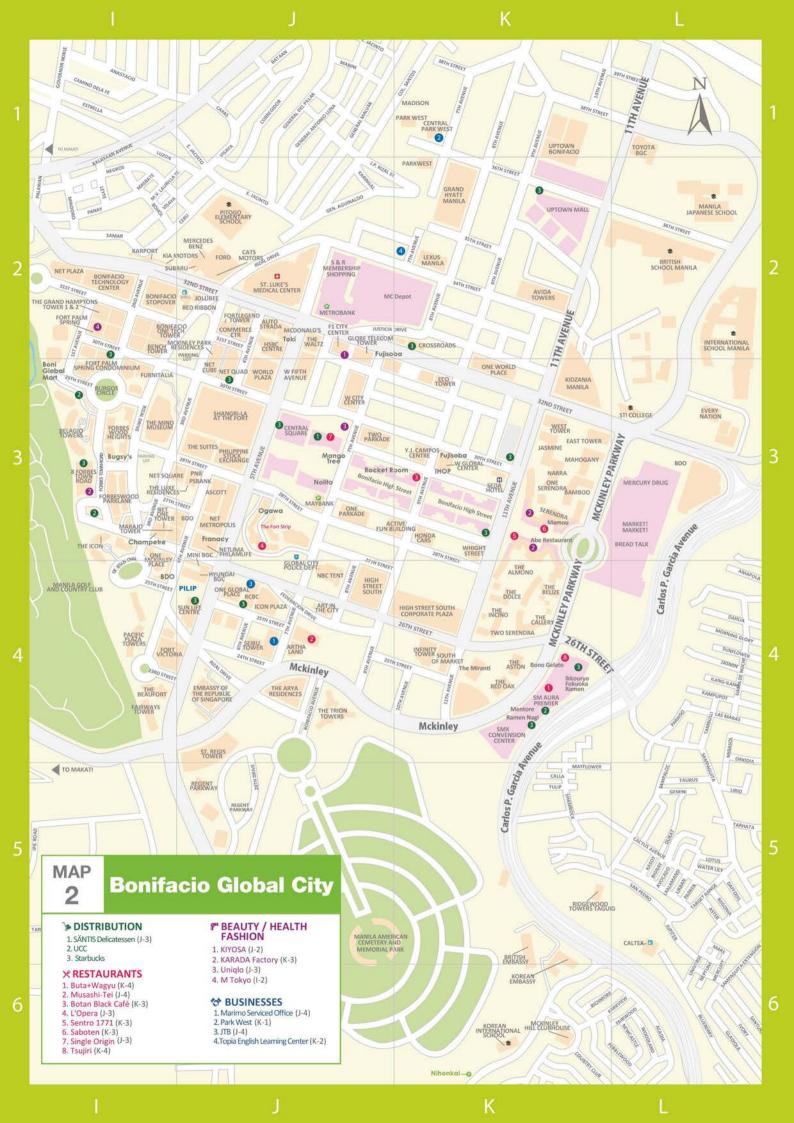
M: 0918.910.5158 | david@leechiu.com

EXECUTIVE DIRECTOR LYLAH LEDONIO

M: 0917.674.1688 | lylah.ledonio@leechiu.com

2/F MAKATI SHANGRI-LA, AYALA AVENUE CORNER WEST STREET, MAKATI CITY, PHILIPPINES 1200





## P2P / UBE

## RŪS ROUTES

#### MAKATI

Fare Greenbelt 1 to Alabang

Town Center

 Greenbelt 5 to Ayala Mall South Park

 Glorietta 3 to Robinsons Galleria

Glorietta 3 to Robinsons Novaliches

· Greenbelt 5 to Trinoma

• Glorietta 3 to UPTown Center [P100,00]

 Glorietta 5-SM Megamall - Trinoma -SM North

Makati Circuit Lane to

Nuvali Transport Terminal (P250.00)

## **OUEZON CITY**

 North EDSA MRT Station / Trinoma to Clark Internatinal Airport

(P250.00)

Fare

(P80.00)

(P80.00)

(P30.00)

(P100.00)

(P75 001

#### **ORTIGAS**

#### Routes

 Robinsons Galleria to Antipolo Triangle Mall

(P50.00)

Fare

 Robinsons Galleria to Robinson's Place Antipolo

(P50.00)

 SM Megamall to SM North EDSA

(P60.00)

#### ALABANG

Boutes

 Alabang Town Center to Market! Market! Mall

Starmall Alabang -

Central Mall Dasmarinas Starmall Alabang to

Robinsons Galleria -Starmall Shaw

· Starmall Alabang to Vista Mall Daang Hari, Bacoor

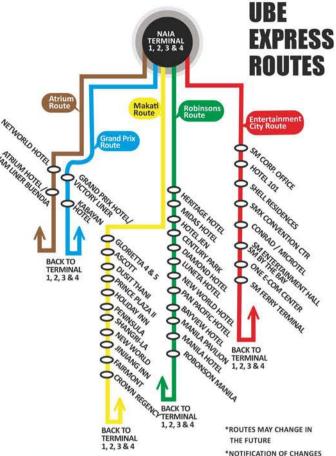
Fare

(P100.00)

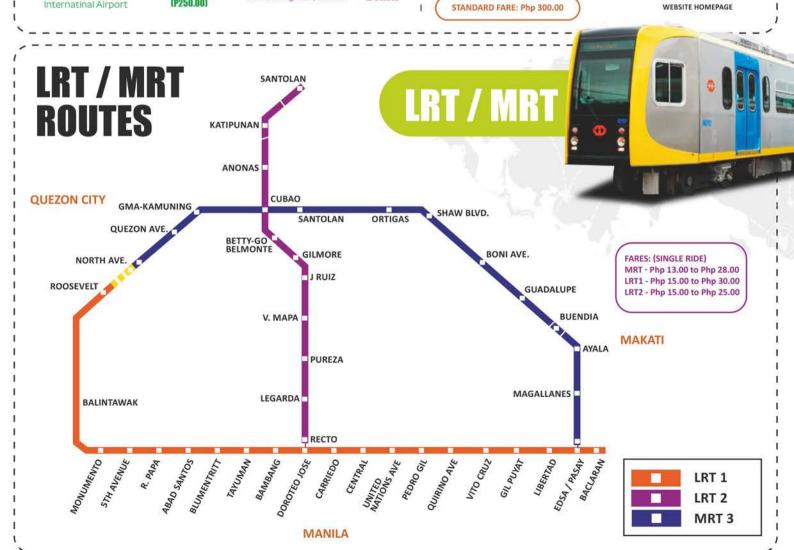
(P50.001

[P80.00]

(P30.001 STANDARD FARE: Php 300.00



WILL BE POSTED ON



# What's New in the Metro?

#### DASAY



#### The Script

Get ready to hear them live as The Script will once again serenade their way to Filipino hearts this 2018! After three successful concerts in the Philippines, Irish band The Script will once again fly back to Manila for a one night concert on April 14, 2018.

SM Mall of Asia, Pasay City



#### The Elyxion

Korean group EXO is back! Prepare your wallets and screams as they'll be returning to the Philippines for The Elyxion Tour on April 28, 2018, at the Mall of Asia Arena, Pasay City. EXO Planet #4 is the fourth installment of its concert series Exoplanet titled Elyxion.

SM Mall of Asia, Pasay City



#### Harry Styles Live on Tour 2018

Catch Harry Styles live as he performs in Manila on May 1 at the MOA Arena! Part of the British boy band One Direction, Styles released his first single called "Sign of the Times," which became a chart-topping hit worldwide. He will be joined by American indie rock band Warpaint on their Manila tour.

SM Mall of Asia, Pasay City



#### Bruno Mars: 24K Magic Tour Manila

Pop pop, it's show time! Guess who's back again—it's our favorite American singer-songwriter Bruno Mars! His 24k Magic World Tour Manila leg is set to happen this May 3 and 4 at the SM MOA Arena. Watch him perform live as he sings his hit songs such as "Versace on the Floor," "24k Magic," and "That's What! Like."

SM Mall of Asia Arena, Pasay City

#### QUEZON CITY



### Zedd Returns

Grammy award-winning DJ Zedd is coming back to the Philippines for his upcoming Echo Asian tour. It will make its stop in Manila on April 13, 2018, at the Smart Araneta Coliseum.

Smart Araneta Coliseum, Cubao, Quezon City



#### Sarah Geronimo - This I5 Me

The country's pop star royalty Sarah Geronimo is set to conquer the stage once again with her This 15 Me Concert live at The Big Dome this April 14. Witness the iconic Sarah G as she shows off her dance prowess and powerful vocals to celebrate her 15th year in the entertainment industry.

Smart Araneta Coliseum, Cubao, Quezon City



#### Pulp Summer Slam 2018

Pulp Summer Slam will once again own center stage as they will be holding their concert series for 2018. Pulp Summer Slam will happen on May 5, 2018 at the Amoranto Sports Complex in Quezon City. Get ready to scream your lungs out as this concert will highlight a variety of performances from hard metal artists.

Amoranto Stadium, Quezon City

### ALABANG



#### South Arts Festival 2018

South Arts Festival is a whole day event that will take place at Filinvest Tent Park, Alabang. It is dedicated for art enthusiasts, established artists, and aspiring artists to come together to express themselves, appreciate other art forms, and establish connections with other artists as well.

Filinvest Tent, Alabang Muntinlupa City

## **SPOTLIGHT**



#### April 19-22

### Drum Tao live in Manila

Concert

World-renowned Japan martial arts and drum-playing extraordinaires Drum Tao have an exciting stage show for this year. After playing to audiences of more than 7 million, in 400 cities in 17 countries, the critically-acclaimed group, will explode onto the Manila stage with its eclectic mix of dance and martial arts as the dynamic and innovative Japanese performers beat their Wadaiko Drums. Drum Tao is world-class entertainment at its highest level. It is an innovative contemporary Japanese production that has thrilled audiences with their groundbreaking presentation and one-of-a-kind show.

Tickets are available at Ticketnet.com.ph or call 02-911-5555 Ticket Price: P800, P1500, P2500, P3500, P4500 (excludes ticket service fee)

#### MAKATI



#### st'ART STEAM Summer Program 2018

Let your kids explore the interesting world of art through the st'ART Steam: Workshops for Kids! Happening from April 14 to May 26, different workshops will be held that will help your child learn about art integrated with fun concepts of Science and Math. To pre-register, email education@ayalamuseum.org.

Ayala Museum, Makati City



For more events, please visit primer.com.ph/events





MARCH 1 - JULY 4, 2018

## Collect all four sets

Earn stickers every time you shop\* at any Rustan's Supermarket and Marketplace by Rustan's and bring home your very own Le Cordon Bleu Cutlery Set.



# STAND OUT



If you don't like attention, this SUV is not for you. A striking red, it cuts a bold figure on the road.





#### METRO MANILA

ALABANG (02) 8071788 COMMONWEALTH (02) 9522760 to 66 EDSA (02) 4104836 GREENHILLS (02) 7221289 MAKATI (02) 8432173 MANILA (02) 5624601 TO 06 PASIG (02) 6713434 QUEZON AVENUE (02) 9267111



#### LUZON

BATANGAS (043) 7782213 BATANGAS CITY (0917) 2080280 BULACAN (044) 7600004 CABANATUAN (044) 4638215 CAVITE (046) 4722145 DAGUPAN (075) 5220358 ISABELA (078) 6522030 LEGASPI (049) 4291593 MEYCAUAYAN (044) 9131035



NAGA (054) 4778886 PAMPANGA (045) 4353062 PANGASINAN (075) 5684861 RIZAL (02) 6455558

SAN PABLO (049) 5629996

TUGUEGARAO (078) 8442920

STA. ROSA (049) 5393269 TARLAC (045) 6066252

#### VISAYAS

BACOLOD (034) 4412050 BOHOL (038) 4120098 CEBU (032) 2340471 DUMAGUETE (035) 4226040 ILOILO (033) 3366433 LEYTE (035) 3232777 MANDAUE (032) 4222288 TALISAY (032) 2362211



## MINDANAO

BUTUAN (085) 8152214 CAGAYAN DE ORO (088) 8561892 DAVAO (082) 2973344 DIPOLOG (065) 2124199 GENERAL SANTOS (083) 5522255 ZAMBOANGA (062) 9112088

Distributed by: Isuzu Philippines Corporation Trunk Line (02) 7576070; (049) 5410224 • Tel. No. (02) 5844801 to 06 • Fax No. (02) 8420202; (049) 5410333









