

FREE

Vol. 27
JUNE 2018

Philippine primer

The **Expats'** Guide to the *Philippine Lifestyle*

Korean Cuisine

STREET

K-Food Mania: The Best Korean Restaurants in Metro Manila

TRAVEL

Summer's Not Over: Puerto Galera for Beach Lovers

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Sushi 101

Your Ultimate Sushi Cheat Sheet



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Errors on Philippine Primer Magazine's Vol. 26 May 2018 Issue:

In the Cover Story: Guide to Japanese Restaurants in Metro Manila, on page 7, one of the dishes of Nikumaru was incorrectly captioned as 'lunch Set (P450); Donburi (450).' The correct name of the dish is 'Chirashi Sushi (P450).'

On page 8, 'Araya Ramen & Shushi Bar' should read 'Araya Ramen & Sushi Bar.'

Features of the Issue

COVER – Korean barbecues with countless of side dishes, fun do-it-yourself grilling, rice and noodles mixed with colorful vegetables—eating in a Korean restaurant is always a feast. Families, friends, and colleagues gather around grill tables to enjoy hearty food, often accompanied by hearty cheers and chatter. For these types of diners and every growling tummy, Philippine Primer scoured Metro Manila to introduce the best places to get crazy about K-food!

TRAVEL – Who doesn't love beaches? If there is such a person, this month's featured destination will most certainly give you a change of heart. Puerto Galera is not just a town of beach and fine sand. From parasailing and zip lines to mud karts, jungle tours, and beach parties, there are a lot of activities and spots that make it a one-stop destination for everyone seeking a break from the city that's not too far. Summer's only over when you say it's over—join us on a beach-lovin' trip to Puerto Galera this June!

PLUS! Did you know that sashimi is not sushi? Or that wasabi should not be mixed with soyu? Eat at a Japanese restaurant like a true sushi aficionado with this month's Sushi 101!



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Korean Restaurants in the Metro

The Korean Wave that hit the shores of the Philippines brought along with it a gastronomical phenomenon that no one could ever resist. Along with people's obsession for K-dramas and K-pop came their love for Korean food. This can be seen in the steady rise of Korean restaurants in the country, especially in Metro Manila. Flavorful meats, a variety of side dishes, abundance of vegetables—these are what a usual Korean meal is made up of. This May, we have listed some of the best Korean restaurants in the metro for the next time you crave for K-food!



Jokbal(P900)



Yook Hoe (P500)



Kaya

PP

Kaya Korean Restaurant first opened in 1993 and has branched out to more locations in the Philippines, making their Korean specialties accessible to more people in the country. Some of the most popular dishes at Kaya are Yook Hoe (seasoned fresh raw beef), Jokbal (steamed pork knuckle with fresh lettuce), Haemul Pajeon (seafood pancake), and Bibimbab.

Their main branch on Jupiter Street has six private rooms that can accommodate groups of up to 80 people. Being in the Makati Central Business District, they also became a popular weekday lunch spot for a lot of guests, particularly businessmen. With this, it's safe to say that Kaya is one of the top tried-and-tested restaurants when it comes to satisfying Korean food cravings.

📍 62 Jupiter St., Bel-Air, Makati City

☎ 02-899-0640

🕒 Lunch - 11 am to 2 pm, Dinner - 5 pm to 10 pm

📌 Kaya Korean Restaurant



Spicy Squid (P400)



Samgyupsal (P300) and Woo Sam Gyup (P350)



San Sung

PP

Run by a Korean couple, San Sung has been around for five years and is a favorite among those who frequent the streets of Poblacion. It's known for home-cooked Korean comfort food that makes use of both local and imported ingredients to suit the local palate. Even the place itself feels very cozy; it feels more like a Korean family's home than a restaurant. There are two private dining rooms in the restaurant. At San Sung, grilling sliced meat on an iron plate, which was directly imported from Korea, is such a fun dining experience. They make use of locally grown A-class pork and imported beef. If you order two plates of sliced meat, you'll get a cup of soup and *pa muchim* (spicy leek salad) for free. All customers who order a meal will get eight or nine different kinds of banchan or small side dishes. You may also get a free refill of these side dishes.

📍 5059 San Marcos St. cor. P. Burgos St., Poblacion, Makati

☎ 02-890-7070

🕒 10 am to 12 am

More Restaurants in Makati

● Dona Dona Korean Restaurant

📍 1/F Millenium Plaza Hotel, Brgy. Poblacion, Makati Ave., Makati City
☎ 02-896-3662 ⌚ 10 am to 6 am

● Sittixian Korean Restaurant

📍 5378 Gen Luna St., Brgy. Poblacion Makati City
☎ 02-897-7274 ⌚ 8:30 am to 2 am

● Min Sok

📍 5655 Don Pedro Jacobo St., Brgy. Poblacion, Makati City
☎ 02-895-9586 ⌚ 10:30 am to 10:30 pm

● Top Dish Korean Restaurant

📍 4890 Durban St., cor Burgos St., Poblacion, Makati City
☎ 0916-470-0128 ⌚ 4 pm to 2 am

● Ma San Garden Korean Restaurant

📍 29 Polaris St. cor Burgos St., Poblacion, Makati City
☎ 02-896-9395/02-896-5094 ⌚ 11 am to 10:30 pm

● Dongji Barbecue

📍 5343 Gen. Luna St. cor. Makati Ave., Poblacion, Makati City
☎ 0995-107-8010 ⌚ 10 am to 4 pm

● Man Sun Korean Cuisine

📍 LCG Bldg., P Burgos, Poblacion, Makati City
☎ 02-899-0619
⌚ 11 am to 5 am (Mon to Sat), 11 am to 11 pm (Sun)

● Hwang Tot Goal

📍 Insular Bldg., P Burgos St. cor. Gen Luna St., Poblacion, Makati City
☎ 0905-281-4022 ⌚ 10 am to 4 am

● Joong Kook Zip

📍 5650 Don Pedro St., Poblacion, Makati City
☎ 02-509-5551 ⌚ 10 am to 12 mn

● Joe Snack Grill

📍 6244 Don Pedro St., Poblacion, Makati City
☎ 02-896-9961 ⌚ 11 am to 3 am

● Gentleman Korean

📍 5354 Gen Luna St., Poblacion, Makati City
☎ 02-550-2872 ⌚ 5 pm to 8 am

● Bada Seafood

📍 4799 Gen Luna St., Poblacion, Makati City
☎ 02-899-4388 ⌚ 4 pm to 2 am

● K-Bob Korean BBQ Cup Food

📍 Executive Bldg Center Inc. Sen Gil Puyat Ave. cor Makati Ave., Makati City
☎ 0995-908-2790 ⌚ 8 am to 10 pm

● Donu Pork & Beef

📍 78 Polaris St., Bel-Air, Makati City
☎ 02-897-6878 ⌚ 24/7

● Myeong Dong

📍 37 Polaris St., Bel-Air, Makati City
☎ 9 am to 2 am

● Big Mama

📍 Azotea De Bel-Air, 5786 Polaris, Makati City
☎ 02-555-1547
⌚ 9 am to 5 pm (Mon to Sat)
10 am to 2 pm (Sun)

● Yukino Hana

📍 5786 Polaris St., Makati City
☎ 02-555-1547 ⌚ 5 pm to 4 am

● Captain Hwang

📍 Gen Luna St., A. Venue Mall, Poblacion, Makati City
☎ 02-403-9140
⌚ 12 pm to 5 pm

Photo: Soga Miga



Woo Samgyup (P450/150g)



Haemul Pa Jeon (P450)



Bulgogi Brothers Special (P1,495)



Bulgogi Bibimbap (P425)

Bornga

PP

“Original Korean taste” is what Bornga stands for—and it has been offering nothing less to its local and foreign diners since the popular Korean restaurant opened its first branch in the Philippines. Its main restaurant is in Seoul and it has more than 80 branches across Asia, a testament to the restaurant’s continuing success.

At Bornga, you can enjoy authentic Korean flavors with ingredients that are imported from Korea. Bornga is known for its Masinchang Samgyeopsal (P390) that comes with soy sauce or spicy sauce. Vegetable lovers are sure to love seven to nine kinds of fresh locally-grown Korean lettuce served together with each of the BBQ items. Their Dolsoet Bibimbap (P360), served hot and fresh in a sizzling stone pot, is a rich medley of flavors and colors.

📍 2/F Alphaland Makati Place, 7232 Ayala Ave. Ext. cor. Malugay St., Makati City

☎ 0905-318-8282

⌚ 11 am to 2:30 pm, 5 pm to 10 pm

📌 Bornga Korean Restaurant- Makati Branch

Bulgogi Brothers

PP

In Korean, *bul* means fire and *gogi* means meat. This perfectly translates the specialty of Bulgogi Brothers: genuine Korean cuisine and barbecued marinated meat.

Serving both traditional and modern Korean cuisine, Bulgogi Brothers has been everyone’s go-to place for a fill of different Korean specialties. Each table is equipped with a grill so diners can have their fresh meats done their way.

Once you have your milky and sparkling alcohol Makguli, go all the way with Bulgogi Brothers Special, a special serving of assorted bulgogi. Be sure to also try their Bulgogi Bibimbap, a bowl of mixed rice topped with vegetables, egg, and bulgogi. Other bibimbap variants include chicken and seafood.

📍 3/F Greenbelt 5, Ayala Center, Makati City

☎ 02-621-5289 / 02-621-6216

⌚ 11 am to 9 pm

🌐 bulgogibrothers.com.ph

📌 Bulgogi Brothers Greenbelt 5

Danji

PP

Owned by a Korean businesswoman, Danji has been around for four years, but they are new in their current location at 114A Jupiter Street. The Korean owner herself oversees the restaurant almost every day, and her presence creates not just a homey ambiance but a warm motherly atmosphere. She, along with the staff, is very attentive to their guests.

The restaurant is equipped with Korean BBQ grill tables, which lets you enjoy grilling on your own. For groups, Danji offers BBQ platters that are good for up to three persons. There are three kinds of platters ranging from P1,050 to P2,350. Platter C, consisting of rib eye, outside skirt steak, and beef belly, is highly recommended.

📍 114A Jupiter St., Bel-Air, Makati City
 ☎ 0917-856-6292
 🕒 10 am to 3 am
 📌 Danji



Platter A (P1,050)



Platter C (P2,350)



Bajilag Minali Kongnamulgug (P300)



Grilled Beef Belly (P430)



Jang Ga Nae

PP

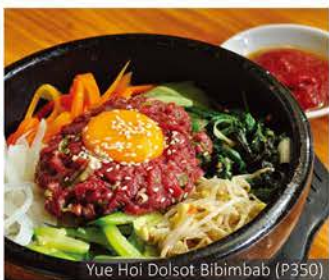
Jang Ga Nae is best known for their delicious Korean barbecue that goes well with beer. Part of the Korean dining experience is ordering their Grilled Beef Belly which you can grill by yourself. The meat portions are big and skillfully cut, ensuring that you get your money's worth.

The restaurant has other delicious specialties like their Bibimbap (Korean mixed rice with meat, vegetables and egg), Bul Go Gi (sliced seasoned beef), Ra Myun (Korean ramen), and more.

📍 8137 Plaza, Escrivá St., San Antonio, Ortigas, Pasig City
 ☎ 02-633-6960
 🕒 11 am to 10 pm
 📌 Jang Ga Nae Ortigas



MUL Naengmyun (P350)



Yue Hoi Dolsot Bibimbab (P350)

Dong Won Garden

PP

Dong Won Garden in Makati is a casual dining restaurant which is popular even among other foreigners. No need to worry about your Korean comfort food cravings in the wee hours because they are open 24/7!

Their Dolsot Bibimbap is very popular among customers. It has rice topped with vegetables, egg, and your choice of meat served in a hot Korean stone pot. They serve food with a nice presentation which serves as a hint to the delicious taste. They also have samgyeopsal, kimchi chigae (Korean pork stew), and tteokboki (stir-fried spicy rice cake).

📍 53 Polaris St., Bel-Air, Makati City
 ☎ 02-659-5160 🕒 24/7

Ye Dang

PP

This well-established Korean restaurant in Pasig has been in business for 20 years, while its branch in Ortigas opened seven years ago. Ye Dang offers authentic Korean cuisine with affordable prices. It has captured the hearts of the locals, so many Filipinos are among its regular customers.

LA Galbi is a must-try item in Ye Dang. Its soft and sweet meat is best matched with rice and liquor. The classic Korean dishes, japchae and pajeon (made with seafood and beef), are some of the popular dishes in this restaurant.

📍 #88 Meralco Ave., Ortigas Center, Pasig City
 ☎ 02-636-1461
 🕒 Lunch- 11 am to 2:30 pm, Dinner- 5 pm to 10 pm



LA Galbi (P550/200g)



Japchae (P300)



Jumong

PP

Jumong Restaurant is an authentic Korean restaurant with a homey atmosphere that will make you feel comfortable. Since it is owned by a Korean native, the restaurant promises authentic flavors that will remind you of Korea.

Its most popular dish is Yukgaejang (P250), a spicy soup with rich and mellow flavors. They also have a rich and flavorful Beef Short Rib Stew (P300), a staple in Korean home cooking.

📍 5650 Don Pedro St., Brgy. Poblacion, Makati City
 ☎ 02-478-7077
 🕒 11:30 am to 4 am 📌 Jumong Korean Restaurant

Seoul Galbi

PP

With two branches that are both well-received by foodies, Seoul Galbi is a favorite restaurant of people looking for a worthwhile Korean barbecue experience.

With a Korean owner and manager, Seoul Galbi has good service, good food, and delicious samgyeopsal. With a grill at every table, it's like the place itself invites you to order and grill their meats, wrap them in vegetables, and finally wash it down with a good cold beer.

You can be sure that the food is as authentic as it gets because the owner is a Korean who knows Korean style BBQ very well. The meat for BBQ are marinated with special sauce in two days, so they are very tender and juicy. Their banchan or small side dishes served along with the dishes are so delicious.

📍 Lasema Bldg., 8846 Sampaloc cor. Estrella St., San Antonio Village, Makati City

☎ 02-824-0393

🕒 11 am to 2 am 📱 Seoul Galbi Restaurant



Samgyeopsal (P290) and Yangyeom Galbi (P720)



Yuke or seasoned raw beef (P450 - P600)



Teokbokki/Gimbap (P280)



Bossam (P1,200)



Masil Charcoal Grill

PP

The authenticity of the dishes of Masil should be credited to their Korean cook, JS Yoon-Lim, the mother of Masil's manager. All of the dishes, from cooking to preparation, are handled by the lady chef, and all the ingredients are imported directly from Korea. Their best-selling dish is nothing else but their charcoal-grilled meats! You can choose from beef, pork or chicken meat. They also offer set meals that include some of their best-tasting banchan (side dishes).

📍 100 Oranbo Dr., Brgy. Oranbo, Pasig City

☎ 02-631-2173 / 02-634-2010

🕒 11:30 am to 11:30 pm

📱 Masil charcoal grill restaurant



Unlimited Pork and Beef



Matgalne Korean Restaurant

PP

If you are looking for an inexpensive yet satisfying treat, then Matgalne Korean Restaurant is the best stop for you. The name, which means "delicious and affordable," speaks for itself. Matgalne uses ingredients imported from Korea. Their lunch buffet runs from 11:30 am to 2:30 pm and includes Unlimited Pork (P349/pax), Unlimited Pork & Beef (P449/pax), and Buffet Only (P300/pax). Their dinner buffet starts at 5:30 pm and has Unlimited Pork & Beef (P449) and Buffet Only (P350).

📍 2/F Millenium Place Bldg., Meralco Ave., Ortigas, Pasig City

☎ 02-632-9714

🕒 Lunch- 11:30 am to 2:30 pm, Dinner- 5:30 pm to 9:30 pm

📱 Matgalne Ortigas Korean BBQ

More Restaurants in Ortigas

● Sopoong Food House

📍 Unit 108 1/F Grand Emerald Tower, cor. F. Ortigas Jr.Road, Emerald Ave. Ortigas, Pasig City

☎ 02-696-2148/0916-338-7774/0906-305-2515

🕒 8 am to 12 mn (Mon to Sat)

● Hoolala Korean Chicken House

📍 Amber Square Bldg., 7 Escriva Dr. Ortigas Centre, Pasig City

☎ 02-638-6465/0926-660-8000

🕒 10 am to 12 mn

● Wang Debak

📍 Amber Square Bldg., 7 Escriva Dr. Ortigas Centre, Pasig City

☎ 02-635-0054 🕒 10 am to 10 pm

● Mandu House

📍 Amber Square Bldg., 7 Escriva Dr. Ortigas Centre, Pasig City

☎ 02-633-0953/02-587-7832/0917-858-8611/0917-841-4632

🕒 10 am to 10 pm

● Seoul Restaurant

📍 8137 Escriva Drive Ortigas, San Antonio, Pasig City

☎ 02-637-8282 🕒 10 am to 12 mn

● Salang Restaurant

📍 Garnet Rd., Pasig City

☎ 02-234-0715

🕒 5 am to 3 am (Mon to Fri), 8 am to 2 am (Sat), 9 am to 2 am (Sun)

● Danji

📍 Grand Emerald Tower, Garnet Rd., Pasig City

☎ 02-896-3662 🕒 10 am to 11 pm

● Lee Hak Unlimited BBQ Restaurant

📍 United and Brixton, Kapitolyo Pasig City

☎ 02-584-3279

🕒 11:30 am to 3 pm, 5 pm to 10 pm (Mon to Thu)

🕒 11:30 am to 10 pm (Fri to Sun)

● Song Do Restaurant

📍 Ortigas El Pueblo Complex, Julia Vargas Ave.,

Ortigas Center, Pasig City

☎ 02-804-0757 🕒 10 am to 10 pm





Budae Jjigae (medium P900 / large P1,300)



Wagyu Short Ribs (P1,000 - P1,400)



Dolsot Bibimbap (P350)



Grilled Beef Ribs (P750)



Bibimbap (P350)



Assorted orders of meat (P800- P1,050)



Soga Miga

PPP

Soga Miga has kept its rustic looks with tables you'd often see in restaurants in Korea. People still enjoy the same Korean goodness they did when it opened in 2007. The restaurant boasts of Korean-style char-grilled meat. They use a special grill imported from Korea, which prevents burnt smell and helps control the flames on the grill. Each table is equipped with this.

Famous among expats, especially Japanese, is grilled meat. They use only high-quality and fresh wagyu and US beef. There is a variety of wagyu meats to choose from, including wagyu short ribs, wagyu sirloin steak, and wagyu chuck eye. Such meats range from P1,000 to P1,400.

- 📍 UG Floor, Water Garden, Festival Mall Expansion, Filinvest City, Alabang, Muntinlupa City (across Asian Hospital)
- ☎ 0917-807-3008
- 🕒 11 am to 11 pm (Mon to Sat); 11 am to 10 pm (Sun)

A-won

PP

A-Won is a Korean restaurant owned and overseen by an *emoni* or Korean mother. The best items to enjoy here are the Korean meat barbecue. Despite the modern design of their grill tables, A-Won upholds the traditional way of cooking Korean barbecue with the use of charcoal. They only use coconut charcoal produced in Davao, which is said to contribute to the flavor and aroma of the meat.

For each order of barbecue meat, different kinds of sides and leaves are served. The usual sides are *ssamjang* (Korean spicy dipping sauce), *gochujang* (red chili paste), *pajeori* (spicy green onion salad), kimchi, garlic, and green chili pepper.

- 📍 2/F The Commercenter Alabang, Commerce Ave., Filinvest City, Muntinlupa City
- ☎ 02-519-518
- 🕒 11 am to 10:30 pm



Cheese Deung Galbi (P950)



Jin Joo's 8 Flavours (P1,560)



Original Yukgaejang (P400)



Premium Pork Belly in Soy Sauce (P1,000)



Jin Joo Korean Grill

PP

Jin Joo Korean Grill is one of the few places where you can find Cheese Deung Galbi, a serving of fall-off-the-bone, barbecued baby back ribs with mozzarella, corn, steamed rice, and kimchi. The restaurant's name, which translates to "pearl," describes just what a rare gem Jin Joo is.

Everyone enjoys the pork belly or samgyeopsal served in eight long strips with a different marinade each. Just before the pork is cooked, you can cut the long strip into bite-sized pieces so everyone can enjoy all the flavors: Honey Garlic, Wine, Herb, Curry, Soybean, Red Pepper, Nutty, Smokey BBQ. If you crave for a warm bowl of noodles, you can also go for their ramen with Spam, Andouille sausage, trumpet mushrooms and a spicy broth to warm your aching tummy and ease that spice craving inside you.

- 📍 Eastwood Citywalk 1, Libis, Quezon City
- ☎ 02-727-8750 / 0915-209-1888
- 🕒 11 am to 12 am
- 📌 Jin Joo Korean Grill

Yukdaejang

PP

Yukdaejang in BGC veers away from the Korean barbecue craze that's becoming rampant nowadays in the metro. Highlighting more of Korea's traditional dishes, Yukdaejang wishes to introduce more of South Korean delicacies to Filipino customers. The restaurant is devoted to serving yukgaejang, a spicy beef soup dish which was previously served as part of the Korean royal court cuisine during the Joseon Dynasty (1392-1910). It is a popular soup dish because of its health benefits.

Aside from yukgaejang, the restaurant also offers *dosirak*, or what is more commonly known as bento. For those looking for Korean favorites, you'll also love to try their versions of Galbi dumplings, fish cake soup, and bulgogi rice.

- 📍 AG/F Park Triangle, 11th Ave. cor. Rizal Dr., BGC, Taguig City
- ☎ 02-368-1269 / 0917-142-5858
- 🕒 10:30 am to 10 pm (Mon to Sat); 10 am to 9 pm (Sun)
- 📌 YUKDAEJANG Bonifacio



Nakji Bolkeum (P398)



Bibim Naengmyeon (P298)



Wagyu Short Ribs (P1,000 - P1,400)



Beef Rib Soup (P900)



LA Galbi (P1,750)



Dolsot Bibimbap (P700)



Yoree

PPP

With 24 branches in Seoul, Yoree Korean BBQ Restaurant offers exquisite dishes of japchae, steamed egg, bibimbap, sundubu, ribs, chicken and desserts. The restaurant opened in 2013 here in the Philippines.

Most of their ingredients are purchased in Korea, including the beef which is roasted using charcoal. Yoree also takes pride in their wagyu as it is very flavorful and tender. The restaurant treats diners to a smokeless grill, ensuring a fun and relaxed barbecue experience. For a start, you can order their Kkotsal, a plate of US Angus boneless short ribs.

📍 G/F, 7th Ave. cor. 25th St., BGC, Taguig City
 ☎ 02-461-1968
 🕒 11 am to 3 pm, 5:30 pm to 10 pm
 📱 Yoree

O Kitchen

PPP

O Kitchen is a Korean restaurant that was launched at the same time as the opening of City of Dreams Manila. The popular way of cooking is done with stone pots, with cooked dishes being served in stone pots placed on wooden trays.

For meat lovers, a must-try is their LA Galbi, which is best enjoyed when wrapped in fresh sangchu or Korean lettuce. Also, their Dolsot Bibimbap is a special kind of bibimbap that is always served in a stone pot. It contains several kinds of fresh vegetables, which makes it a great option for health-conscious diners.

📍 UG/F, The Shops at the Boulevard, City of Dreams Manila, Parañaque City
 ☎ 02-958-4679
 🕒 10 am to 12 am (Sun to Thu); 10 am to 1 am (Fri to Sat)
 🌐 www.cityofdreamsmanila.com



Galbi Cheese BBQ Set for 4 (P2,400)



Samgyeopsal Marinated (single P400/200g; set P800)



Chili Shrimp (P1,200)



Dolsot Bibimbap (P900)



Sibyullee

PP

Sibyullee serves the “modern flavors of Seoul,” inspired by Myeongdong’s vibrant street food and Itaewon’s BBQ scene in South Korea. Operated by the same company behind Soban K-Town Grill and Sariwon, Sibyullee makes a name for itself as it highlights a mouthwatering grilled cheese BBQ menu.

Cheese dakgogi is the latest trend especially on social media this year. As the name suggests, cheese dakgogi is served with a whole lot of yummy cheese, generally heated and served with dakgogi (spicy stir-fried meat). It can be ordered as a single dish or a set. Galbi Cheese BBQ set (good for 4) comes with bibimbap, samgyeopsal, pajeon, tornado potatoes, 200-g beef, 200-g samgyeopsal, soup, and unlimited banchan. They also have a variety of set menu for two or four persons.

📍 G/F, Ayala Malls the 30th, 1605 30 Meralco Ave., San Antonio, Pasig City
 ☎ 0927-896-3887
 🕒 11 am to 10 pm (Sun to Thu); 11 am to 11 pm (Fri to Sat)
 📱 Sibyullee Flavors of Seoul 시벌리

Kiwa Korean Grill

PPP

Gyeongbokgung or the royal palace of the Joseon Dynasty in Korea has a name that translates to “palace greatly blessed by Heaven.” Such is the inspiration for the interior and the food for the restaurant, Kiwa: a unique grill restaurant that offers the finest traditional Korean specialties at Solaire.

Some of their best sellers include Saeng Jin Galbi or premium beef short ribs (P1,500/150g) and Saengdeungsim or premium rib eye (P1,400/150g). Kiwa also offers full course meals based on your choice of meats from beef, pork or chicken. The full-course menu includes porridge, sashimi and assorted appetizers, the main dish, japchae, rice, and finally a choice of soybean paste stew or the soup of the day.

📍 Solaire Resort & Casino, 1 Aseana Ave., Entertainment City, Parañaque City
 ☎ 02-883-8962
 🕒 10:30 am to 12 am
 🌐 solaireresort.com 📱 Kiwa Korean Grill

Namoo House P P

Founded by Canadian nationals Jun Park and Paul Hong, both of Korean descent, Maple Tree House first opened in 2005 in a small quaint house in the Samchong-dong district of Seoul. Their first international branch opened in the Philippines and was launched as Namoo House in BGC.

This popular Korean barbecue haven became popular for what they offer on their menu. Namoo House boasts of premium beef cuts aged perfectly to bolster flavor and further tenderize the already tender cuts. They utilize proven Korean traditional recipes and the freshest of ingredients. The restaurant also prides itself on providing a friendly full-service dining experience.

- 📍 Uptown Parade, 38th St. cor. 11th Ave., BGC, Taguig City
- ☎ 02-946-3733 / 0917-527-3898
- 🕒 Lunch- 11 am to 3 pm, Dinner 6 pm to 10 pm (Sun to Thu); Lunch- 11 am to 3 pm, Dinner- 6 pm to 12 am (Fri to Sat)
- 🌐 mapletreehouse.co.kr
- 📘 Namoo House

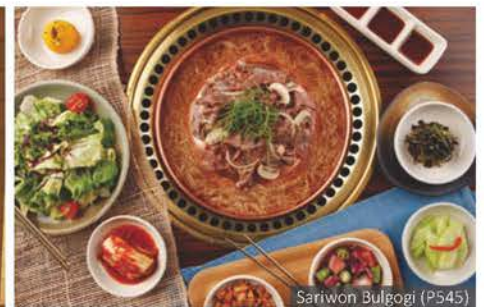


Sariwon Korean BBQ P P

Sariwon is a long established restaurant that has been serving Korean cuisine for 80 years. Besides having a good reputation for serving good food, this restaurant also received numerous awards. They use seasonings that are traditionally made. They also serve beef that imported from the US.

Their main branch is located in South Korea. After opening its first shop in the Philippines in April 2012, Koreans who live nearby became its regular customers. Sariwon's Seng Galbi, Bulgogi, and Japchae are the dishes that customers shouldn't miss eating. Moreover, the traditional Korean dessert, sweet sake, is served after a meal and it really tastes superb!

- 📍 7th Ave. cor 29 St. High Street Central, BGC, Taguig City
- ☎ 02-621-3205
- 🕒 11 am to 11 pm
- 📘 Sariwon Korean Barbecue 사리원 불고기



Red Table P P

The very oriental red and white signboard of this Korean restaurant is hard to miss on the 3rd floor of RCBC Plaza Tower 2. Red Table, a casual, quick-service diner, offers budget-friendly Korean dishes perfect for those who want to try a variety without having to spend much.

From noodle dishes to their popular Bibimbap which you can customize to suit your taste, Red Table provides true Korean goodness in all its branches. One of the must-try items, BBQ Samgyupsal, is served with a very satisfying amount of rice. The Bibim Mandu II, a serving of crisp and juicy dumplings, is presented in a way that's urgently tempting. Another dish you shouldn't miss out on is the Bulgogi Salad.

You can enjoy Red Table's brand of Korean dining experience in any of its branches in RCBC Plaza, SM Manila, and SM San Lazaro.

- 📍 3/F, RCBC Plaza, Ayala Ave., Salcedo Village, Makati City
- ☎ 02-478-6349
- 🕒 10 am to 9 pm





Gen Korean BBQ

PP

With around 35 different varieties and flavors of meat, Gen Korean BBQ is one of the best Korean BBQ places there is. Choose from chicken, pork, beef, seafood, or even ox intestines. Weekday lunch rates start at P598 for 12 premium US meats, while dinner on weekdays starts at P998 with 15 premium US meats, bottomless drinks, draft beer, and wine. On weekends, rates start at P998 for 20 premium US meats. There is a limit of two hours per customer or group.

📍 Bldg. J, Unit 1-16, SM By the Bay, Seaside Blvd., Mall of Asia Complex, Pasay City
☎ 02-541-2767/0917-621-8249 🕒 11 am to 11 pm (Sun to Thu), 11 am to 2 am (Fri to Sat)
🌐 genkoreanbbq.com 📱 Gen Korean BBQ House PH



Classic BBQ Combo Set (P2,000)



Soban K-Town Grill

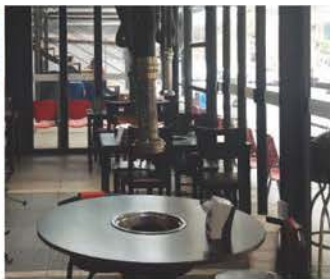
PP

One of the best dishes to try is their 6-Flavor Samgyupsal Set, a 540-gram serving of pork belly strips good for three to four persons. Another recommended dish for groups of three to four is the Classic BBQ Combo Set, made with 180-gram fresh USDA choice beef belly, 180-gram pork belly with two flavors, 180-gram boneless fried chicken, japchae, pajeon, and half gimbal. Both dishes are served with a maximum of four unlimited rice, soup, and side dishes.

📍 3/F, Greenbelt 3, Makati City
☎ 02-750-4350
🕒 11 am to 10 pm (Sun to Thu), 11 am to 11 pm (Fri to Sat) 📱 Soban K-Town Grill 소반



Woo-Samgyub (P350),
Pork Galbi (P350) & Beef Galbi (P690)



Makchang

PP

Makchang Korean Grill Restaurant is found at the opposite side of Robinsons Place Manila. Its no-frills surroundings tell much about the restaurant itself: it focuses more on their food. Everything costs less than P1,000. Makchang uses charcoal to grill their meats, which creates a smoky flavor. Their bestsellers Beef Galbi (P690), Samgyeopsal (P300), and Pork Galbi (P350) are recommended. The meat is perfectly seasoned to create that delicious barbecue taste everyone craves for.

📍 1547 M. Adriatico St., cor. Pedro Gil St., Ermita Manila
☎ 02-521-9540 / 02-394-8612
🕒 11 am to 5 am (Mon to Fri) 🌐 makchang.net



Go Kizip

PP

Aside from its appetizing meat offerings, this restaurant also gives importance in delicately seasoning all of its dishes and appetizers. They offer lunch buffet at P599 (10 am to 5 pm) and dinner buffet at P699 (5 pm to 7 am), featuring unlimited grill and shabu shabu and a Korean buffet. You can enjoy a la carte dining at Gokizip 24/7.

📍 1776 M. Adriatico st., Malate, Manila
☎ 02-354-6659 / 0906-238-4322
🕒 24/7 📱 Gokizip Korean Restaurant

More Restaurants in Malate

● Café Chosun

📍 Unit 220 Ramona Apartment
☎ 02-256-3641 🕒 11 am to 6 am

● Shabuyaki

📍 607 Remedios St., Brgy. 698, Zone 076, Malate
☎ 02-554-9414/0905-557-2222 🕒 24/7

● Daeseoyang Seafood Restaurant

📍 560 Remedios St., Malate
☎ 02-501-8176 🕒 5 pm to 5 am

● KP2 Restaurant

📍 612 Remedios St., Malate ☎ 02-354-5396/02-697-7281/0917-576-0627
🕒 11 am to 2 am (Sat to Thu), 5 pm to 2 am (Fri)

● Puradak Chicken

📍 1741 Bocobo St., Malate ☎ 10 am to 5 am
☎ 02-663-0577/0956-704-9864/0947-848-3329

● TongKeunSo

📍 590 2/F Remedios Circle, Malate
☎ 02-806-2295/0917-739-4771 🕒 10 am to 7 am

● Korean Village

☎ 02-524-4958
🕒 11:30 to 2:30 pm, 5:30 to 10:30 pm (Tue to Sun)

● Galmegi

📍 590 1/F Remedios Circle, Malate
☎ 02-806-2295/0917-739-4771 🕒 10 am to 7 am

● Big Bang Bar Café

📍 590 3/F Remedios Circle, Malate
☎ 02-806-2295/0917-739-4771 🕒 11 am to 7 am

● Sinsun Seolnongtang

📍 1845 Maria Orosa St., Malate
☎ 02-310-8282 🕒 24/7

● Maru Korean Restaurant

📍 1833 Bocobo St., Corner Nakpil St., Malate
☎ 02-397-8832 🕒 12 pm to 11 am

● Premier The Samgyupsal

📍 1720 Mabini St., Malate
☎ 0997-279-4820 🕒 24/7

● Korean Palace Restaurant

📍 1799 M. Adriatico St, Malate
☎ 02-521-6695 🕒 12 pm to 11 pm

● Jeonju

📍 565/567 Gen. Malvar St, Malate
☎ 02-832-4238 🕒 24/7

● Yukdaejang

📍 Remedios Circle, Malate
☎ 02-518-0857 🕒 24/7

● Jonglo

📍 1734 George Bocobo, Malate
☎ 02-525-7430 🕒 24/7

● Wang Jok Bal

📍 571 Malvar St., Malate
☎ 02-5369351 🕒 24/7



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CARPACCIO ALLA CIPRIANI
(Traditional beef carpaccio with extra virgin olive oil, freshly-ground black pepper and parmesan shavings)



TOMAHAWK STEAK
(Certified Angus Beef grilled to perfection)



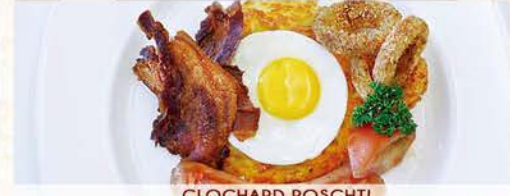
CHEESE FONDUE
(traditional fondue with Gruyere and Emmentaler Cheese with white wine, garlic and black pepper)



SPAGHETTI MARINARA
(mussels, clams, prawns, squid, garlic, herbs in tomato sugo)



PULPIT ROCK SMOKED SALMON
(with apple, cucumber, tapioca, soya and micro greens)



CLOCHARD ROSCHTI
(crisp swiss roast topped with grilled cervelat sausage, bacon crisp, onion rings and fried egg)

Carpaccio

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Mobile No. 0956-1354-202
Facebook: Carpaccio.Ristorante
Website: www.carpaccio.com.ph

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Facebook: Steakhouse.ImAngus
Website: www.i-am-angus.com.ph

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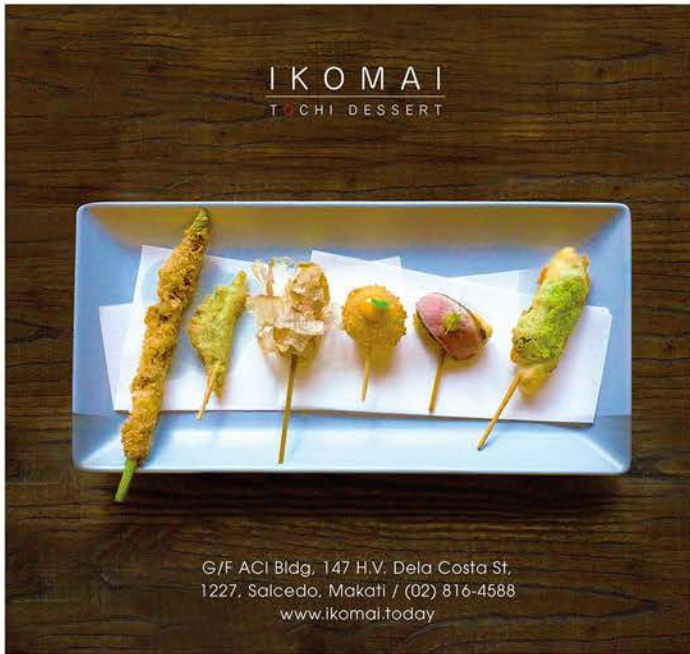
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www.ikomai.today

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.

📍 UG Floor, Water Garden, Festival Mall Expansion, Filinvest City, Alabang, Muntinlupa (across Asian Hospital)

☎ 02-807-3008 / 0917-807-3008

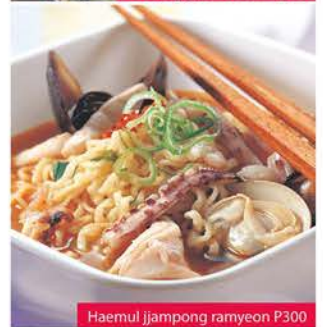
📍 48 Km Aguinaldo Hi-way Lalaan 1 Silang Cavite (Beside Unici) Riviera Golf Club

☎ 0917-7195784

📌 Soga Miga - 소가미가



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📌 Fukudaya Philippines

📷 @fukudaya.ph



Hyashi Curry Udon P350



Mount Fuji Roll P500



Chicken Teriyaki Gozen P580



Kakiage Tem Don P350

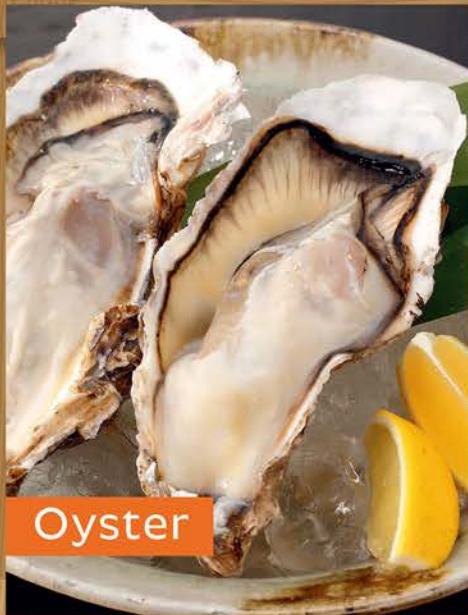


SANRIKU JAPAN

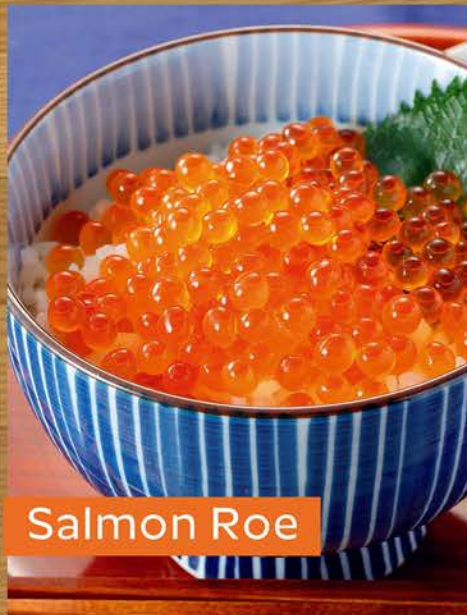
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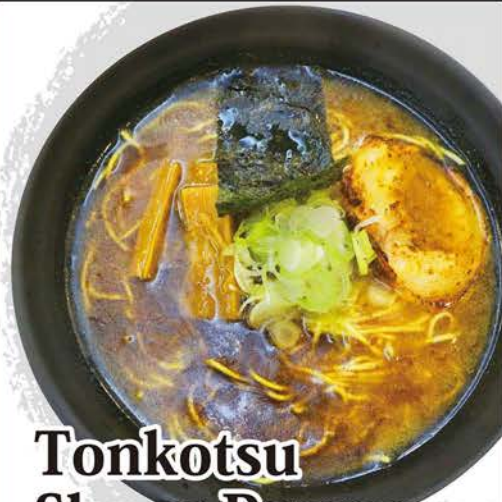
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Restaurant Guide

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- Azuthai**
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 ☎ G/F, Milkyway Building, 900 Arnaiz Avenue corner Paseo de Roxas, Makati City
- Carpaccio**
 ☎ 02-867-3164/02-553-9643
 ☎ 7431 Yakal St. San Antonio Village Makati City
- Chesa Bianca**
 ☎ 02-815-1359/02-892-7524
 ☎ 7431 Yakal St. San Antonio Village Makati City
- Cirkulo**
 ☎ 02-810-8735/02-810-2763
 ☎ G/F, Milkyway Building, 900 Arnaiz Avenue corner Paseo de Roxas, Makati City
- Corner Tree Cafe**
 ☎ 02-897-0295
 ☎ 150 Jupiter St., Bel-Air, Makati City
- Ikomai**
 ☎ 02-816-4588
 ☎ G/F ACI Bldg. 147 H.V. Dela Costa St. 1227, Salcedo, Makati City
- I'm Angus**
 ☎ 02-892-5852/02-275-5938
 ☎ 7431 Yakal St. San Antonio Village Makati City
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 ☎ Suites 102/104, LRI Design Plaza, 210 Nicanor Garcia, Bel Air 2, Makati City
- Kenshin**
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 ☎ G/F The Linear Makati Yakal St., corner Mayapis Street, Makati City
- La Grotta Cucina Italiana**
 ☎ 02-894-1320/02-817-3306
 ☎ G/f, Angelus Plaza Bldg., 104 V.A. Rufino St., Legazpi Vill., Makati City
- MilkyWay Café**
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 ☎ 900 A. Arnaiz Avenue (Pasay Road) cor. Paseo de Roxas, Makati City

- Sekitori**
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 ☎ Little Tokyo, Chino Roces Ave., Legaspi Village, Makati City
- Tapella**
 ☎ 02-757-2711
 ☎ G/F, Greenbelt 5, Makati City
- Tsukiji**
 ☎ 02-843-4285/02-812-2913
 ☎ 900 A. Arnaiz Avenue (Pasay Road) cor. Paseo de Roxas, Makati City
- Unakichi**
 ☎ 02-728-2072
 ☎ G/F, Makati Cinema Square, Amoroso St., Makati City
- Yokohama Meat Kitchen**
 ☎ 02-831-6546/0916-377-3655
 ☎ 16 Jupiter St., corner Antares St., Bel-Air, Makati City

BGC

- NIU by Vikings**
 ☎ 02-478-3888/0917-586-6888
 ☎ 6/F SM Aura Premier, 26th St., Bonifacio Global City, Taguig City
- Musashi-Tei**
 ☎ 02-398-3988/0922-295-02297
 ☎ 2/F Forum South Global Bldg., cor. 7th Ave., Federation Drive, Bonifacio South District, Bonifacio Global City, Taguig
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 ☎ G/F, Serendra, BGC, Taguig City

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 ☎ Ortigas Branch: G16 Ortigas Technopoint Bldg., Ortigas Home Depot Complex, 1 Doña Julia Vargas Ave., Pasig City
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 ☎ 02-893-4155/02-887-0479
 ☎ UG/F, City of Dreams Manila, Aseana Ave. Cor. Roxas Blvd., Entertainment City, Paranaque City

- Rossini**
 ☎ 800-8061
 ☎ 2/F S'Maison Conrad Hotel, Seaside Blvd., Pasay City
- Ruby Jack's Steakhouse & Bar**
 ☎ 02-801-8888/02-886-9646
 ☎ Upper Ground Floor, City of Dreams, Diosdado Macapagal Boulevard, Parañaque City
- Ukkoeki Japan**
 ☎ 926-643-6030
 ☎ LG/F, Building A, SM Megamall, Ortigas, Mandaluyong City

- Wooden Horse Steakhouse**
 ☎ 02-659-7522
 ☎ G/F, Molito Commercial Complex, Madrigal Ave., corner Alabang Zapote Road, Muntinlupa City

GROCERY / SPECIALTY STORE

- Darumaya**
 ☎ 02-831-8382/347-5125
 ☎ Cartimar Complex, Cartimar Road, Pasay City
- Kands**
 ☎ 02-463-8437/0926-038-2717
 ☎ Unit 1F, Benrosi V Makati, 9746 Kamagong St., San Antonio Village, Makati City
- Kobeya**
 ☎ 02-807-1107
 ☎ G/F, 1 Juno corner Makati Ave., Bel-Air, Makati City

- Mc Asia Foodtrade**
 ☎ 02-990-5141/02-413-8893
 ☎ 16 Dagot St., Barangay Manresa, Quezon City

- Santis Delicatessen**
 ☎ 02-844-1154
 ☎ 7431 Yakal Street, San Antonio Village Makati City
 🌐 www.santis-deli.com

- Sharaku Food, Inc.**
 ☎ 02-541-9877/0905-415-0056
 ☎ Stall # 111 Cartimar Shopping Center, Pasay City

- TPE**
 ☎ 02-551-7522
 ☎ G/F, Jaka Center Chino Roces Ave., Makati City



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SUSHI 101

With a history that goes back centuries, sushi is perhaps the perfect representative of Japanese cuisine, reflecting the rich cultural heritage and sublime culinary art of the country. In the Philippines, there are many restaurants that offer sushi, and claiming that one's sushi is "authentic" is just as easy as leading the ignorant on. The world of sushi is filled with jargon and misconceptions that are hard to verify.

To get the facts straight, Philippine Primer did its own research and approached Chef Toshiro Okajima, a Tokyo native and sushi expert who has been leading Tsukiji restaurant in Makati for over 20 years.



A STEP BACK IN TIME



It was in the Edo period (16th to 19th century) when Yohei Hanaya lived to be the father of the iconic dish the whole world is savoring now. Although Hanaya was not exactly the originator of sushi, he was the one that first popularized the specific preparation of sushi wherein fresh fish is hand-pressed atop vinegared rice to be eaten in one bite. It was during his time when sushi became a fast food staple.

This specific sushi cuisine is called the Edomae sushi, the traditional style of Japanese sushi. Edomae literally means "in front of Edo (Tokyo Bay)," which was a major source of fresh fish and seafood in Tokyo. Another meaning of the word is "hard work" which, for sushi experts, is what making a good sushi entails.

THE EDO TRADITION: 4 KINDS OF SUSHI



Edomae or Edo-style sushi is a simple dish made with sushi rice and fresh fish or seafood meat that's either hand-pressed (nigiri), hand-rolled in seaweed (gunkanmaki or temaki), or rolled in seaweed using a bamboo mat (hosomaki). The meat does not necessarily have to be raw, although it is the most common. Some seafood like octopus, crab, and shrimp are often served boiled.

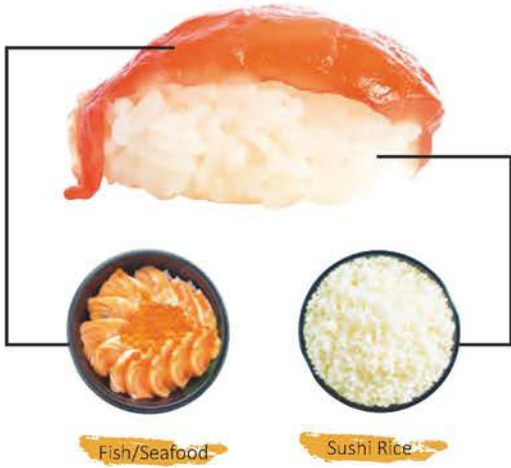
In modern times, sushi has evolved to different varieties, taking Western twists like using beef or bacon and packing a lot of different ingredients like cheese, fruit slices, mayonnaise, and savory sauces. For Chef Okajima, there is no problem calling these modern variations as sushi. However, if you are looking for a pure Japanese experience, then you should turn your gaze back to the Edo-style sushi.

SPOT THE NOT: WHAT MAKES A SUSHI

Sushi has one key ingredient: Japanese rice cooked with rice vinegar, salt, and sugar. Compared to other kinds of rice, Japanese rice is short-grain, sticky, and moist, which makes it a vital ingredient for sushi.

Many people confuse sushi with sashimi, often using the two words interchangeably. They are, however, two unique Japanese delicacies. Sashimi is thinly sliced raw fish or meat served without sushi rice.

California roll/maki, on the other hand, is a Western adaptation of the Japanese sushi. Back when people shunned the idea of eating plain raw fish with rice, California roll was invented to appeal to the Westerners. It's not made with fresh raw fish but rather crab meat or crab sticks with avocado and cucumber, and then rolled with nori (seaweed) on the inside and sushi rice on the outside.



Fish/Seafood

Sushi Rice



California Maki



Sashimi

HOW TO EAT SUSHI LIKE A PRO



Gari

Shoyu

Wasabi



Sushi is usually served with shoyu (Japanese soy sauce), wasabi, and gari (thin slices of young ginger). Here's how each of these garnishes works.

Wasabi is not meant to be mixed with shoyu. You put a pinch of wasabi onto the fish using your chopstick. Be aware that a typical sushi would already have wasabi between the rice and the fish to give an antibacterial effect. If you prefer not to have wasabi in your sushi, tell the chef beforehand.

Gari is not an extra topping for your sushi; therefore, it is not meant to be eaten together with it. Instead, it serves as a refreshing palate cleanser. It can also be used to apply some shoyu on your sushi.

When dipping in the **shoyu**, dip only the fish/meat part and not the sushi rice as it might disintegrate.



The Japanese way of eating sushi is with the use of one's hand. Pick up your sushi, dip it in shoyu, and eat it in one bite. Don't be afraid to use chopsticks though, as this is not a strict practice.

In the end, you can eat your sushi however you like. These tips, however, are good to keep in mind as a common etiquette, and practicing these can make an impression that you are well-versed in sushi—a nice way to impress the chef, a date, or a business partner!

Moreover, Chef Okajima also advises eating your sushi as soon as it arrives on your table. Sushi is prepared quickly and efficiently by the chef so that much of the freshness is retained. When it arrives at your table, it is also best to savor the freshness before you resume your friendly conversations.

WHAT TO SAY AT A SUSHI RESTAURANT



おまかせします
Omakase shimasu.

Please choose for me.

すみません
Sumimasen.

Excuse me.

わさび抜きをお願いします
Wasabi nuki de onegaishimasu.

Please don't put wasabi.

これは何ですか？
Kore wa nan desu ka?

What is this?

いただきます！
Itadakimasu!

Thanks for the food! / Let's eat!

おいしい！
Oishii!

Delicious!

ごちそうさまでした！
Gochisosama deshita!

Thanks for the meal!

はい
Hai.

Yes.

いいえ
Iie.

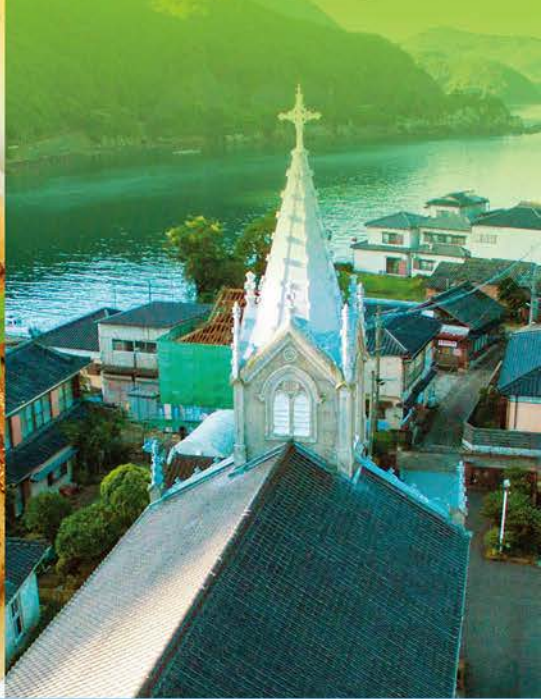
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The information in this feature was mainly gathered from an interview with Chef Toshiro Okajima of Tsukiji and the book *A Visual Guide to SUSHI Menus* published by Nihon Bungeisha, along with supplementary research.

Liked this feature? Read more at bit.ly/primer-sushi-101 or scan this code with your smartphone!



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- ▶ Visit Hidden Christian Monument
- ▶ Lunch : Seafood bowl or Japanese BBQ Restaurant
- ▶ Stay : 3 Star hotel in Amakusa

DAY 3

- ▶ Sea Donut Aquarium
- ▶ Dolphin Cruise
- ▶ Lunch : Tempura Restaurant
- ▶ Shopping - Local souvenirs and snacks
- ▶ Boat cruise in Kami Amakusa
- ▶ Luxury Train (Kumamoto - Kami Amakusa)
- ▶ Bullet train to Fukuoka
- ▶ Stay: FUKUOKA

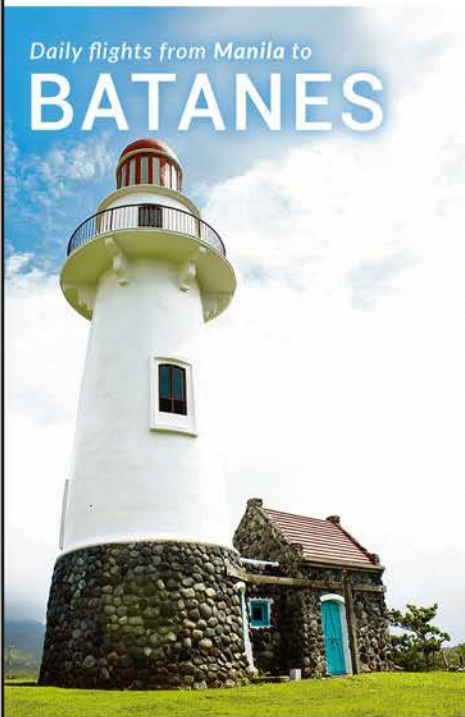
DAY 4

- ▶ Arrival at Fukuoka Airport

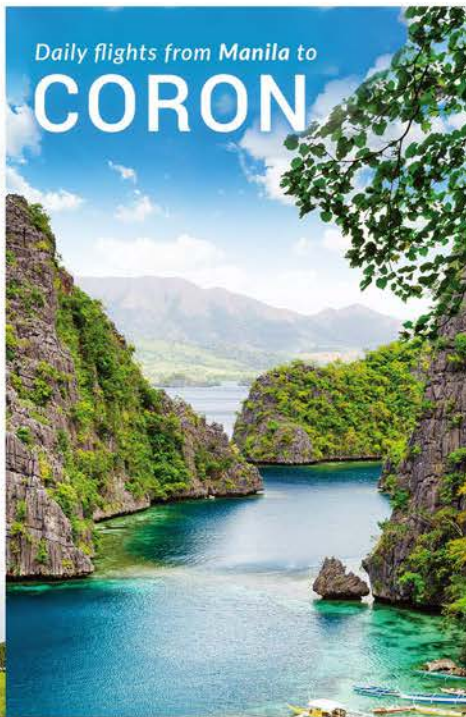
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✈️ Travel Guide

AIRLINES

All Nippon Airways

☎ 02-553-8000 / 02-553-7000
🏠 15/F, Tower 2, RCBC PLAZA, 6819 Ayala Ave. Cor Sen Gil Puyat Ave., Makati City

Cebu Pacific

☎ 02-802-7000
🏠 Terminal 4, Domestic Road, Pasay City

Philippine Airlines

☎ 02-855-8888 / 02-832-2939 **Baggage Tracking**
🏠 Mezzanine Floor, PNB Financial Center President Diosdado Macapagal Avenue CCP Complex, Pasay City

Japan Airlines

☎ 02-403-2486
🏠 2/F, 6788 Ayala Avenue, Oledan Square, Makati City

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🏠 Unit 2, 18th Floor, RCBC Savings Bank Corporate Center, 26th & 25th Sts, BGC, Taguig

Philippine Primer Luxe Travel, Inc.

☎ 0920-949-7950 / 915-404-8367 / 805-3616
🏠 Unit 807 7/F Greenbelt Mansion 106 Perea St. Legaspi Vill. Makati City

Universal Holidays, Inc.

☎ 02-859-3833 / 39
🏠 Mezzanine Floor, Dusit Thani Hotel, Makati City

Atic Tours Philippines, Inc.

☎ 02-556-6301 to 05
🏠 Unit 203 COKO Building 1, Patio Madrigal 2550 Roxas Blvd., Pasay City

Walk This Way: Carlos Celdran Walking Tours

☎ 0920-909-2021 / 02-484-4945 (Ms. Lesley)
✉ celdrantours@hotmail.com

HOTELS & RESORTS

Club Paradise

☎ 02-719-6971
🏠 Dimakaya Island, Coron, Northern Palawan

Discovery Shores

☎ 02-720-8888
🏠 Boracay Highway Central, Malay, Aklan

KL Tower

☎ 02-845-0084
🏠 17 Gamboa St., Legazpi Village, Makati City

La Chevrerie Resort and Spa

☎ 0998-556-7357 / 0917-703-3320
🏠 Ligaya, Anilao, Mabini, Batangas

Makati Shangri-La, Manila

☎ 02-813-8888
🏠 Ayala Ave. Corner Makati Ave., Makati City

Pan Pacific Hotel Manila

☎ 02-318-0788
🏠 M. Adriatico corner, Gen. Malvar Street, Manila

Raffles Makati

☎ 02-555-9777
🏠 1 Raffles Drive, Makati Avenue, Makati City

Seda BGC

☎ 02-945-8888/02-588-5700
🏠 30th Street corner 11th Avenue, BGC, Taguig City

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Philippine Retirement Authority

☎ 02-848-1412~16
🏠 29/F, Citibank Tower, Paseo De Roxas, Makati City

New World Makati Hotel

☎ 02-811-6888
🏠 Esperanza Street corner Makati Avenue, Ayala Center, Makati City

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Puerto Galera

Often cited as the second coming of Boracay, the town of Puerto Galera is famed for White Beach, a haven for those wanting to experience powdery white sand without having to take a plane. Apart from White Beach, the town is also known for its exquisite diving sites located off the coast of Sabang. For those looking for a relaxing retreat, Aninuan Beach offers a quick refuge that's also convenient if you want a transition from peace and quiet to White Beach's bars. And there are a lot more to explore in this fascinating tropical destination that you should not miss out on.



📍 Malasimbo Music & Arts Festival | P P P P

The frenzy in Puerto Galera shows no sign of dying down, especially when the Malasimbo Music and Arts Festival has kept on refueling the fire every year. Launched in 2011, the festival has become one of the most sought-after events in the island every summer.

Every year, people go to Malasimbo to enjoy great music, appreciate indigenous art and culture, and meet people. The Malasimbo crowd is perhaps one of the most diverse. No matter what your music taste, art interest, or nationality, this festival will definitely give you a sense of belonging.

The festival usually runs for three days at the Malasimbo Amphitheater, which takes an approximate 10-minute jeepney ride from White Beach. As of 2018, a three-day pass costs P8,000 (for advance purchases).

- 📍 Malasimbo Amphitheatre, Puerto Galera, Oriental Mindoro
- 🌐 malasimbofestival.com
- 📅 Malasimbo Music & Arts Festival



Travel Tips

To get to Puerto Galera, you can drive to Batangas port (roughly two to three hours from Metro Manila) and hop on a passenger ferry or a roll-on, roll-off (RORO) ferry.

The ferry then takes you to one of four ports: Sabang Pier, Muelle Pier, Balatero Pier, and White Beach. The two most widely used are Sabang and White Beach, so make sure you ask your resort which port to get off of.

Take note of the fees you have to pay apart from the ferry/boat tickets:

- Batangas Pier Terminal Fee: **P30**
- Environmental Users Fee: **P50**
- Puerto Galera Exit Fee: **P10**
- For tourists exiting from Sabang Pier, Security Fee: **P20**

If you're not keen on driving, you can always take public transport to get to Batangas Port. We recommend heading for the DLTB Bus Terminal in Pasay City (along Gil Puyat Ave.) or any of the buses in Alabang, Muntinlupa City.



Photo from Edgewater Dive and Spa

Extreme Sports Philippines | P P

Established in 2011, Extreme Sports Philippines offers some of Puerto Galera's best land-based activities like paintball, ATV, mud kart, and go kart racing.

For only P600 per person, you can enjoy the thrill of any of these activities. There are also packages that let you enjoy more than one activity, ranging from P649 (two activities) to P1,849 (7 activities).

Their paintball field has both natural and artificial terrain. You'll be given 100 paintballs to shoot your friends with, and you can get 100 more for only P450. The go kart track, on the other hand, is a great way to have fun while feeling competitive with your family or friends. You'll be given 10 minutes to duke it out on their track and really test your competitive drive.



Mud Kart



Paintball

Photos from Extreme Sports Philippines

- Holy Child School, Sto Niño, Puerto Galera, Oriental Mindoro
- 0917-552-7114
- 9 am to 6 pm (Mon to Fri); 8 am to 6 pm (Sat to Sun)
- extremesportphilippines.com

Price Range: P P300 & below P P300 - P800 P P P P800 - 1,500 P P P P P1,500- P2,000 P P P P P P2,000 & above



Photo from Badladz Resort

3 Water Buffalo Jungle Tour | P P P P

Located a few minutes past Tamaraw Falls, Tukuran Falls is one of the four waterfalls that attract tourists in Puerto Galera (the others being Tamaraw, Aninuan, and Talipanan). It is also the farthest. The exciting part is that you get to ride a carabao or Philippine water buffalo going there.

📍 Tukuran Falls, Puerto Galera, Oriental Mindoro



PUERTO GALERA MAP



The Verandah
Out of the Blue
Resort

Capt'n Gregg's

ZOOM IN



SABANG BEACH AREA



Photo from Puerto Galera Tourism

Parasailing | P P P P

It is a relatively risk-free activity that a lot of visitors in Puerto Galera enjoy. With prices starting at P1,500 for one person, you can fly through the air for 15 minutes while being whisked away by a motorboat. It's a great way to see Puerto Galera's natural and man-made beauty unimpeded and with a bit of adventure involved!

📍 White Beach, Puerto Galera, Oriental Mindoro



Photo from Ayala Foundation

4 Iraya Mangyan Village | P

It was in 1989 when Doña Bea Zobel of the Zobel de Ayala family got wind of the Iraya-Mangyan community and helped build a sustainable livelihood program. You can find original woven items by Iraya-Mangyan artisans, and you can even witness them doing their work of love. You can buy souvenirs ranging from P450 to P5,900.

📍 Mt. Malasimbo, Brgy. Talipanan, Puerto Galera, Oriental Mindoro



Photo from Ponderosa Golf

5 Ponderosa Golf Club | P P P P P

Ponderosa Golf Club is only 20 minutes away from the town proper. It is a 9-hole, par 3 course that can challenge even the most experienced of golfers. There's also a second tee position for each hole so you can play a full 18 without teeing off the same place twice.

📍 Ponderosa Green Mountain, Brgy. San Isidro, Puerto Galera, Oriental Mindoro
☎ 0915-507-6348 / 0917-842-5921
🕒 8 am to 7 pm 🌐 puertogalera.golf.com



Photo from Puerto Galera Zipline

6 Puerto Galera Zipline | P P

Puerto Galera Zipline, established in 2013, spans 650 meters between Ponderosa and Green Mountain. A zip line ride from Ponderosa to Green Mountain costs P800 per person. They also offer canopy walks for P200 per person and sightseeing trips for only P100 per person.

📍 Ponderosa, Puerto Galera, Oriental Mindoro
☎ 0917-506-2280
📍 Puerto Galera Zipline

Where to Stay

7 Fridays Puerto Galera | P P P P P



One of Puerto Galera's recently-opened resorts, Fridays sits on Boquete Island, located off the coast of Muelle Bay. As the sister property of Fridays Boracay, the resort gives you the premier island destination vibe you get in Boracay without having to fly all the way to Aklan.

It's still in its soft opening, but it's already a promising vacation spot. They have 32 well-appointed rooms with a homey Filipino vibe with all the perks of modern life and a view of the sea. Currently, Fridays Puerto Galera has one type of room, the Premier Sea View Room, which is perfect for couples and small families. With a capacity of two adults and one child, it is a very spacious room with a double bed and a sofa bed to make watching TV more comfortable. There's also a lot of space to move in the bathroom, equipped with hot and cold shower and a bathtub.

All of their rooms are made of cogon-thatch, bamboo, and capiz shells. Each room is furnished with air-conditioning, WiFi, a 49-inch television, a coffee and tea maker, a safety deposit box, and bathroom amenities.

The facilities at Fridays Puerto Galera are top-notch. They have their own 120-seater restaurant with an outdoor bar and grill, a swimming pool, a business center, and a PADI dive facility. The waters surrounding the island is part of Muelle Bay, which has been recognized as one of the most beautiful bays in the world and declared a UNESCO Biosphere Reserve.



Premier Sea View Room



Photos from Fridays Puerto Galera

- 📍 Boquete Island, Puerto Galera, Oriental Mindoro
- 🕒 Check-in: 2 pm / Check-out: 12 pm
- 🌐 fridayspuertogalera.com
- 📞 Fridays Puerto Galera

8 Infinity Resort and Spa | P P P P P

Infinity Resort and Spa is one of Puerto Galera's most luxurious resorts. It is known for its elaborate infinity pool, personalized service, and utmost privacy.

Set in the beachfront, the resort is surrounded by a tropical forest and the majestic mountains of Mindoro. One of its popular amenities, apart from its infinity pool, is the Malasimbo Spa. It's also within minutes of Aninuan's prized diving spots, perfect for divers and snorkelers.

The villas are some of the most spacious and luxurious accommodations you can find in Puerto Galera. Each villa, good for up to six adults and four children, houses three types of rooms: a Deluxe, an Executive, and a Premier Suite.

- 📍 Talipanan, Aninuan, Puerto Galera, Oriental Mindoro
- 🕒 Check-in: 2 pm / Check-out: 12 pm
- 🌐 infinityresort.com.ph
- 📞 Infinity Resort



Villa



Dining Area of Premier Suite

Photos from Infinity Resort and Spa

9 Sunset at Aninuan Beach Resort | P P P

Puerto Galera has one of these romantic beaches, and on it is a resort that gives that romantic beach sunset: Sunset at Aninuan Beach Resort.

For 11 years, Aninuan has been a getaway to achieve total relaxation without really being away from Puerto Galera's party central that is White Beach. Combined with hospitality and warmth from the locals of Mindoro, Sunset at Aninuan Beach Resort gives you the peace and quiet that you need.

They have around 40 rooms varying from Deluxe Doubles to Honeymoon Suites and Standalone Villas. The rates start at P5,500, with an additional charge of P1,500 per night for each extra guest. The resort is all about exclusivity, making guests feel the privilege of staying here. You can relax at their spa, get fit at the gym, take a dip in their swimming pool, or enjoy scrumptious meals at their restaurant.

📍 Sunset at Aninuan Beach Resort, Brgy. Aninuan, Puerto Galera, Oriental Mindoro
 ☎️ 0920-931-8934 🕒 Check-in: 2 pm / Check-out: 12 pm
 🌐 aninuanbeach.com 📍 Sunset at Aninuan Beach Resort – PUERTO



Photos from Sunset at Aninuan Beach Resort



Photos from Lalaguna Villas

10 Lalaguna Villas | P P P P P

Lalaguna Villas offers villa-style accommodation combined with Filipino hospitality. Nestled between the mountains of Mindoro and the blue waters of Sabang Beach, the resort has 12 types of rooms that are perfect for solo travelers, couples, families, or groups of friends.

They are best known for rooms that have the best in-room tech on the island and sprawling views of the ocean. Each room at Lalaguna Villas has fast Wi-Fi and electronic door locks, similar to those in hotels situated in busy business centers. It's also a few minutes away from the center of Sabang.

For couples, their Penthouse features some of the most romantic views you'll get in Sabang. Located on the uppermost level of the resort, it sports a 100-sqm terrace that looks out to the sea. There are also two bedrooms, as well as a fully equipped kitchen, ideal for groups and families.

📍 Small Lalaguna Beach, Sabang, Puerto Galera, Oriental Mindoro
 ☎️ 0917-570-3415 🕒 Check-in: 2 pm / Check-out: 12 pm
 🌐 lalagunavillas.com.ph 📍 Lalaguna Villas

11 Orient Pearl Resort | P P

Service is the name of the game for Orient Pearl Resort. Located in Barangay Santo Niño, it's the perfect resort for those who want to dive in the waters off of Sabang (like Muelle Bay) while the sun is out, and then party once the sun sets.

You will feel like you're in your own home at Orient Pearl Resort. It has nine rooms that are well-maintained by its staff, so you can be sure that the service they provide is even more personalized compared to other resorts. Since it is led by a Japanese national, you can expect to be treated with care as you make this resort your home away from home while in Puerto Galera.

They have a concierge that offers everything you might need in Puerto Galera, like tour packages to some of the town's top spots. They also have their own library—a little quirk that separates this resort from others in Puerto Galera.

📍 101 National Highway, Brgy. Sto. Niño, Puerto Galera, Oriental Mindoro
 ☎️ 0926-691-0883 / 0929-103-8837 🕒 Check-in: 1 pm / Check-out: 11 am
 🌐 orientpearl.web.fc2.com



Photos from Orient Pearl Resort



VIP Sea View Room

Photos from Papa Fred's Beach Resort

12 Papa Fred's Beach Resort | P P

Since 2014, Papa Fred's Beach Resort has been dedicated to providing good service to its clients at fair prices. The resort has a total of 12 rooms. You can choose from Standard Room, Deluxe Room, Deluxe Studio, VIP Beach Room, and VIP Sea View Room, which are all equipped with LED TV with cable, hot and cold shower, mini bar, room safe, and free Wi-Fi. The most expensive option, VIP Sea View Room, has a private Jacuzzi.

Papa Fred's Beach Resort also has a rooftop with a swimming pool and some lounge chairs, perfect if you want to enjoy sunbathing peacefully away from the beach crowd. When you get hungry, Papa Fred's Steakhouse is also housed in the hotel so you don't have to go far to get filled up.

They can also help you organize day trips and activities like hiking, jungle trip, island hopping, diving, banana boat, jet ski, zip line, golf, off-road ATV, and more!

- 📍 Sabang Bay Walk, 5203 Puerto Galera, Oriental Mindoro
- ☎ 0915-147-7354
- 🕒 Check-in: 2 pm / Check-out: 12 pm
- 🌐 papafredsbeachresort.com
- 📍 Papa Fred's Beach Resort

13 Edgewater Dive and Spa | P P P

Since 2017, Edgewater Dive and Spa has been a beautiful tranquil haven in Puerto Galera. Located near dive sites but away from the bustling Sabang area, the resort has premium amenities and breathtaking views and promises to provide a personalized experience to guests.

As a peaceful haven, the resort has 12 unique rooms for different kinds of travelers, be it solo guests, couples, families, and big groups. Each bed is spacious and well-appointed, featuring a relaxing view of either the seaside or the garden. Free Wi-Fi is also available throughout the resort.

Rates start at P4,790 per night, which includes breakfast for two and a pick-up and drop-off service from/to Puerto Galera Port. Guests can make use of kayaks and paddle boards free of charge. Other facilities include a swimming pool, a spa, and a restaurant.

- 📍 Kabilang Gulod, Puerto Galera, Oriental Mindoro
- ☎ 0906-774-6244
- 🕒 Check-in: 2 pm / Check-out: 12 pm
- 🌐 edgewaterresort.co
- 📍 Edgewater Dive & Spa Resort



Premium Deluxe Sea View



Spa

Photos from Edgewater Dive and Spa

More Resorts in Puerto Galera

Marco Vincent Dive Resort | P P P

- 📍 White Beach, Puerto Galera
- ☎ 0920-951-0128
- 🌐 marcovincent.com
- 📍 Marco Vincent Resort

Verde View Villas | P P P

- 📍 Sinandigan, Puerto Galera
- ☎ 1-800-1-110-2512
- 🌐 verdeviewvillas.com
- 📍 Verde View Villas

Out of the Blue Resort | P P P

- 📍 Small Laguna Beach, Puerto Galera
- ☎ 043-287-3357 / 0920-948-9400
- 🌐 outoftheblue.com.ph
- 📍 Out of The Blue Resort

The Manor at Puerto Galera | P P P

- 📍 Yacht Club Road, Western Nautical Highway, Puerto Galera
- ☎ 0949-768-1504 / 0926-937-7908
- 🌐 themanorpuertogalera.com
- 📍 The manor at Puerto Galera

Where to Eat

14 Resto Veranda | P P P

Once upon a time, there was a Swiss chef and a Filipino who were on a holiday in Puerto Galera. They enjoyed the town but missed the flavors of freshly-prepared food in a place that doesn't have the constant pounding of club music. From these two predicaments, Resto Veranda was born.

Perched on an elevated property on the west side of White Beach, Resto Veranda has views that will astound anyone who dine in their restaurant. The Swiss chef is a veteran, having spent some of his years working in Europe, the Middle East, and Asia (particularly Japan).

They don't pin you down onto a specific type of cuisine. Their kitchen produces dishes from Europe, the Middle East, Asia, and the Americas. They're best known for their Seafood Ragu, Sashimi Salad, and Veranda Blanca.

📍 Brgy. San Isidro, White Beach, Puerto Galera, Oriental Mindoro
 ☎ 0927-961-0129
 🕒 11 am to 10 pm
 📍 Resto Veranda



Marmiton Provencale with Fresh Tuna Steak Exquisite (P450)



Shrimp Cocktail (P390)
 Photos from Resto Veranda



Spaghetti alle Vongole (P450)



Insalata Mediterranea (P305)



Photos from Bella Napoli Pizza Restaurant

15 Bella Napoli Pizza Restaurant | P P P

Italian cuisine never really goes out of style. It is fresh and colorful, and there are dishes everyone can relate to. If you're looking for a true Italian restaurant along Sabang Beach, head to Bella Napoli Pizza Restaurant.

Their pizzas are considered as one of, if not the best on the beach. Their extensive pizza menu includes several classics such as Margherita, capricciosa, and Frutti di Mare. Make sure you get their Pizza Bella Napoli (P481/14"), a meaty Bella Napoli original topped with salami, sausage, bacon, and ham.

Their pasta dishes are also some of the best on Sabang Beach. For a dose of fresh pasta, try their Tagliatelle. It's made fresh daily and can be enjoyed with any Italian sauce.

📍 Central Street, Sabang Beach, Puerto Galera, Oriental Mindoro
 ☎ 0915-349-3615
 🌐 bellanapolisabang.com
 📍 Bella Napoli

16 Papa Fred's Steakhouse | P P P P P

Established in 2011, this restaurant was named after one of the owners who came to the Philippines four decades ago and has been fondly called Papa Fred by the townspeople. Papa Fred is a German butcher master who was eager to bring to Puerto Galera the glorious goodness of steaks and Certified Angus Beef, which is difficult to achieve with local meat.

The restaurant greatly takes pride in serving good-quality food in big servings. Needless to say, their best sellers are the CAB Rib Eye Steak, and Chateaubriand Steak, which are certified meaty and juicy. They also serve around 70 kinds of dishes of various cuisines like Filipino, German, Italian, and other European specialties.

Located on the eastern side of Sabang Beach, Papa Fred's Steakhouse has two open-air balconies where you can enjoy your meal while you watch the sparkling beach and swaying ocean.

📍 Sabang Bay Walk, Puerto Galera, Oriental Mindoro
 ☎ 043-387-3361 / 0917-328-5954
 🕒 10 am to 10:30 pm
 🌐 steakhouse-sabang.com
 📍 Papa Fred's Steakhouse



Certified Angus Beef Rib Eye Steak (P2,195)



Photos from Papa Fred's Steakhouse



Australian Wagyu Steak with Herb Mashed Potato, Buttered Broccoli, Beans, and Green Peppercorn Sauce (P1,460)



Grilled Prawns with Pineapple and Mango Salsa (P645)



Photos from the Verandah

17 The Verandah | P P P

The Verandah is the premier bar and restaurant of the Out of the Blue Resort and Villas. As the name suggests, The Verandah is styled like an open porch where customers are free to take pleasure of the luxurious view and delicious food that are worth the money. The usual visitors of the place are those looking for a good place to retreat after their diving escapades.

They offer a delectable selection of dishes styled with local flair. Their Grilled Prawns with Pineapple and Mango Salsa is a must-try. It is so beautifully presented that it almost looks like a dessert. With the tropical fruity flavors of mango and pineapple, it is the best way to enjoy seafood by the beach.

For steak lovers needing a good fill before heading out to the beach for some activities, the Australian Wagyu Steak is recommended. It is served with herb mashed potato, buttered broccoli, beans, and green peppercorn sauce.

📍 3/F Out of the Blue Resort and Villas, Small La Laguna Beach, Puerto Galera, Oriental Mindoro
 ☎ 0920-948-9400
 🕒 7 am to 10 pm
 🌐 outoftheblue.com.ph/restaurant.html
 📍 The Verandah



Ribs and Veggies (P170 / 300 per serving)



Photos from Capt'n Gregg's

18 Capt'n Gregg's | P P P

Since 1983, Capt'n Gregg's has been serving all kinds of food and probably the biggest meals in Sabang, Puerto Galera. If you're a meat-lover, you shouldn't miss out on their 1.5-kilo ribs and 500-g steaks cooked over charcoal. While waiting for your dishes to be cooked, you can choose from different kinds of beers and Capt'n Gregg's original gin juice. Vegetarians can also relax here as they serve vegetarian dishes, such as Vegetable Kebabs.

📍 Sabang Beach, Puerto Galera, Oriental Mindoro
 ☎ 043-287-3070 / 0917 540 4570
 🕒 7 am to 9 pm

🌐 captngreggs.com
 📍 Capt'n Gregg's Dive Resort



Atlantis Toko's Main



Beef Teriyaki

Photos from Toko's Bar & Restaurant

19 Toko's Bar & Restaurant | P P P P

Toko's Bar and Restaurant specializes in various international dishes. The restaurant was named after the tokay gecko, a nocturnal lizard found in various parts of Asia.

The daily menu consists of soup, salad, main course and dessert in a set menu. Breakfast costs P600, Lunch (P700) and Dinner (P1,200). Diners can choose how the rice is cooked, but the Mongolian fried rice style is a recommended option as it is an original chef recipe.

📍 Atlantis Dive Resort, Sabang Beach, Puerto Galera
 ☎ 043-287-3066 to 69
 🕒 6:30 am to 9:30 pm

🌐 atlantishotel.com/tokos/index.php
 📍 Toko's Bar & Restaurant

More Restaurants in Puerto Galera

Tamarind Restaurant | P P

📍 Sabang, Puerto Galera, 5023
 ☎ 043-287-3085
 🕒 8 am to 11 pm
 📍 Tamarind Restaurant

The View Point Bar and Restaurant | P P P

📍 Kabilang Gulod, Palangan, Puerto Galera
 ☎ 0908-309-0414 🕒 9 am to 9 pm
 📍 The View Point Bar and Restaurant

JD's Bar and Restaurant | P P P

📍 Sabang, Puerto Galera
 🕒 6 am to 11 pm

Robby's Cafeteria and Wine Center | P P

📍 National Rd., Puerto Galera
 ☎ 0927-888-4178
 🕒 9 am to 9 pm
 📍 Robbys Cafeteria Wine Center

Casa Italia | P P P

📍 Poblacion, Puerto Galera 🕒 8 am to 8:30 pm
 ☎ 0977-713-8150 📍 Casa Italia Restaurant

Relax Thai | P P

📍 Sabang, Puerto Galera
 🕒 6 am to 11 pm

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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.



Rodelle Joy G. Lucion-Simatupang, MD Obstetrics and Gynecology

Dr. Lucion is an obstetrician-gynecologist by profession, with a sub-specialty in pediatric and adolescent gynecology. She graduated with a degree in Medical Technology at Adventist University of the Philippines, Cavite, took her MD at Remedios Trinidad Romualdez Medical Foundation in Tacloban City, had both her internship and residency training at Adventist Medical Center Manila in Pasay City, and had her fellowship training for Pediatric and Adolescent Gynecology at the Philippine Children's Medical Center in Quezon City. As an obstetrician, Dr. Lucion deals with women before, during, and after pregnancy. As a gynecologist, on the other hand, she focuses on female reproductive issues in all ages (ranging from new born to menopausal); performs papsmear; administers vaccines; treats patients with menstrual abnormalities and unusual vaginal discharge; examines and treats patients with sexually transmitted infections and other hormonal abnormalities; and treats patients with mass or cyst in the ovaries, fallopian tubes, and uterus. With her sub-specialty in pediatric and adolescent gynecology, she also treats congenital abnormalities in the reproductive tract of girls and performs surgeries as needed.

Make an appointment:

- ✓ The Medical City Clinic, SM Mall of Asia, Pasay City
Sunday and Monday: 10 am to 12 nn
- ✓ St. Clare's Medical Center, Room 207, Dian St., Palanan Makati City
Tuesday: 2 pm to 6 pm, Wednesday: 2 pm to 5 pm, Thursday: 2 pm to 4 pm

JOY G. LUCION-SIMATUPANG, MD
OB-GYN
OBSTETRIC GYN

Marc Domini Abad, MD, FPSGS, FPCS

Surgery

Dr. Abad is a general surgeon by profession. He graduated with a BS degree in Medical Technology at the University of Santo Tomas, took his MD at the University of the East-Ramon Magsaysay Memorial Medical Center, and his residency training at East Avenue Medical Center. He has been in the profession for about four years now. For him, being a surgeon is one of the best specializations to venture into primarily because, in being a surgeon, you can address almost all the scopes of the specialty. Some of the challenges he faces are difficult and complicated cases like dealing with trauma patients and patients who can't afford undergoing surgeries when deemed necessary. His advice for people who would want to venture into the field of medicine is "being a doctor is not only a profession but also about helping people who need you." As a general surgeon, Dr. Abad does basic operations and offers services like appendectomy, breast surgery, emergency procedures, colon and thyroid cancer screening, surgery and treatment.

Make an appointment:

- ✓ Healthway Medical Clinic, Greenbelt 5, Ayala Center, Makati City
Friday: 1 pm to 3 pm, Sunday: 3 pm to 5 pm
Contact No: 02-720-6109/02-772-3527
- ✓ St. Clare's Medical Center, Room 206, Dian St., Makati City
Monday: 8 am to 10 am, Wednesday: 1 pm to 2 pm
- ✓ Unihealth Paranaque Hospital and Medical Center, Room 726, Sucat Road, Paranaque City
Monday, Wednesday and Friday: 3 pm to 5 pm



Michael Nelson P. Lim, MD

Orthopedic Surgery

Dr. Lim is an orthopedic surgeon by profession with a specialization in spine and trauma surgery. He graduated with a BS degree in Psychology at Ateneo de Naga University in Bicol; took both his MD and residency training at the University of the East - Ramon Magsaysay Memorial Medical Center in Quezon City; had his residency training at the Philippine Orthopedic Center in Quezon City; and acquired his fellowship at Gangnam Severance Hospital in Seoul, South Korea. He chose to venture into the medical field as a response to his calling of helping those in need and has been in the field for nine years now. He starts his day by doing his clinic duty for about two to three hours every day, and schedules surgeries as needed. Although he gradually comes face-to-face with difficult patients, this does not stop him from being of service to them. His advice for those who would want to venture into the medical field is "don't quit easily; hardships may come, but as long as you give your heart to what you do, things will turn out perfectly and be rewarding after." As an orthopedic surgeon, Dr. Lim offers examination and treatment of cases under trauma and/or degenerative problems.

Make an appointment:

- ✓ St. Clare's Medical Center, Room 206, Dian St., Palanan, Makati City
Monday: 1pm to 3pm, Thursday: 1pm to 3pm
- ✓ Taytay Doctors Multispecialty Hospital, Taytay, Rizal
Tuesday and Friday



Ronald John Recio, MA

Clinical Psychology

Ronald Recio is a clinical psychologist who specializes in therapy. He got his Master's degree at the University of Santo Tomas and is an Advanced level CBT Therapist trained by CBT Australia and the Ellis Institute in New York City. He is also an Advanced level REBT therapist trained by the Rational Emotive Institute in Melbourne, Australia. Lastly, Ronald is also a certified EMDR Practitioner. He specializes in the treatment and diagnosis of depression, anxiety, anger issues, pain management, Post Traumatic Stress Disorder (PTSD), and Couples and Marriage Counseling. Initially, he wanted to pursue medicine; however, during the course of his studies, he came upon the realization that not all illnesses are medical in nature. There are many diseases that are rooted in the lifestyle of a person, which heavily depends on their psychological state. As a result, he decided to pursue a career in clinical psychology wherein the mode of treatment is more holistic.

Make an appointment:

- ✓ HOPE Clinic in St. Scholastica's College, Leon Guinto Street Singalong, Malate, Manila
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Business Talk

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



Elbert Cuenca
President and Chairman
Steak Room Concepts, Inc.

Elbert Cuenca has been in the restaurant industry for almost 23 years. He also used to be involved with Apple computers, which means he dabbled in both technology and food. He is happily married, likes to travel, and likes to ride his road bike. He used to be part of the team that created and operates Ramen Yushoken, Mendokoro Ramenba, and Kazunori, and is now focusing on his original business venture: Steak Room Concepts.

Can you tell us how you got into the restaurant scene?

My father was the president of Furusato Japanese Restaurant, which started in 1977. I believe that's where it started because I grew up knowing that our family had a restaurant business, although it wasn't my father's main business. Having that around you introduces the idea that maybe one day, you might be in the restaurant business too.

I once worked in Club Mars doing marketing and themed parties, which was my first official exposure in the hospitality industry. In 1995, I was asked by my cousins, who were taking over Furusato, to help them do the marketing for this new Japanese restaurant called Zen.

After I left the family business in 2000, I did some consultancies in various clubs and restaurants, just before I became involved in technology. I went back to the restaurant industry in 2002 when I put up Restaurant 12 in Greenbelt 2. It closed down in 2004, and that's when I experienced the most painful lesson of the restaurant industry: failure. It ended up being the best lesson because you really learn from failure.

From there, I went back to technology and took on the odd job of becoming what you would call a "Personal Mac Tutor." I was teaching people one-on-one how to use their Apple computers. I started meeting a lot of people as a Mac tutor, including my good friend, the late Archie King. He was the one I pitched the idea of a high-end steak restaurant to. He eventually became both an investor and a mentor to me when I found space for Elbert's Steak Room in 2007.

What do you think should go into creating a restaurant that has good food and a good following?

For me, you have to figure out why people go to you

in the first place. Once you have a grasp of why people come to you, then you know what you need to do to keep them coming back.

Your objective is to fulfill what it is they are looking for. If they come to you for an experience that includes a high level of cuisine and service, then you must be able to meet those expectations.

I tell my staff the same thing: Our mission is not to make money out of people; our mission is to make customers happy. If every customer that leaves the restaurant is smiling, then we have accomplished our mission.

What exactly is Steak Room Concepts?

When I envisioned this business, it was to simplify everything that I had done before. Instead of something grand, I decided to do something simple; something that allowed me to focus on what I need to do.

If I had to put up a restaurant that would have a hundred dishes, I would not be able to make a hundred good dishes. One cannot focus on a hundred meals. I decided to simplify and go with serving only steak.

We called it Steak Room Concepts because that was the business at hand. It's literally a steak room because it's a small place, like a room. I wanted to go literal with the name because I didn't want to have people figure out what the name of the restaurant means. I just want to be straightforward. I put my name in there as a means of personal assurance to my customers.

What were the challenges you encountered when you first opened Elbert's Steak Room in 2007?

I would say the biggest challenge was running out of funds to complete the restaurant.

Under pressure, I decided to open the restaurant partially. I had three tables and used the limited finances we had to purchase linen, plates, glasses, and cutlery just for those three tables.

My first customers were my Mac students and they came from different industries. We had doctors, housewives, business owners, lawyers, bankers, etc. Word of mouth took place and we were busy every night. This was when I realized I didn't need

to advertise. I don't even have to put up a sign, and it helped me grow the restaurant as it is.

The money I earned from those three tables was used to buy other things to complete the restaurant. By December, we were done, but we had no profits to speak of because we reinvested everything back to the restaurant.

It was a nice success story because every customer that kept coming during those days saw us grow, and they grew with us. From then on, I decided that we would not put up a sign.

What are your plans for the foreseeable future?

I don't really think of those things. A lot of what I do is organic. I don't look for projects. I don't push myself to do more. I take opportunities as they come along.

The desire is not to make money out of the food; the desire is to share this food to as many people as we can. This is the case with a French restaurant I am currently working on. I met a chef, I enjoyed her food, and I told her "I believe the Filipino market deserves to eat your food." Serendipitously, somebody offered me a restaurant that had just closed. It was already well-equipped and all I have to do is renovate the interior and change the name.

I also think I represent my own market. That's how I felt about the Steak Room. I was looking for something like that but it didn't exist, so I created it and I'm happy to see that people agree with me. The same goes for our Cheesesteak Sandwiches when we were in Rockwell, and the ramen too.

All my projects are projects that organically fall into place. They are opportunities that present themselves. I don't look for new projects or force the issue on ideas I have.

How would you describe your management style?

I am very casual. I'm not structured at all. I believe in things running naturally and organically.

When I need to hire people, my interview normally lasts five minutes. If I like them, I tell them they can start the next day, and they (the applicant) are shocked. For me, the only way I know if you're somebody who can work for me is for you to actually do the job; I can't tell that just by talking to you or looking at your resumé.

When it comes to my staff, I'm more like a friend. I don't want them to look at me as a boss. I'd rather they look at me as their mentor, guide, or somebody who leads them. I'm also very idealistic. My management style is to share with them the things in my head about why I do things and how I do things. One of the biggest lessons I always teach them is that money should never be your motivation—that shocks them. Money should be your reward.

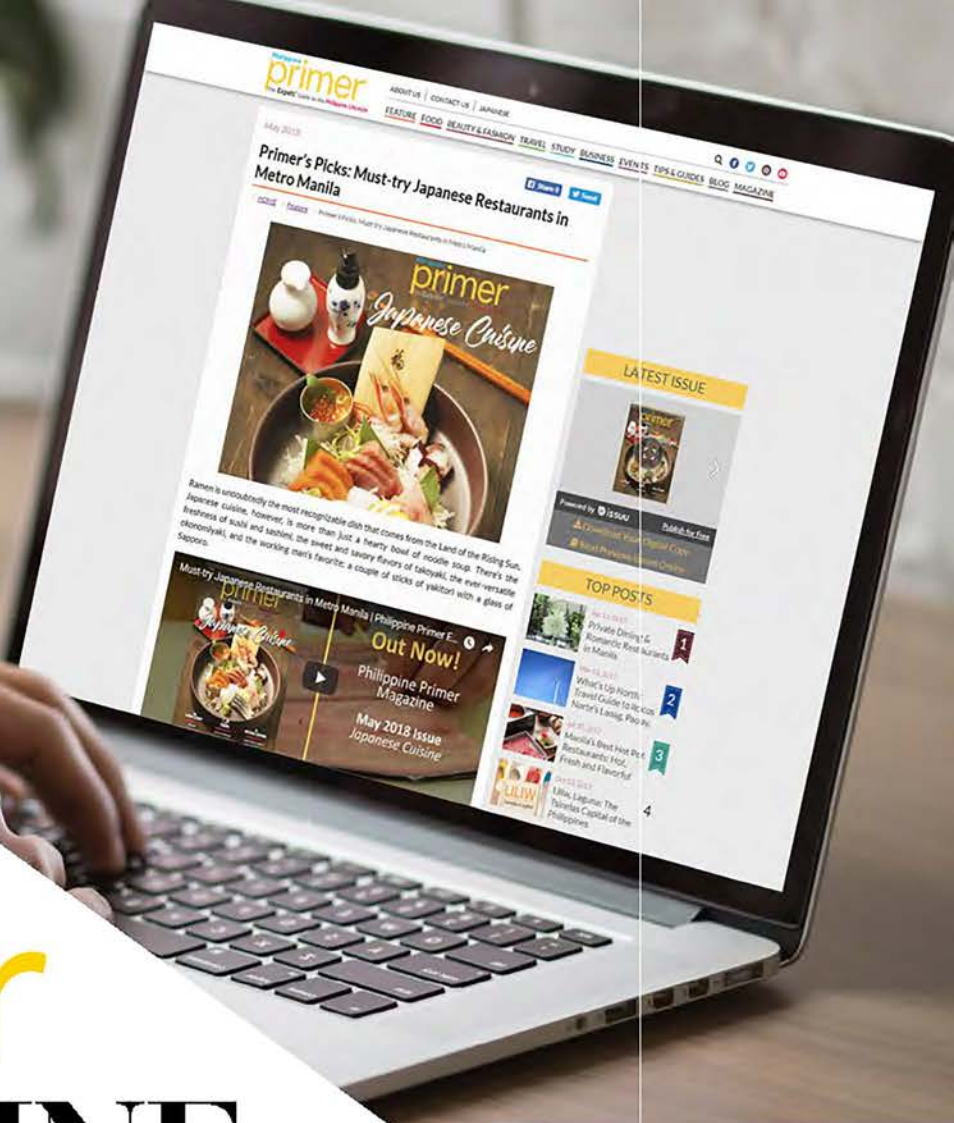
If you keep working for the money, your customers will know that you're just out to make money out of them, and they will not come back. But when they see that you're not after their money, they will feel that you're sincere in trying to serve them. If they tip you, that's great, but don't expect the tip; it's a reward. It's how we elevate and maintain our service standards.

Who are the people you look up to?

The late Archie King—he was my partner and the first person who invested in me. He was a multi-millionaire businessman and for him to share his knowledge with me, to teach me the discipline of building up a business almost like a son, I would say that he is the person I look up to, my mentor.

A lot of my philosophies, ideals, methods, and manners of thinking were also influenced by Steve Jobs. I followed his mantra. I also believed in the simplicity and ease of use [of Apple products] being key. A lot of these elements are what I put in my customer experience. I want to be as straightforward and as simple as possible, with not much routine or difficulty.

View the complete interview
at www.primera.com.ph



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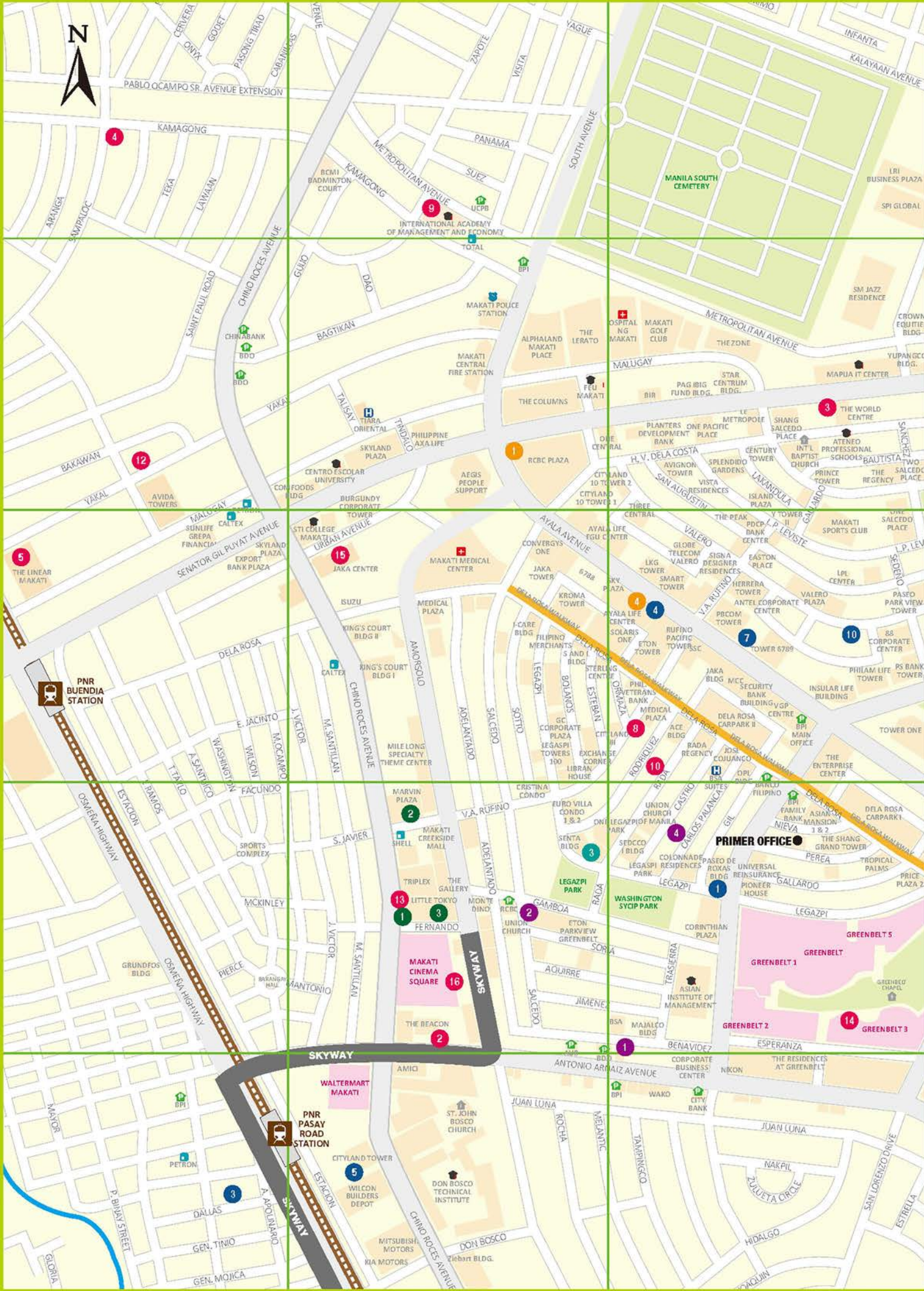
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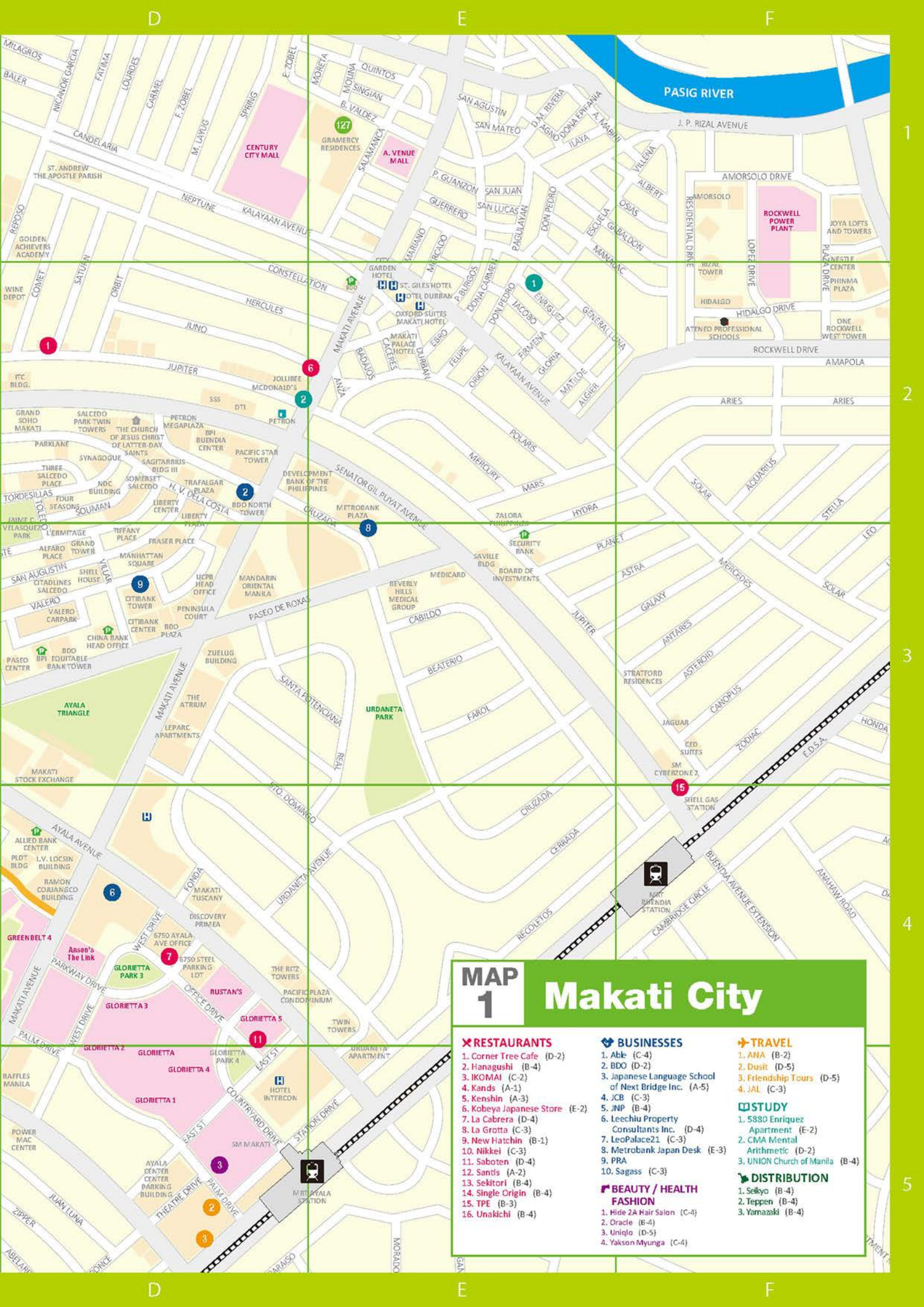
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B

C



MAP 1 Makati City

- ✂ RESTAURANTS**
 1. Corner Tree Cafe (D-2)
 2. Hanagushi (B-4)
 3. IKOMAI (C-2)
 4. Kands (A-1)
 5. Kenshin (A-3)
 6. Kobeya Japanese Store (E-2)
 7. La Cabrera (D-4)
 8. La Grotta (C-3)
 9. New Hatchin (B-1)
 10. Nikkei (C-3)
 11. Saboten (D-4)
 12. Santis (A-2)
 13. Sekitori (B-4)
 14. Single Origin (B-4)
 15. TPE (B-3)
 16. Unakichi (B-4)
- 🏢 BUSINESSES**
 1. Able (C-4)
 2. BDO (D-2)
 3. Japanese Language School of Next Bridge Inc. (A-5)
 4. JCB (C-3)
 5. JNP (B-4)
 6. Leechiu Property Consultants Inc. (D-4)
 7. LeoPalace21 (C-3)
 8. Metrobank Japan Desk (E-3)
 9. PRA
 10. Sagass (C-3)
- ✈ TRAVEL**
 1. ANA (B-2)
 2. Dusit (D-5)
 3. Friendship Tours (D-5)
 4. JAL (C-3)
- 📖 STUDY**
 1. 5880 Enriquez Apartment (E-2)
 2. CMA Mental Arithmetic (D-2)
 3. UNION Church of Manila (B-4)
- 👗 BEAUTY / HEALTH FASHION**
 1. Hide 2A Hair Salon (C-4)
 2. Oracle (B-4)
 3. Uniqlo (D-5)
 4. Yakson Myunga (C-4)
- 🍷 DISTRIBUTION**
 1. Sekkyo (B-4)
 2. Teppen (B-4)
 3. Yamazaki (B-4)

What's New in the Metro?

PASAY CITY



Exhibit June 13 - 15

Sial Manila

Sial Manila features the country's unique and distinct food culture. From June 13 to 15, witness the food innovation exhibit as it happens at SMX Convention Center. It will be a three-day event that showcases various food trends, food culture, as well as retail system.

SMX Convention Center, Pasay City



Expo June 13 - 17

Manila Food & Beverage Expo

If you are a food lover, Manila Food and Beverage Expo (MAFBEX) could be the perfect event for you! From June 14 to 18, different brands can publicize their best products while individuals can delight their palate with a wide range of flavors.

World Trade Center, Pasay City



Event June 17

Water Run

The second of four benefit runs named PARa SA KALIKASAN, Water Run looks to raise funds for Haribon Foundation. Water Run will have four distances: 3K, 5K, 10K, and 18K, all happening at the Liwasang Ulalim, CCP Complex.

Liwasang Ulalim CCP Complex, Pasay City



Concert June 22

Supreme: KZ Tandingan

It's dream come true for the Asia's Soul Supreme to have a solo concert in one of the biggest venues in the Philippines! Now, she is back to give another pitch after her successful stint in China's Singer 2018.

MOA Arena, Pasay City

QUEZON CITY



Concert June 9

IISA: Johnoy Danao, Ebe Dancel, and Bullet Dumas Live in Concert

Johnoy Danao, Ebe Dancel, and Bullet Dumas, popularly known as 3D in the gig circuit, will be teaming up once again for a night of heartfelt anthems and sing-along classics on June 9, Saturday, at Kia Theatre.

Kia Theater, Quezon City



Concert June 15

UNITED x Young & Free

Christian music that rocks? Leave it to UNITED and Young & Free, two of the country's favorite worship bands from Australia, to set the stage and lead worship on this concert event this June 15, 8 PM at the Smart Araneta Coliseum.

Smart Araneta Coliseum, Quezon City



Expo June 22 - 23

Techtonic Summit

After a successful first event in June last year, the Philippines' biggest tech convention Techtonic is back to once again shake things up in the Philippine startup scene. This year's theme is "Disrupting Southeast Asia."

SMX Convention Center, Pasay City



Concert June 24

SCANDAL Asian Tour 2018

Japan's #1 all-female rock band, SCANDAL, is coming to Manila for the first time! They will be performing at the SMX Convention Center in Pasay City on June 24. Watch Haruna, Mami, Rina, and Tomomi sing their hits live!

SMX Convention Center, Pasay City

SPOTLIGHT



June 10

Niall Horan Live in Manila 2018

Concert

Get ready for a heart-stopping and spine-chilling performance coming from one of the former members of the boy band group, One Direction, this June! After venturing into his own path, Niall Horan will take the center stage on his upcoming concert in the Philippines happening this June 10, 2018.

This will be the artist's very first concert in Manila after separating ways from One Direction. Come and be part of this concert as Niall Horan himself serenades his way into the hearts of the Filipino audience. Tickets via SM tickets start at P3,000.

Mall of Asia Arena, Pasay City



Concert June 30

Super Junior: Super Show 7

After five long years, the Kings of Hallyu are back! South Korean boy band Super Junior returns for Super Show 7 this June 30 at the SM Mall of Asia Arena. Get ready to witness a spectacular concert as you meet the group behind Kpop hits Sorry Sorry, Bonamana, and Lo Siento! Tickets range from P2,500 (Generic Admission) to P12,500 before ticketing charges.

MOA Arena, Pasay City

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