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

PORK

THE GOOD CHOP GUIDE

*I'm
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6



26



On the cover: I'm Angus Steakhouse

[Feature Stories]

6 Cover Story
Pork Dishes: The Good Chop Guide

26 Travel
Quezon City: Dream City of the North

36 Medical Doctors 101
Medical Professionals in Manila

44 Business Talk
Interview with Albert Wang,
President of MELCO
Factory Automation Philippines Inc.

48 Maps
Guide to Local Businesses in Makati & BGC

52 What's New
in the Metro?
Concerts, Festivals, Family Events, and More



Features of the Issue

COVER — Is it red or white? Pork is the meat that baffles white meat and red meat dieters yet continues to captivate all meat eaters around the world. By expert standards, pork is considered a red meat, although it is also often compared alongside chicken, a white meat. Red or white, there's no denying that pork is delicious and versatile, able to transform into any dish that can satisfy the pickiest of eaters. In this issue, we feature the various restaurants in Metro Manila and each of their pork specialties that not only are delicious but also give a glimpse of local and international cuisines.

TRAVEL — Looking for a weekend getaway or a change of scenery? Look no further as we have found a great travel destination—Quezon City. Because "travel" does not always have to be out of the metro. As Philippine Primer has discovered, there is yet a lot to be seen in this buzzing metropolitan city. For one, did you know that Quezon City is home to the biggest watershed and forest reserve in the metro? For this month, we visited this lush paradise tucked in the green corner of the city and a lot more!



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PORK

THE GOOD CHOP GUIDE



bit.ly/Primer-Pork

And on today's menu: a multitude of pork dishes that will not only excite your taste buds but also take you around the world. Get a glimpse of the world's cuisines, from east to west, and how each country cooks up one of the best-loved meats in the world.

Western

Western cuisine is the perfect place to develop a good appreciation of pork in all its pure, flavorful glory. Rarely would you find pork in soups and stews—those kinds of dishes are mainly reserved for chicken and vegetables. Instead, you'll find a lot of grilling, roasting, frying, serving pork with simple relishes like gravy or barbecue sauce. When cooking pork, precision is the key in Western cuisine, and there are various, even ingenious, ways to achieve the ideal texture and flavor of pork, varying in time and techniques.

The **Smokeyard**① follows the classic Southern technique of smoking meats using a combination of 100% fruit and hardwoods such as apple, hickory, and oak—giving pork that extra delightful flavor and aroma. **Savage**② looks back on primitive ways, when the early humans cooked their prized hunts on an open-pit fire. Their King Edward Porkchop is grilled in an open pit using charcoal and oak sourced from Ukraine. Meanwhile, **Common Table**③ uses the curious sous-vide method of cooking, wherein the meat is stored in a vacuum-sealed bag and cooked in a water bath with controlled temperature for hours, producing juicy and evenly-cooked meat as in their 36-Hour Pork Belly.

A popular one-stop European dining destination in Makati, **I'm Angus Steakhouse**⑤ perfectly grills their US-Duroc Pork Chop, known as "The Black Angus of Pork." Their grilling method produces a luscious, savory meat, which is best paired with a glass of wine. Its sister restaurant, **Chesa Bianca**⑩ gives you a taste of Swiss tradition with their Emmentaler Röschtli, starring grilled pork tenderloin on crisp Swiss röschtli, with a creamy mushroom sauce, overbaked with Emmentaler cheese. You can enjoy this dish in the restaurant's Swiss holiday cabin-inspired interior, which perfectly emulates a dining experience in a quaint Swiss village.

For lovers of pork chops, other good dining destinations in the metro are **Epilogue**④, with their Braciola (herb pork chop with miso demi-glaze, Gratin Dauphinoise, and onion jam), and **Tipple and Slaw**⑧ with their Parmesan Pork Chop. If the thought of pork belly makes your mouth water, sister restaurants **The Black Pig**⑨ and **Pig Pen**⑩ can give a satisfying end to your cravings.

If you want to enjoy your pork with fine wine, **Dr. Wine**⑫ offers Provencal Grilled Pork Tenderloin À L'échalote, made by immersing the pork in a marinade of mustard for 48 hours before it is grilled. **Txanton**⑪ also dishes up finely hand-cut Iberian hams to enjoy with their selection of wines and cocktails. If you want pork with coffee instead, **Caravan Black**⑬ offers Naked Chorizo, which is especially enjoyable on a crisp, dewy morning.

For a glimpse of festive Spanish cuisine, **Cirkulo**⑭ offers Cochinillo Asado, made with Spanish-style oven-roasted suckling pig, ideal for groups of 10-15. They also have Huevos Rotos, a dish with a Filipino twist, comprised of rosemary shoestrings potatoes, spicy suckling pig sisig, and 65-degree egg.

La Mere Poulard⑦ heightens the metro's fondness for a lavish French dining. While they are known for dishes that highlight the use of eggs, they also have pork offerings like the Pork Filet Mignon, drenched in plenty of soy and honey sauce.

For a rare and precious taste of Argentinian cooking, a visit to **La Cabrera**⑥, with branches in Makati and EDSA Shangri-La, will get you a meaty and savory treat of their Costillas de Cerdo con Barbacoa (barbecue baby pork ribs).



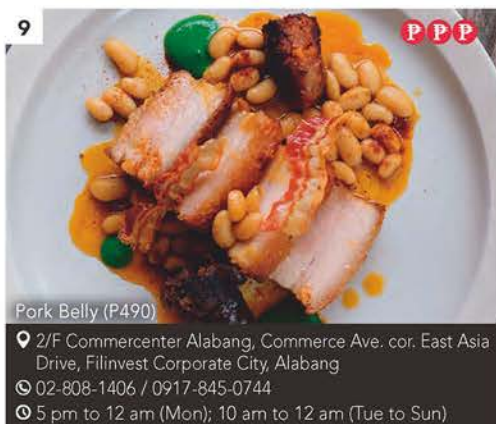
Group Platters (Platter for 4-P1,550 / Platter for 6-P2,600)

⑤ 5666 Don Pedro St., Poblacion, Makati City
 ☎ 02-771-1288
 ⌚ 12 pm to 12 am (Tue to Thur and Sun); 12 pm to 2 am (Fri and Sat)



King Edward Porkchop (P690)

⑥ G/F The Plaza, Arya Residences, McKinley Parkway, Bonifacio Global City, Taguig City
 ☎ 0915-333-9546
 ⌚ 11 am to 3 pm (Fri to Sun); 6 pm to 10 pm







Original Family Rico's Lechon (P6,900)

📍 The Fort Entertainment Complex, 5th Ave. cor. 28th St., BGC, Taguig City
☎ 0917-844-7067 ⌚ 10 am to 10 pm

11



Lechon Chopped (1kg- P1,000; 3/4kg- P750; 1/2kg- P500; 1/4kg- P250)

📍 151 Quezon Ave., Santa Teresita, Quezon City
☎ 02-732-4116 ⌚ 5 am to 6 pm

12



Lechon Kare-Kare (P400)

📍 135 Talisay St., San Antonio Village, Makati City
☎ 02-728-3931 ⌚ 11 am to 10 pm

13



Lechong Kawali (P1,595)



BBQ Pork Spareribs (P495)

📍 2/F 900 Arnaiz Ave., cor. Paseo de Roxas, Makati City
☎ 02-843-4124 ⌚ 11 am to 10 pm

Filipino

In the Philippines, pork has long been a part of the colorful Filipino culture. A Filipino fiesta, where a town commemorates its patron saint through banquets and festivities, is not complete without the crisp and flavorful lechon or whole roasted pig. Skewered with bamboo and roasted on a pit, the pork develops a savory aroma and perfectly crispy skin, which is the favorite part of most Filipinos. Aside from fiestas, lechon and other pork dishes are also commonly served during special occasions such as birthdays and anniversaries.

The first lechon was made in Cebu in the 1920s, and the first-ever "lechoneros" (lechon makers) came from Talisay, Cebu. You can say that this is the reason why a mere mention of the word lechon always directs to Cebu—because it is the home of the best lechon. Even the late Anthony Bourdain described Cebuano lechon as the "the best pig ever."

Thankfully, people of the metro don't need to travel all the way to Cebu. **Rico's Lechon**¹⁰, one of the established lechon places in Cebu, has brought with them the Cebuano way of serving lechon in Manila. A unique offering of this restaurant is its spicy version of the roasted pig.

Elar's Lechon¹¹, on the other hand, sources its pigs from Rizal. With a cooking time of 3 to 5 hours depending on the size of the pig, Elar's Lechon ensures tasty chopped roasted pigs served on your table. **Zubuchon**¹² also joins the lechon craze as it combines the classic Filipino nutty dish, kare-kare, with the luscious Cebuano lechon in their Lechon Kare-Kare with rice!

If you want to celebrate the Filipino way, there are a number of places in the metro for you to get a good lechon. Other than Rico's and Elar's, other well-established lechon providers are Lydia's Lechon and Crisostomo, both with branches around Metro Manila. Other must-try lechon shops are General's Lechon, located at Petron Station, Arnaiz Ave., Makati; Ping Ping's Native Lechon in La Loma, Quezon City; and The Lechon Shop by Leonardo's Lechon on Sct. Tobias St., Quezon City.

With almost every dish loaded with pork, it's easy to think that this meat might be the next best Filipino staple alongside rice. Every region and every home in the Philippines just has its own unique variety of pork dishes that can suit the taste of people from around the world. Even restaurants give classic pork dishes a nice reinterpretation, just like what **Lampara**¹ did with the popular Filipino appetizer, *tokwa't baboy*. Typically, it is comprised of pork belly and deep-fried tofu in a mixture of soy sauce and vinegar. Lampara's version, on the other hand, is a beautiful presentation of tofu—chilled instead of fried—topped with bacon, onions, and pork floss, drizzled with black vinegar.

Meanwhile, **BENCH Cafe**⁸ puts a healthier twist to otherwise sinful dishes such as *sisig*, chopped parts of pork head

and belly. In **BENCH Cafe's** *Sisig Lettuce Cup*, they mix this delicious crispy minced pork with egg, home-made chicharon, calamansi foam, and Ajo aioli, and serve the ensemble with lettuce on the side for that healthy twist.

With locations in Makati CBD and in Power Plant Mall, Rockwell, **MilkyWay Cafe**¹³ is also at the top of their game with their luscious *Lechong Kawali*, with liver sauce, as well as their tender BBQ Pork Spareribs, served with java rice and *atchara*, a pickled side dish, great with pork dishes.

Another common sight in fiesta celebrations is *crispy pata*, deep-fried pig trotters, which is well-loved by many because of its combination of crunchiness and tenderness.

Kuya J Restaurant² satisfies the craving for a bite of crispy and meaty pork with their *Crispy Pata*, a big serving of pork with perfectly crunchy skin and savory meat. While this best-seller is good for sharing with your family, you can also order their regular-sized *Crispy Pata* should you want the whole treat for yourself. It's not difficult to find Kuya J as they have about 40 branches in Metro Manila alone.

Another well-known Filipino restaurant with satisfying servings of *crispy pata* is **Hukad**³, which currently has over 10 branches around the metro. If you want your *crispy pata* in a different recipe, **Romulo Cafe**⁵ has something good to offer with their *Boneless Crispy Pata Binagoongan*, made with eggplant-tomato bagoong sauce.

Sentro 1771⁹ also makes *crispy pata* more enjoyable with their *Boneless Crispy Trotter* or deboned *crispy pata*, usually in bite-size, making it easier to munch on.

Another popular *crispy pork* delicacy is *bagnet*, an Ilocano specialty that turns pork belly into an irresistible chunk of crispiness, distinctly more firm and brittle than *crispy pata*. One of the best places to get a taste of this pork dish in the metro is **Arroz Ecija**⁶, a Filipino restaurant specializing in rice dishes. One of their signature dishes is the 72-Hour *Bagnet* that has undergone the process of boiling, marinating, and frying for 72 hours.

Restaurants like **XO 46 Heritage Bistro**⁴ also incorporate *bagnet* in various dishes like the *Pinakbet ng Laoag*, comprised of *bagnet* and fresh vegetables cooked in fermented shrimp paste (*bagoong*). Complemented with their unique Filipino way of greeting guests, the overall experience is captivating in XO 46.

For an equally sinful *bagnet* dish, **Bagnet 8065**⁷ also incorporates their signature *bagnet* to the classic *dinuguan* or pork blood stew. You can even add spice to their *Bagnet Dinuguan* by crushing some chili on top.

East Asian

East Asia is known as a colorful region, composed of nations with colorful histories and cultures that have blossomed uniquely from their shared roots. This radiant diversity is best reflected in the rich and diverse cuisines that highlight various ingredients unique to each country.

East Asian countries have a variety of food staples, from rice and noodles to vegetables and root crops, and you'll find that most of their best delicacies are made with pork. In local restaurants, bars, and even street food markets in these countries, you'll find pork cooked in the most unique of methods—stir-fried, simmered, roasted, braised, grilled among others.

In a fine-dining Cantonese restaurant in Metro Manila like **Jasmine**①, found inside New World Makati, you can find a good selection of pork dishes on the menu—pork dim sum, braised pork, sweet and sour pork, and even noodles with pork. One of the restaurant's specialties, Roasted Pork Belly, is tender and flavorful to the bite. These dishes are created by Chinese executive chef Wong Kam On, a native of Hong Kong.

Red Lantern⑨ in Solaire also raises the pork game with mouthwatering dishes that use ingredients freshly delivered from Hong Kong, Singapore, and Malaysia. One of their best sellers is the Pork Pyramid, a unique presentation of pork belly, with layers stacked to resemble a pyramid, and then drizzled with a rich and savory sauce.

A famous pork dish in East Asia, especially in Cantonese cuisine, is *char siu* (variably spelled *char siu*), which is made by roasting slices of marinated pork. The marinade is typically made with soy sauce, hoisin sauce, and spices, which give the meat its characteristic dark red color. One of the best places to enjoy a *char siu* dish at a reasonable cost is **Hawker Chan**③, known as the world's cheapest Michelin-starred restaurant originally based in Singapore. The restaurant brings its special Chef's Combination of 3 Meat Platter dish, comprised of *char siu*, roasted pork, and beef. You can even pair this with noodles, made even more palatable with sambal that adds spice to the dish.

Another restaurant that specializes in *char siu* is **Tai Koo HK Roast**④. Aside from serving authentic Hong Kong roasts, this restaurant offers *char siu* as a rice topping as in the perfectly done Char Siu Pork Rice, with jasmine rice and their savory *bok choy* (Chinese cabbage). **Char Dining**⑤ also brings its own rendition of *char siu* to the

table with the must-try Special Char Siew made with glazed tender pork perfectly cooked with a kick of sweetness to tickle your taste buds.

For the more health-conscious diners, a Vietnamese restaurant like **Chi Em Gai**② is a good choice. Many of their dishes are made with various kinds of vegetables, typical of Vietnamese cuisine. You can get light pork flavors in dishes like *Goi Cuon* (pork spring rolls) and *Banh Mi Thit Lon Nuong* (barbecue pork sandwich). If you want something more flavorful, go for *Com Thit Lon Nuong Saigon*, made with slightly spicy caramelized pork served with egg and a side of steamy rice.

Meanwhile, in Metro Manila where Korean restaurants have long started to prevail, perhaps the most resounding Korean dish is *samgyeopsal* or grilled pork belly. Korean barbecue restaurants are usually equipped with grill tables, where groups can cut and grill meat on their own. *Samgyeopsal*, as well as other barbecue meats, is eaten by wrapping them together with other side dishes and sauces in a lettuce leaf.

A-Won⑥ in Commercenter, Alabang serves *samgyeopsal* with an assortment of sides, which usually include *ssamjang* (Korean spicy dipping sauce), *gochujang* (red chili paste), *pajeori* (spicy green onion salad), kimchi, garlic, and green chili pepper. By using coconut charcoal from Davao instead of the usual electronic grill, A-Won utilizes the traditional way of cooking Korean barbecue, making your dining experience even more special.

An approximate six-minute drive from Commercenter, you'll find another Korean restaurant situated in Festival Mall Expansion. **Soga Miga**⑦ takes pride in serving premium wagyu beef cuts, but their tender and flavorful *samgyeopsal* and marinated pork steak (*dwaeji galbi*) are also a true hit. Enjoy the best of their offerings with their unlimited pork and beef BBQ and Korean food promo for only P799 per head.

For people on the other side of the metro, the closest place to enjoy a good *samgyeopsal* is at **Sariwon Korean Barbecue**⑧ in Bonifacio High Street Central. While *samgyeopsal* is the most popular cut of pork, there are other delicious cuts to try such as Sariwon's *Dwaeji Moksals* or thick-cut pork collar.



Roasted Pork Belly (P688+)



②/F New World Makati Hotel, Esperanza St., cor. Makati Ave., Makati City
 ☎ 02-811-6888
 ☎ Lunch - 11:30 am to 2:30 pm (LO: 2:15 pm), Dinner - 6 pm to 10:30 pm (LO: 10:15 pm)



Caramelized Pork (P239)

⑧ Cluster 2, Retail 13, Eton Centris Walk, EDSA cor. Quezon Ave., Quezon City
 ☎ 0916-793-3747
 ☎ 11 am to 4am (Mon to Fri); 11 am to 10 pm (Sat to Sun)



3 Meat Platter with Plain Noodle with Sambal (P378)



📍 G/F Glorietta 3, Ayala Center, Makati City
🕒 10 am to 10 pm



Char Siu Pork Rice (P168)



📍 G/F V-Corporate Centre, LP Leviste St., Salcedo Village, Makati City
📞 02-541-0075 🕒 9 am to 12 am



Special Char Siew (P450/300g.)



📍 2/F Uptown Parade, 9th Ave. cor. 38th St., BGC, Taguig City
📞 02-809-1452 🕒 11 am to 11 pm (LO: 9:30 pm)



Samgyeopsal (P350 per order; minimum of 2 orders)



📍 2/F Commercenter, Commerce Ave. cor. Filinvest Ave., Alabang
📞 02-519-5183 / 0917-852-9955
🕒 10 am to 11 pm



Dwaeeji Galbi (P480)

Image Credit: Soga Miga Facebook



📍 UG/F Water Garden, Festival Mall Expansion, Filinvest City, Alabang
📞 0917-807-3008 / 0920-105-7757
🕒 11 am to 11 pm (Mon to Sat), 11 am to 10 pm (Sun)



Dwaeeji Moksals (P380)

Image Credit: Sariwon Facebook



📍 UG/F, C2 Building, Bonifacio High Street Central, Taguig City
📞 02-621-3205
🕒 11 am to 11 pm (LO: 10:45 pm)



Pork Pyramid Belly (P1,780++)



📍 Solaire Resort & Casino, Aseana 1 Ave., Parañaque City 📞 02-888-8888
🕒 Lunch - 11:30 am to 2:30 pm (Mon to Fri), 10:30 am to 2:30 pm (Sat to Sun and Holidays), Dinner - 5:30 pm to 10:30 pm

Price Range: P P300 & below

PP P300 - P800

PPP P800 - 1,500

PPPP P1,500 - P2,000

PPPPP P2,000 & above





Manmaru Osaka Tonteki (P229)



Manmaru Katsu Curry (P299)

📍 G/F Makati Central Square, Fernando St. cor. Chino Roces Ave., Makati City
 ☎ 02-254-3170
 ⌚ 11 am to 12 am



Katsu Curry (P360)



📍 Sacred Heart St. cor. Metropolitan Ave., San Antonio Village, Makati City
 ☎ 02-833-2826 / 0917-851-9636
 ⌚ 8 am to 7 pm

Japanese

Pork, locally known in Japan as buta, is also a prominent part of Japanese cuisine. You can find it as toppings for ramen and rice bowls, and noodle and soup dishes made with pork broth are some of the most delicious. Pork is also present in *izakayas* (Japanese pubs) and street food carts usually in the form of skewers or dumpling fillings.

However, when thinking of a Japanese pork dish, *tonkatsu* would usually be the first to come to mind for most people. It is perhaps one of the representative dishes of Japan, a dish well-loved around the world not only for the crisp and meaty breaded cutlets but also for the unique sauce that goes with it. Tonkatsu sauce is a wonder in and of itself—a thick, sweet, and tangy sauce, similar to Worcestershire sauce, made from a mixture of various vegetables and fruit extracts.

A good start to acquaint yourself with the pure goodness of a tonkatsu would be in **Tsukiji Japanese Restaurant**① in Makati. Led by a Tokyo native, Chef Toshiro Okajima, the restaurant is popular for its fresh sushi offerings, hence the restaurant's name, which was derived from the historic fish market in Tokyo of the same name. But aside from seafood, Tsukiji is also people's go-to for a serving of their Regular Tonkatsu. Their Katsu Curry Set Meal is also popular during lunchtime.

Among the restaurants in the recently opened Japan Town in Glorietta 2, **Washoku Musashi-Mar**② specializes in tonkatsu among many other Japanese specialties. Their Ton-Katsu, made with 110-150g of pork loin, is visibly appetizing with its crispy, flaky outer layer. You can enjoy tonkatsu along with another equally tasty deep-fried dish, ebi fry (fried shrimp), in one of their best-selling menu items, the Ebi-Fry and Rosu Ton-Katsu.

Tonkatsu Maisen④ is known for serving lean and tender cutlets of Kurobuta pork, produced from black Berkshire pigs. The restaurant uses four unique sauces—*akamuchi* (sweet), *karakuchi* (Worcestershire sauce), spicy mustard, and the special kurobuta spicy and sweet sauce mixed with freshly grated apples.

One of the most popular tonkatsu restaurant chains with branches all over the metro is **Yabu**③, dubbed as the "house of katsu." They have won over the hearts of many, one meticulously-prepared tonkatsu at a time. Their best seller, Rosu Set, is

made with deep-fried pork loin coated with freshly-made *panko* or Japanese bread-crumbs, served with a side of miso soup, rice, and fruits. Meanwhile, **Tonkatsuya**⑤ is an affordable alternative for people in Makati, with most of their meals, including the Tonkatsu Set, priced below P300. The set comes with steaming Japanese rice, miso soup, and a plateful of vegetables.

Tonkatsu is not just pork cutlet served with rice, cabbage, and tonkatsu sauce. Restaurants also offer various renditions that make a tonkatsu meal more enjoyable and stimulating—suiting the more complex palates looking for bigger flavor concoctions.

Presenting a luscious serving of tonkatsu, **Yayoi**⑥ offers the Katsu Toji Teishoku where the pork cutlet is simmered in sauce and cage-free eggs. It is served with rice, miso soup, vegetables, and pickles, characteristic of a teishoku restaurant. Moreover, orders are done through a tablet on each table—a first of its kind in the Philippines.

Washoku Musashi-Tei⑦, just like its sister restaurant Musashi-Mar, serves tonkatsu in a lot of creative ways such as the Teppan Miso Katsu Fillet. The pork tenderloin in unique circular cuts, drenched in miso sauce, is served sizzling on an iron plate.

Tonkatsu is also often incorporated in other Japanese household staples like the curry rice. With the two components perfectly complementing each other, katsu curry is a delightful combination of the meatiness of the cutlet and the sweet, savory flavor of Japanese curry. You can try this at **Izakaya Manmaru**⑧, with their big serving of Manmaru Katsu Curry. Their menu is also quite extensive, so you can choose from other Japanese specialties like sushi, noodles, and fried and grilled meats to share with your group.

Bébé Rouge⑨, a place known mainly for its vast selection of cakes and pastries, also offers delicious meals like Katsu Curry. The best part is, since you're dining in a patisserie, you can easily have coffee or tea and some cakes to beautifully conclude your pork blowout.

Japanese

A well-established tonkatsu restaurant known not only in Japan but also in other parts of the world, **Saboten**® is also one of the best places to get an honest-to-goodness serving of Japanese pork cutlet. Their original tonkatsu, a decades-old recipe, is among the classics you can never go wrong with. However, for tonkatsu with a twist, their Grated Radish Tenderloin is a good choice for those who prefer light flavors. This dish uses ponzu, a Japanese citrus-based soy sauce, which has a refreshing zesty taste and aroma.

Katsu Sora® also stands out with its offerings of different types of high-quality pork, namely, Iberico, Kurobuta, and Sakura. These porks have unique qualities of their own, including muscle fibers, juiciness, and fat content. If you want to get a grand showcase of all these types of pork, you can get it in the Menchi Katsu Set, made with ground Iberico, Kurobuta, and Sakura pork. With each tonkatsu set, you can get unlimited refills at the restaurant's salad buffet bar.

Also hailing from Japan is **Kimukatsu**®, famous for their mille feuille-style katsu dishes, made with 25 layers of thinly-sliced pork in one cutlet. Due to this preparation of pork, the smooth, layered cutlet surrenders to diners in just one bite. One of their most popular dishes is the Cheese Kimukatsu, with savory cheddar cheese oozing out of the cutlet.

Tonkatsu restaurants, more often than not, offer *katsudon*, also made with tonkatsu but with a different way of cooking and presentation. *Katsudon* literally means pork cutlet rice bowl—tonkatsu is placed with egg on top of rice. The cutlet is now more succulent than crispy due to the soupy consistency of the egg cooked with dashi broth.

Besides the ever-popular pork cutlet dishes, Japanese restaurants in the metro also offer many other ways to enjoy pork—just like **Izakaya Kenshin**®, a popular stomping ground for people in Makati to enjoy a round of Japanese drinks like sake, shochu, umeshu (plum wine), beer, and whisky. The izakaya-style restaurant offers the Kenshin Buta Shogayaki, made with grilled pork that's been marinated in ginger sauce and served with plenty of vegetables.

Another izakaya in the metro is **Hoshimatsuri**®, a popular spot at Creekside in Makati among yakitori lovers. You can get a taste of pork as a Japanese street food with their Butabara, tender and flavorful pork belly on a stick. Try adding *shichimi togarashi* or seven-flavor chili pepper for that extra kick.

Also within the area is **Sekitori**®, a restaurant with rustic wooden interiors that will make you feel like you are in a local pub deep in the hidden alleys of Tokyo. A pork dish perfect to enjoy in this ambiance is the Stir-Fried Pork and Tofu Miso, made with spicy miso and various vegetables. With a menu inspired by the best of Nagoya's street food, **Ikamai**® also offers Kakunidon or braised pork belly rice bowl, made with tender and flavorful pork that can easily melt your heart. Fittingly, the restaurant itself is a place that can soothe your mind with good jazz music as you enjoy their offerings of gourmet Japanese comfort food.

A steak restaurant like **Manpuku Steak House**® doesn't just grill mouthwatering beef steaks because their pork steaks can also easily own the spotlight. One you shouldn't miss is their Pork Loin Steak, which is made with healthy organic pork. The pork is sourced from Manpuku's own pig farm, where the swine are fed only with organic feeds made with fish and vegetables. The meat produced is tender and for those with sensitive noses, without the repulsive pork smell.

Another Japanese restaurant that goes beyond what it is known for is **Fukudaya**®, which is originally famous for its top-quality sushi and seafood offerings. For pork lovers, a highly recommended dish is the Pork Belly, simmered for five hours to bring out the most luscious flavor and texture. It is served with radish, tomato, and ponzu sauce.

Meanwhile, **Tokyo Tonteki**® gives you another interesting pork delicacy to learn about called *tonteki*. *Tonteki* is a tasty thick-cut pork loin steak popular in Yokkaichi City in Mie, Japan. Compared to the usual pork steak or cutlet, *tonteki* has a distinct garlic-flavored sauce and the meat is soft and juicy despite the thick cuts.



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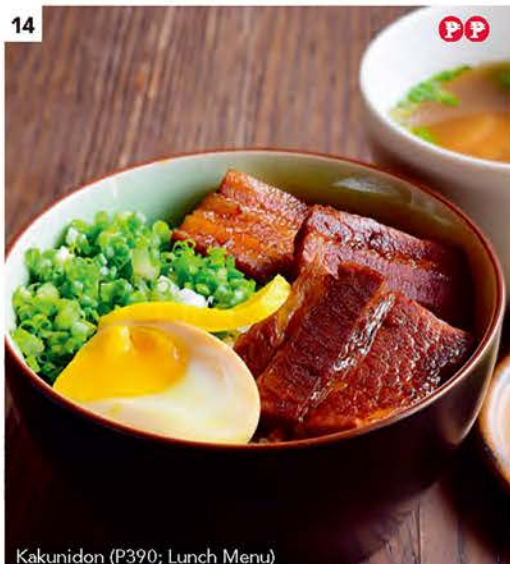
📍 Level 3, Century City Mall, Century City, Kalayaan Ave., Poblacion, Makati City ☎ 02-812-0333
🕒 11 am to 9 pm (Mon to Thu), 10 am to 10 pm (Fri to Sat), 10 am to 9 pm (Sun)



Kenshin Buta Shogayaki (P299)



📍 The Linear Makati, Mayapis cor. Yakal St., Makati City
☎ 0949-883-1200
🕒 11 am to 2:30 am



Kakunidon (P390; Lunch Menu)



📍 G/F ACI Bldg., 147 H.V. Dela Costa St., Salcedo Village, Makati City
☎ 02-816-4588 🕒 7 am to 10 pm (Mon to Sat)

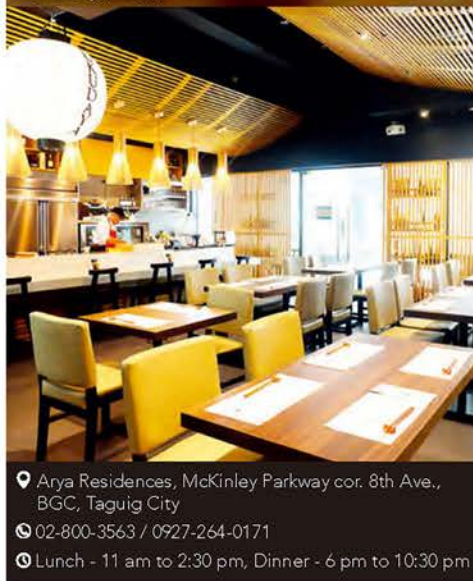


Pork Loin Steak (P650)

📍 LG/F, Makati Central Square, Chino Roces Ave., Makati City
☎ 02-800-3814/ 0929-247-2934 🕒 11 am to 10 pm



Pork Belly (P450)



📍 Arya Residences, McKinley Parkway cor. 8th Ave., BGC, Taguig City
☎ 02-800-3563 / 0927-264-0171
🕒 Lunch - 11 am to 2:30 pm, Dinner - 6 pm to 10:30 pm



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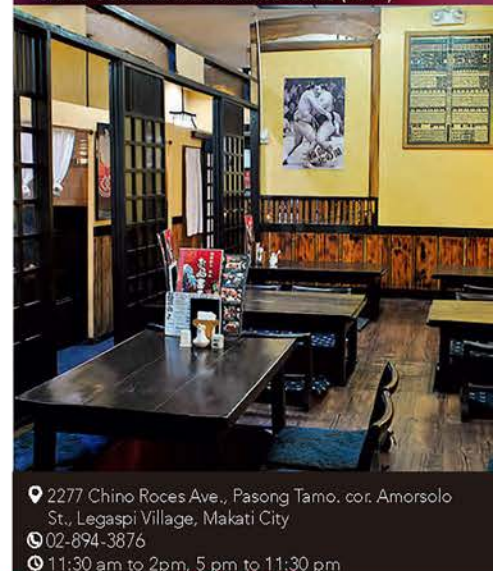
Butabara (P95/stick)



📍 Unit 4 Mezzanine, Creekside Mall, Amorsolo St. cor. V.A. Rufino St., Legaspi Village, Makati City ☎ 02-893-3294
🕒 11 am to 2 pm, 5 pm to 11:30 pm



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📍 2277 Chino Roces Ave., Pasong Tamo. cor. Amorsolo St., Legaspi Village, Makati City
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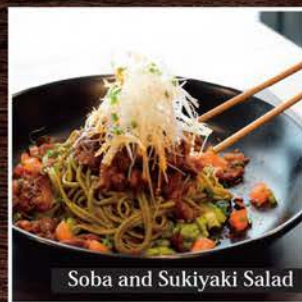
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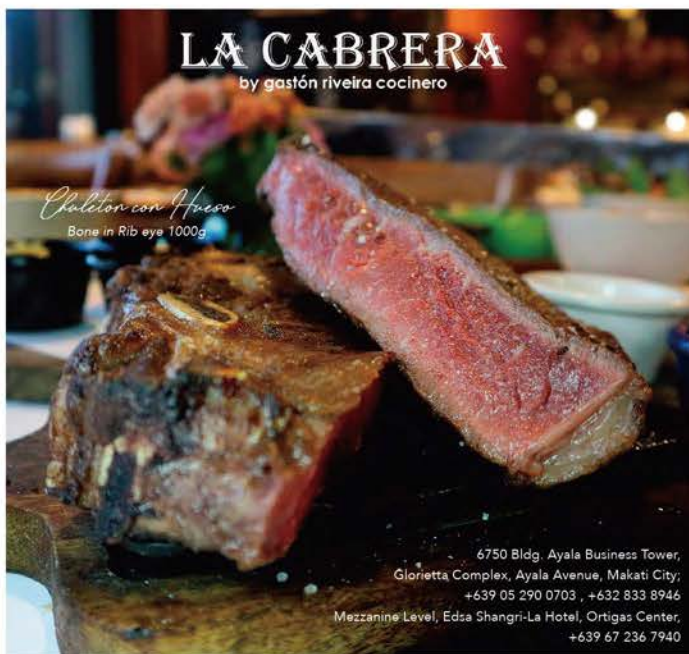
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Upper left: Simple and cozy restaurant interior
Upper right: Yokohama Set (P1,450)
Lower left: Kaisen Moriawase (P590)
Lower Right: Bibimen (P350)

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The nature spots of Quezon City are deemed vital as the lungs of the city, pumping fresh air and providing people with places to breathe and rid of the toxicity of city life once in a while.

Long before it became a highly-urbanized city, Quezon City was composed of small individual towns designed to replace Manila as the country's capital. It was a purposeful dream for the late president Manuel L. Quezon who envisioned something big for his namesake city. Currently the most populous city in the country, it hosts numerous government offices and historical sites such as the Quezon Memorial Circle and Bantayog ng mga Bayani.

Quezon City is also considered as the seat of knowledge, housing two of the biggest universities in the country—University of the Philippines Diliman and Ateneo de Manila University. Meanwhile, Tomas Morato and Timog Avenue are popular centers of nightlife and entertainment, with energy beaming even at midnight. It also houses two of the country's biggest television networks—ABS-CBN and GMA Network.

However, contained within this thriving city are areas filled with old trees and lush green meadows. Quezon City is home to nature parks like La Mesa Ecopark and Ninoy Aquino Parks and Wildlife Center, and jogging spots like the UP Academic Oval, making it one of the greenest cities in the metro—a fact that is lesser known to people outside the city.

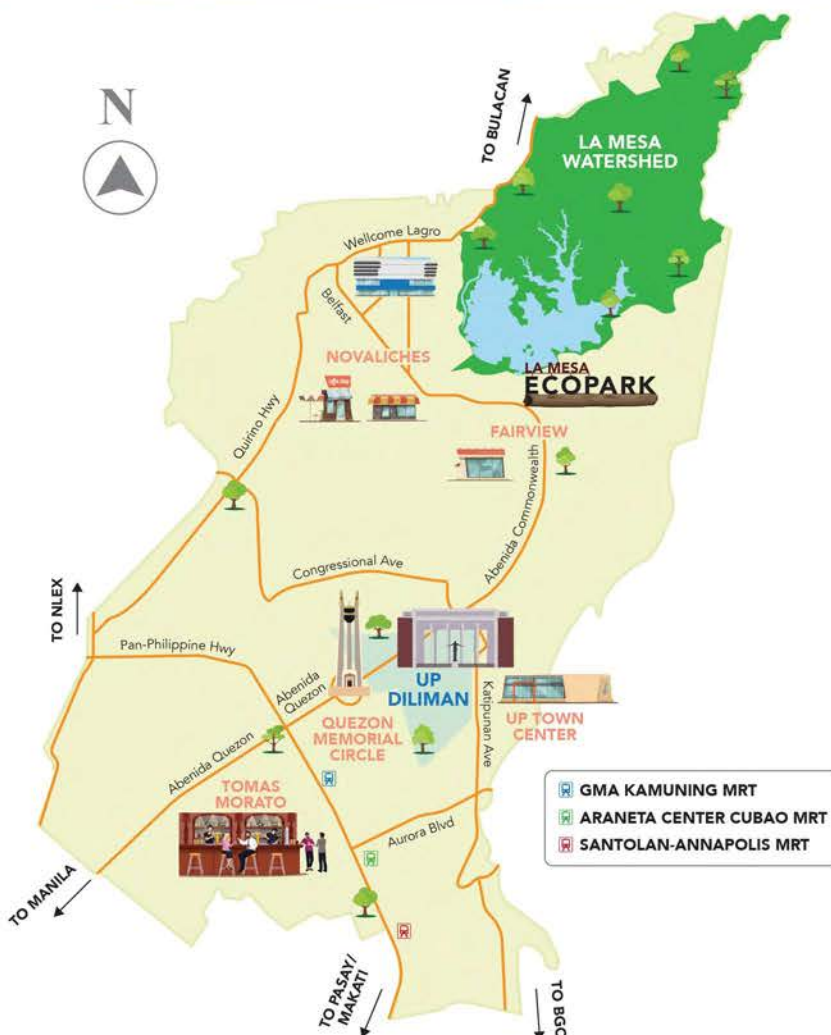


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Feature by Denise Tenorio & Faye Almazan
Design by Jowinie Doma



GETTING HERE

One of the most convenient modes of public transport to Quezon City is Point-to-Point (P2P) buses. P2P buses run from NAIA to Araneta Center Cubao; from Glorietta 3 to UP Town Center/Katipunan, Robinsons Novaliches, and Eastwood; and from Park Square in Makati to Trinoma. Fares range from P100 to P280. Five MRT-3 stations are also distributed around Quezon City, namely, Santolan, Araneta-Cubao, GMA-Kamuning, Quezon Avenue, and North Avenue. The most common way to get around the city is by riding a jeepney.

NATURE & OUTDOORS

La Mesa Ecopark

Long before the ecopark was established, La Mesa Ecopark was part of the 2,700-hectare La Mesa Watershed, the primary source of drinking water for Metro Manila residents and 2,000 hectares of which is forested land. It is one of the metropolis' very last forests that provide clean air to the city and preserve endemic flora and fauna.

The 33-hectare public park located outside the natural boundaries of the watershed was rehabilitated in 1999. This area was named separately as La Mesa Ecopark and reopened to the public in 2004. Today, the ecopark is a venue for outdoor recreation and true forest experience. It is a living laboratory for students and a popular destination for family outings and picnics.

The ecopark has a five-hectare picnic ground with grilling facilities. You may bring your own food or buy from the food stalls around. Ideal for big groups are the Cabana Rentals (P500/-day; first-come-first-served). There are also tables and chairs available for rent, priced at P120/set (1 table, 4 chairs).

If you enjoy jogging and/or biking, you can find solace in walking along the tree-lined paths or go on an adventure along the 1.2-km mountain bike trail. For kids and beginners, there is a bike rental close to the fishing lagoon (P80/hr).

After working up a good sweat, you can take a dip in the Salt Water Swimming Pool Complex, which uses salt granules instead of chlorine for a safer and less toxic swim. The newest swimming facility with rental lockers is composed of a 25-meter, 6-lane lap pool (5-8 ft), and a wading pool (2-4 ft) ideal for families and children. Both pools are overseen by certified lifeguards during operating hours, 9 am to 4 pm. Pool admission ranges from P40 to P80, and the use of proper swimming attire is strictly enforced.

Other facilities ideal for young groups are the Butterfly Haven (P60/person), the Fishing Lagoon where you can enjoy fishing at P80/kilo or feeding fish at P15/feed pack, the Archery (P50 - P100), and the Basketball Shootout (P50/3mins).

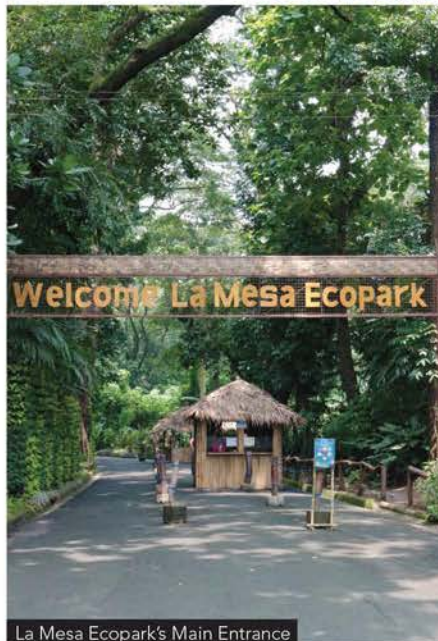
If a day is too short for you to take in the beauty of the ecopark, you may go on an overnight camping (P500/person). A minimum of 15 campers and booking a week in advance are required.

The main entrance to La Mesa Ecopark is accessible via Dunhil St., passing a steel bridge that connects to Quezon City Drive and onto the Main Road of La Mesa Ecopark. Ecopark admission is P50/person above 3 ft (P40 for QC residents).

📍 La Mesa Dam Compound, Greater Fairview, Quezon City
☎ 02-430-4051
🕒 8 am to 5 pm
📱 La Mesa Ecopark



2-hectare flower terraces



La Mesa Ecopark's Main Entrance



Lap pool



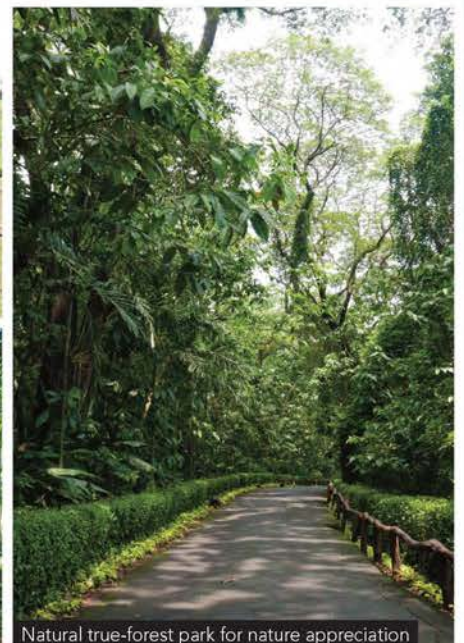
Bike rentals for beginners



Photo op spot at the flower terraces



Overnight camping grounds



Natural true-forest park for nature appreciation

Quezon Memorial Circle

Quezon Memorial Circle is a national park and shrine dedicated to the late president Manuel L. Quezon. The symbolic shrine, built in the 1950s, has three vertical pylons holding three angels at the top, which represent the three main islands of the Philippines: Luzon, Visayas and Mindanao.

Quezon Memorial Circle serves as a big recreational ground that houses fitness and sports facilities, a playground, picnic area, and a small amusement park called Circle of Fun (currently under renovation). Facing the amusement park is the newly renovated basketball and volleyball court, and on the left side is a children's playground called Circle of Joy.

There is also a biking track that goes around Circle of Fun and Circle of Joy, and you can rent a bike at the QMC Bicycle Station. In this area, you will also find a lot of garden and landscaping shops. While there are also many food stalls around this area, most restaurants are concentrated in the southern part beginning from Quezon City Experience (QCX) Museum.

Meanwhile, the southwest side of the park, near the memorial shrine, conveniently offers city dwellers a place for meditation and a brief taste of solitude. The area is also filled with gardens adjacent to one another: the biggest being the green Tropical Garden and the more colorful Flower Garden.

Quezon Memorial Park also houses four museums, the Quezon City Experience (QCX), Presidential Car Museum, Museum of Manuel L. Quezon, and the Quezon Heritage House.

📍 Elliptical Rd, Diliman, Quezon City
☎ 02-924-3395
🕒 5 am to 11 pm



Quezon Memorial Shrine (66m tall)



Picnic area



Circle of Joy



Quezon City Experience, tagged as the first interactive museum of the city



Presidential Car Museum



President Emilio Aguinaldo's
1924 Packard Single
6 233 Series

UP Academic Oval

Canopied by over a hundred age-old acacia trees, the UP Academic Oval of the University of the Philippines (UP) Diliman has been the site of many demonstrations and school activities. The oval is bounded by Osmeña Avenue and Roxas Avenue, forming a 2.2-km elliptical highway that welcomes joggers, bikers, and visitors from outside the university. The highway is divided into three lanes—one for motorists, one for bikers, and another for joggers.

The UP Academic Oval encompasses the University Main Library and the Sunken Garden on the eastern end, and the UP Oblation, the University Administration Building, the University Amphitheater, and the UP Lagoon, on the western side. Meanwhile, surrounding the oval are several neoclassical college buildings.

📍 University of the Philippines Diliman, Quezon City



University Amphitheater



UP Oblation

CITY ACTIVITIES

Quezon City Experience (QCX)

Tagged as the first interactive museum of the city, Quezon City Experience (QCX) is one of the newest attractions inside Quezon Memorial Circle, with over 15 galleries to explore. The socio-historical museum recounts the history of the city through life-size exhibits, galleries, a small theater, and virtual displays.

One of the first scenes you'll find inside the gallery is the replica of late-president Manuel L. Quezon's office in Malacañang that includes the famous window view, and an engraved map of Quezon City on his table. As the knowledgeable tour guide walks you around, you will also pass by the War Gallery that holds thrilling ghost stories and true tales from the war. Aside from the historical galleries, QCX also showcases a different side of the city through its education, entertainment, and business galleries, all designed seamlessly by utilizing art and technology. Tours end with an impressive cinematic presentation of the future envisioned for Quezon City.

📍 Quezon Memorial Circle, Elliptical Rd., Diliman, Quezon City

🕒 8 am to 4 pm

✉ qcx.marketing@gmail.com

📘 QCX: Quezon City Experience

Admission Fees: P150 for non-QC residents / P100 for QC residents / P80 for students, senior citizens, and PWD

Art in Island

Art in Island is considered as one of the biggest interactive art museums in Southeast Asia as it houses over 50 3D paintings with themes like fantasy, aquatic, religion, masterpiece, and animals. The museum utilizes optical illusions or illusion art to create imagery that stimulates one's creativity and imagination. Taking pictures is highly encouraged in order to see the full effects of the artworks. If you find yourself hungry, Art in Island has its own restaurant and cafe.



📍 15th Ave., Cubao, Quezon City

☎ 02-421-1356

🕒 9:30 am to 9:30 pm (Tue to Sun)

📘 Art in Island

📱 @artinsland

Entrance Fee: P500 (Adult); P400 (Student)

UP Town Center

UP Town Center (UPTC), a part of the Ayala Malls group, is the first to follow the university town concept in the country. Serving as an urban destination for food, shopping, and leisure, the mall is characterized by its large open areas, complemented by modern architecture and alluring murals. While its main target market is students around the Katipunan area, it also houses upscale restaurants and fashion outlets, such as H&M, Uniqlo, and Giordano.



📍 Katipunan Avenue, Diliman, Quezon City

🕒 Business hours: 11 am to 9 pm (Mon to Thu); 10 am to 10 pm (Fri to Sun)

Bantayog ng mga Bayani

Bantayog ng mga Bayani, which translates to "a monument to the heroes," is a museum and historical center that commemorates the people who bravely challenged the system during the Martial Law era. You can learn about the lives of the martyrs and heroes who fought the Marcos dictatorship (1972-1986) through the Hall of Remembrance, the Bantayog Museum, and the 35-foot Inang Bayan (Mother Nation) statue.



📍 Quezon Ave., Brgy. Pinyahan, Diliman, Quezon City

☎ 02-985-1126 / 0977-622-0828 / 0908-505-4761

🕒 9 am to 11 am, 2 pm to 4 pm (Tue to Fri)

📘 bantayog.org

📘 Bantayog ng mga Bayani

Santa Maria della Strada Parish

Sta. Maria della Strada Parish was established on January 9, 1981 as a new parish for the growing community of Katipunan Avenue. The octagonal church architecture is more modern than classical, adopting contemporary geometrical and tropical designs. Towering over and beside the church is the campanile made of bronze-painted steel, with 12 bells chiming at the top.



📍 Katipunan Ave. cor. Pansol St. Quezon City

☎ 02-929-7790

🕒 9 am to 12 pm, 2 pm to 5 pm (Tue to Sun)

📘 Sta. Maria della Strada Parish



Good FOOD

Alex III

PP

Alex III is a charming dining place that looks more like a home than a restaurant. It is a favorite venue and catering provider for weddings and family occasions—their home-style food makes gatherings even warmer and more intimate. You can enjoy a selection of classic and all-time favorite Filipino dishes. Their serving of Pinakbet sa Bagnet is a plateful reminder of mom's delicious cooking. They also offer a Japanese menu, which includes sashimi, sushi, maki, and even a seven-course Japanese dinner.

📍 53 Pontiac St., cor. Chevelle, South Fairview
☎ 02-376-6286 / 02-376-5179
🕒 11 am to 10 pm



Pinakbet sa Bagnet (P499)

Kale Cafe + Restaurant

PP

Developed by a small community of people collaborating to create something different out of the ordinary, Kale Cafe + Restaurant is a rustic-minimalist cafe, clean and clutter-free with natural lighting and big windows overlooking the busy streets of Fairview. For over a year now, Kale has been serving popular Asian specialties with a twist. For instance, their Bibimbap is made with bacon instead of bulgogi, somehow giving this Korean staple a Western twist.

📍 2/F Melting Pot Bldg., Ciudad Verde Executive Village, Omega Ave., Greater Fairview, Quezon City
🕒 9 am to 10 pm
📱 Kale Cafe + Restaurant



Bibimbap (P295)

Prologue

PPP

Prologue introduces an impressive French-Asian themed setting of classic old wood and chandeliers, a playful scheme to attract diners amid the busy streets of Quezon City. From al fresco dining and cozy couches to freshly baked bread and in-house roasted coffees, you are guaranteed to find solace at Prologue's hand-made offerings. Their Beef Rendang is a must for those with a big appetite. It is made with braised beef brisket paired with coconut rice topped with French beans, broccoli, jicama, and carrots. The taste resembles a curry but has a little spicy kick that complements the greens and the rice.

📍 87 Sct. Gandia St, Diliman, Quezon City
☎ 02-692 2013
🕒 11 am to 3 pm, 5 pm to 10 pm
📱 Prologue PH
📱 @prologue.ph



Beef Rendang (P490)

Ally's All-Day Breakfast Place

PP

The honest-to-goodness pancakes, waffles, and rice meals of Ally's have captured the hearts of the breakfast lovers of the North since it was first introduced in 2013. They are especially known for their Death by Chocolate pancakes. These chocolate pancakes are layered with chocolate hazelnut spread, drizzled generously with chocolate syrup, and topped with chocolate chips and a scoop of chocolate ice cream.

📍 31 Pontiac St., Fairview Park Village, Quezon City
🕒 8 am to 9 pm
📱 Ally's All-Day Breakfast Place
📱 @allysallday



Death by Chocolate
(P220 - 2 stacks; P270 - 3 stacks)

Zaan Japanese Tea House

PPP

Zaan Japanese Tea House reflects comfort and style in both its interior and food. It is designed as a Japanese home-cooking bistro, a concept conceived by Non Iwamoto. Experience authentic Japanese culture through their tea ceremonies, cooking lessons, and Nihongo chit-chat nights, along with Japanese favorites such as Japanese rice and noodle dishes, desserts, and beverages like beer and sake. Among their recommended noodles is the Zaru Soba, composed of cold buckwheat soba noodles served with nori, soy sauce, plum, wasabi, and spring onions.

📍 Norfil Foundation Bldg., 16 Mother Ignacia Ave. cor. Don Rocas Ave., Quezon City
☎ 02-718-1231
🕒 11:30 am to 10 pm (Mon to Sat); 11:30 am to 5 pm (Sun)
📱 Zaan Japanese Tea House
📱 @zaanteahouseph



Zaru Soba (Plain P220)

Chi Em Gai

P

Chi Em Gai, which means "sisters," serves fresh and healthy Vietnamese favorites. Their carefully curated menu highlights the best of Vietnam with a few tweaks here and there to better suit the Filipino palate. They offer everything from Goi Cuon (Vietnamese Fresh Spring Rolls) to the popular Pho Bo or (Beef Noodle Soup). The Goi Cuon has a surprising kick of flavor in each bite because of the mint leaves put inside each roll.

📍 Cluster 2, Retail 13, ETON Centris, EDSA cor. Quezon Ave., Diliman, Quezon City

☎ 0916-793-3747

🕒 11 am to 4 am

📱 Chi Em Gai - Vietnamese Restaurant

📷 @chiemgai_ph



Goi Cuon (P199)

Kapitan Gimmo

PP

Kapitan Gimmo serves delicious dishes from the Seafood Capital of the Philippines, Capiz. The restaurant along Fairview offers unlimited seafood for only P599. If you think the eat-all-you-can is too much for your small appetite, they also have ala carte dishes that are just as delectable like a plate of their Garlic Butter Shrimp.

📍 Blk 176 Lot 43 Geneva Gardens, Neopolitan 7, North Fairview, Quezon City

☎ 02-502-0341 / 0966-709-7522

🕒 11 am to 11 pm

📱 Kapitan Gimmo

📷 @kapitangimmo



Garlic Butter Shrimp (P258)

White Camp Coffee and Kitchen

PP

This cafe and kitchen serves traceable coffee, like their house coffee made from beans sourced from Brazil. For the mains, we recommend their Miso Carbonara, White Camp's version of carbonara infused with miso, something to satisfy both Western and Eastern palates. Finish off a heartwarming meal with their Bubble Waffle, a generous serving of chocolate waffles with vanilla ice cream on the side.

📍 #62 Sgt. Esguerra Ave cor. Mother Ignacia Ave, South Triangle, Quezon City

☎ 0995-502-8575

🕒 8 am to 11 pm (Mon to Sat); 11:30 to 8:30 pm (Sun)

📱 White Camp Coffee & Kitchen

📷 @whitecampcoffee



Bubble Waffle (P190)

Hanako

P

Hanako Japanese Restaurant offers affordable Japanese favorites such as sushi, sashimi, katsu, gyoza, and donburi. If you're a fan of sushi, a recommended dish is Takai Aburi Roll. The sushi roll has cucumber strips and onion leaks that give you a crunchy bite. You can enjoy this and other dishes in the restaurant's interior that plays with green and white colors, a casual setting to enjoy a quick bite with friends.

📍 2/F The Rock Lifestyle Hub, Holy Spirit Dr., Isidora Hills, Quezon City

☎ 02-931-7237

🕒 11 am to 10 pm

📱 Hanako

📷 @hanako.ph



Takai Aburi Roll (P149)

The Porch

PP

Featuring a homey vibe and satisfying American comfort food, The Porch by Casa Verde is aptly a place to get a quick refuge from the busy thoroughfare of Anonas Extension. This family-friendly restaurant is known for its huge servings of burgers, ribs, and shakes. Their The Porch Platter, for one, is the perfect dish for a round of catching up and dining out with friends and family.

📍 113 Anonas Ext. Brgy. Sikatuna Village, Quezon City

☎ 02-952-7178

🕒 10 am to 10 pm

📱 The Porch

📷 @theporch_ph



The Porch Platter (P1,499)

Half Saints

PP

Half Saints is a neighborhood cafe that serves undeniably unique renditions to popular comfort food. Their Chicharron Teriyaki marries Japanese and Tarlac (Philippine province) cuisines by combining the teriyaki-glazed Camiling bagnet, nori, and cream cheese in one do-it-yourself roll. Half Saints also values simplicity, which shows not only in their food offerings but also in their minimalistic interiors.

📍 Unit 9, G/F The Ignacia Place, 62 Sgt. Esguerra Ave. cor. Mother Ignacia Ave. Brgy. South Triangle, Quezon City

☎ 0935-933-0512

🕒 11:30 am to 10 pm (Tue to Sun)

📱 Half Saints

📷 @halfsaints



Chicharron Teriyaki (P295)



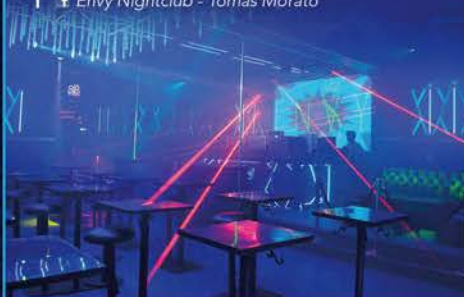
Nightlife & Entertainment

Envy Night Club

PPP

Previously known as Vanity Nightclub, ENVY serves as a haven for upscale party-goers. The club offers the ultimate nightlife infused with the latest trends and technology, featuring some of the well-known DJs in the metro. It is usually full and loud on Friday and weekday nights, with performers and DJs leading guests to the rhythm.

📍 212 Sct. Lazcano St., Tomas Morato, Quezon City
 ☎ 0975-276-8671 / 0939-847-0234
 ⌚ 10 pm to 6 am (Wed to Sat)
 📌 Envy Nightclub - Tomas Morato



Fête Manila

PPP

Fête Manila is a modern cocktail bar found inside the Blue Leaf Cosmopolitan that serves as a classy yet relaxed hangout for young professionals and businessmen looking to unwind with top-of-the-line cocktails and wines. If you're up for some fun in your drinks, ask for the bartender's own signature cocktails.

📍 Blue Leaf Cosmopolitan, 80 Eulogio Rodriguez Jr. Ave., Ugong Norte, Quezon City
 ⌚ 4 pm to 1 am (Tue to Sun)
 📌 Fête Manila



Image Courtesy: Fête Manila

The Beer Factory

PP

This award-winning bar from Malaysia makes Manila happier through their exceptional servings of comfort food, friendly service, and of course, bar drinks. They have variants of local and international beers as well as liquors like Jack Daniel's, Jose Cuervo, and Jagermeister.

📍 Eton Centris Walk, Quezon Ave., Diliman, Quezon City
 🌐 the-beer-factory.com
 📌 The Beer Factory Philippines



Vitto's Wine Bar

PP

Named a character in the literary and film classic The Godfather, Vitto's is one of the few places in the city solely dedicated to serving good bottles of wine. Beyond its walls lies Prima Facie, a speakeasy bar where you can get handcrafted cocktails and other spirits aside from wine.

📍 #114 Sct. Lozano St. cor. Tomas Morato, Diliman, Quezon City
 ☎ 02-374-2299 / 0906-136-1712
 ⌚ 11 am to 1 am (Mon to Thu);
 11 am to 2 am (Fri and Sat); 6 pm to 12 am (Sun)
 📌 Vitto's Wine Bar and Restaurant



Maginhawa StrEat Food Park

P

Its garden-like setting and bright neon lights invite family and friends for a night of fun and eats. Currently, the food park features 14 stalls catering to every craving there is, from Chinese and Filipino cuisine to desserts and alcoholic beverages.

📍 91 Maginhawa St., Teacher's Village, Diliman, Quezon City
 ⌚ 5 pm to 12 am (Tue to Sun)
 📌 Street: Maginhawa Food Park



Klownz Comedy Bar

PP

Conclude your night with a good laugh at Klownz Comedy Bar, where you'll find some of the most talented and well-known names in the industry of entertainment like Allan K and Wally Bayola. You can catch them every Fridays and Saturdays LIVE at Klownz. Enjoy a night filled with drinks and laughs for an entrance fee of P300 on weekdays and P400 on weekends.

📍 1328 Sunshine Boulevard Bldg. Sct. Santiago St. cor. Panay Ave. Quezon City
 ☎ 0977-849-3858
 ⌚ 8 pm to 3 am
 📌 Klownz Comedy Bar Fanpage



Image Credit: Klownz Facebook

Zirkoh Comedy Bar

PP

An equally famous comedy bar and sister company of Klownz is Zirkoh Comedy and Music Bar. Zirkoh also features the same talented comedians from Klownz, but aside from comedy acts, it also brings in guest celebrities, dancers, and singers for a complete entertainment experience. Entrance fee costs P300.

📍 88, Tomas Morato Ave. cor. Sct. Lozano St., Quezon City
 ☎ 02-376-7287
 ⌚ 9 pm to 2 am
 📌 Zirkoh



Image Credit: Zirkoh Facebook

Laffline

PP

Laffline Comedy Bar is another well-known bar home to some of the wackiest stand-up comedians in the metro. You can enjoy comedy performances while having cocktails in a cozy and casual table setting for an entrance fee of P300.

📍 3 South, Diliman, Quezon City
 ☎ 02-372 2675
 ⌚ 7 pm to 3 am
 📌 Punchline Laffline



Image Credit: Laffline Facebook



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#101 VM Condominium, 146 Amorsolo St., Legaspi Village, Makati City

✈️ 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 Rd., Pasay City

Japan Airlines

02-403-2486
2/F, 6788 Ayala Ave.,
Oledan Sq., Makati City

Philippine Airlines

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

TRAVEL & TOURS

Attic Tours Philippines, Inc.

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

HIS

02-822-4496
Shopping Arcade 2F, Serendra,
Bonifacio High Street, BGC, Taguig City

JTB Asia Pacific Phil. Corp.

02-832-5626
Unit 2, 18th Floor, RCBC Savings
Bank Corporate Center, 26th &
25th Sts, BGC, Taguig City

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

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., Legaspi 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. cor. Makati Ave., Makati City

Pan Pacific Hotel Manila

02-318-0788
M. Adriatico cor. Gen. Malvar Street, Manila

Raffles Makati

02-555-9777
1 Raffles Drive, Makati Ave., Makati City

Seda BGC

02-945-8888/02-588-5700
30th St. cor. 11th Ave., BGC, Taguig City

OTHERS

AccessTrip Transport Service

0917-536-6969/0917-598-0291
2744-A Faraday St., San Isidro, Makati City

Friendship Tours(Visa)

02-840-1060
3/F, Dusit Thani Hotel, Makati City

New World Makati Hotel

02-811-6888
Esperanza St. cor. Makati
Ave., Ayala Center, Makati City

Philippine Retirement Authority

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

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02-307-7875 / 0927-816-6080



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.



Maria Tricia Subido-Cariño, MD

Pediatrics / Pediatric Infectious Diseases

Dr. Tricia Subido-Cariño has been specializing in pediatric infectious diseases for more than 10 years now. She shared how being a doctor requires a great load of sacrifices, but seeing the babies she tended to grow into healthy children and adolescents is gratifying enough. Despite being in the field for a decade, she knows each and every one of them and never forgets a single name. She treats her patients like her own family to the point that she can't help but be emotionally attached to them sometimes, especially those who get sick with vaccine-preventable diseases. Dr. Subido-Cariño is a member of the Pediatric Infectious Disease Society of the Philippines (PIDSP).

Make an appointment:

- ✓ Room 154 Medical Arts Bldg., Cardinal Santos Medical Center, Greenhills, San Juan
- Tuesday, Thursday, Saturday (By Appointment)
- Contact No.: 02-727-0001 loc. 2154

Adrienne Lois De La Cruz, CSP-PASP

Speech Language Therapy For Children and Adults

She originally became a speech language therapist to satisfy her parents, but when she entered the field, her appreciation and love for the field came into fruition. Some of the patients that come to her are those with speech problems due to traumatic brain injury, stroke, or organic voice diseases. Some of the conditions she handles for both adults and children include voice disorders, swallowing disorders, and other language disorders. Meanwhile, in pediatrics, Cerebral Palsy, ASD and ADHD are some of the cases that she works with. De La Cruz is currently completing her master's degree for Language and Literary Education. Currently, De La Cruz is a consultant at Makati Medical Center whilst running her own Therapy and Learning Center. At Makati Medical Center, she accommodates both in and out-patients at the Center for Physical Medicine and Rehabilitation (PMR) and the Center for Pediatric Development and Rehabilitation (CPDR). She is the proprietor of A • Works Therapy and Learning Center which she established to provide more options for affordable and quality treatment.



Make an appointment:

- ✓ A•Works Therapy and Learning Center, 77B Diego Silang Ave., Phase II AFPOVAL, Brgy. Western Bicutan, Taguig City
Wednesdays to Saturdays: 9 am to 6 pm
Contact No.: 0918-399-2756

Juvy C. Martillos-Sy, RDN, RND, FSCO

Clinical Nutrition and Dietetics

Inspired by her father's dream, USA-Registered Dietitian-Nutritionist and Philippine Professional Regulation Commission (PRC) Registered Nutritionist-Dietitian Juvy Martillos-Sy eventually developed a passion for the field of Nutrition and Dietetics, especially after learning how certain nutrient deficiency and toxicity can affect a person's overall health. She worked for six years as a Nutritionist-Dietitian at St. Luke's Medical Center and enhanced her skills and competencies as a Clinician at the Ministry of National Guard Health Affairs in Saudi Arabia for eight years, specializing in Neonatal Nutrition, Pediatric Nutrition, and Renal Nutrition. To date, she is the Chief Nutritionist-Dietitian at the Asian Hospital and Medical Center, where she actively empowers nutrition and dietetic professionals both from inside and outside of the institution. She is as strong collaborator in the healthcare team by providing medical nutrition therapy to specific patient groups such as pediatrics, adolescents, adults, and geriatrics who are well and critically-ill patients. Her typical day at work involves implementation of nutrition care process by nutrition assessment, diagnosis, monitoring, and evaluation of the status of nutritionally at risk patients; and designing individualized diet plan according to different age groups. Compliance and compromise are really important for her, so she takes time engaging with patients and care givers to ensure successful diet implementation. Moreover, Ms. Martillos-Sy had an international appointment as a member of Education Professional and Development Committee of American Society of Parenteral and Enteral Nutrition (ASPEN) and has taken part nationally in preparing the Hospital Nutrition-Dietetics Management Practice Guidelines of the Department of Health (DOH) and PRC.



Make an appointment:

- ✓ 4F, Lifestyle Medicine Center, Nutrition Wellness, Tower 1, Asian Hospital and Medical Center, Alabang, Muntinlupa City
Mondays to Fridays: 8 am to 5 pm • Contact No.: 02-771-9000 loc. 5844

Irene Gaile Robredo-Vitas, MD, FPDS

Dermatology

Dr. Robredo-Vitas has been in the practice for five years now. She is fascinated with how the human body works but, ultimately, she became a doctor because she finds contentment in being able to make others feel better. She also wanted to make a valuable contribution to the society. Dr. Robredo-Vitas individualizes her treatments based on the needs of her patients. Most of the cases she treats are common skin conditions that include acne vulgaris, atopic dermatitis and allergies. She also has patients come in for aesthetic concerns. Moreover, she does procedures like laser hair removal, laser skin rejuvenation, chemical peels, acne scar treatments, and injectables such as botulinum toxin (BTX) and soft tissue fillers.

Make an appointment:

- ✓ DermHQ, 2/F Island Plaza Bldg., Salcedo Village, Makati City
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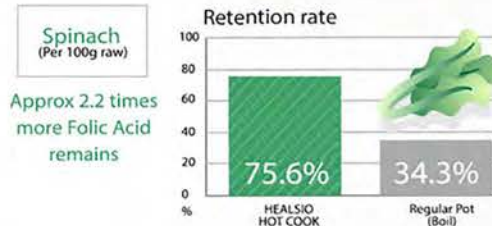
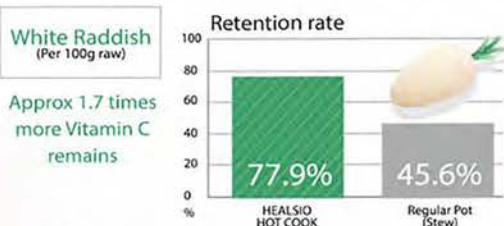
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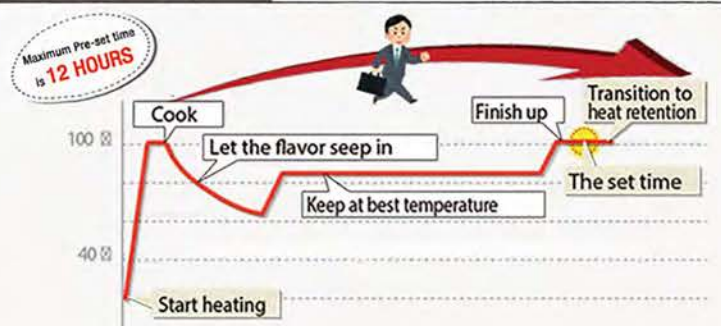
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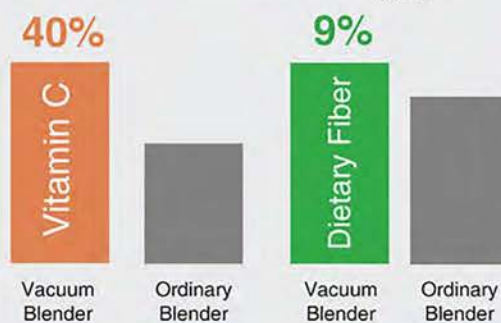


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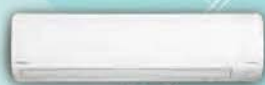
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Business Talk

An interview with the top executives in the Philippines
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Albert Wang
President of MELCO Factory Automation Philippines

Albert Wang is the President of the newly-established MELCO Factory Automation Philippines Inc., a joint venture between Mitsubishi Electric Corporation (MELCO), Integrated Factory Automation Inc. (IFA), and Setsuyo Astec Corporation (STC), focusing on sales and technical services for factory automation products. With an extensive background in the industrial machinery business, at a young age, Albert Wang has already been a proponent of automation. With a degree in marketing management, he considers himself an industrial salesman, working closely with the sales and technical units.

Please tell us your background in business.

When I started in 1988, I was a salesperson for equipment in the food and beverage industry. I was in the food processing division in the beginning; and then later on, I came to handle both food processing and packaging divisions. I established my first automation company in 2000 with the belief that someone in the Philippines had to promote innovation to the industry. That was when Asia-Pacific Packaging Equipment Corporation (APEC) was born. With our experience in promoting automation, we were able to get a project—the first in the Philippines—an Automated Warehouse System, and we supplied it to Monde Nissin Corporation in Sta. Rosa, Laguna. During that time, we were an end-user of Mitsubishi factory automation components, supplied back then by Setsuyo Astec. In the year 2005, Setsuyo invited APEC to be the exclusive local distributor of Mitsubishi components. In 2009, we spun off our factory automation division, and it was named Integrated Factory Automation (IFA). That's the time our company was able to expand to various industries aside from food and beverage. My presidency of MELCO Factory Automation Philippines (MELAP) is just very recent. The company will start officially in October.

Can you please introduce MELCO Factory Automation Philippines and its services?

The whole business when we established the new

company will be exactly the same as that of IFA. Aside from supplying the components, we do projects like machine conversion—because for the controls, there's obsolescence. After the equipment and controls age, the mechanical hardware is still functional; on the other hand, electrical controls become outdated and obsolete. We have the capability to convert and replace the controls while maintaining the current mechanical hardware, and then make the machine run for another good 10 to 15 years. It helps save money for the client, which is one of our core strengths. We also do system integrations. For example, if it's a food company—from processing, packaging, storage to automated warehouses and movement to the distribution centers, we can integrate them through Mitsubishi controls. Our scope of industries has become wider. Now, we are into logistics, automotive, semi-conductors, electronics, airport terminals and water districts. We can also contribute to building & energy management, infrastructure, and transportation development like MRT/LRT rails and future subways.

How do you plan to improve the sales and technical support of your company?

Formerly, as a distributor, there were some limitations when it comes to direct access of information on new technologies and updates. However, now that we are already part of MELCO, we have direct access to their massive technological library. In the world of automation, data on technological advancements is key to promoting a better system that captures a market. Take the e-Factory for example; taking advantage of the internet, we garnered the capability to see the live status of factories in different locations worldwide in one location—main displays, laptops or mobile phones. We can seamlessly combine the aspects of plant operations and business management systems with our e-Factory.

We can enhance and offer more advancement to support the emerging industries while catering to various customer requirements with reliable and robust customized solutions.

What are the challenges that you have encountered in running all these businesses?

The greatest challenge I continuously face is the current mindset of the people. If you talked about automation 20 years ago, limited companies would be interested because it's either they are still on the traditional side, with little awareness about automation, or they are too cost-conscious. They focus on the small matters, but they neglect to look into the holistic feature. So, when we offered them automation, a lot of times they turned us down. But here we are, we never give up because we want to contribute to the Philippine industry. Today it is proven—for those customers who gave us a chance, they now understand and reap the benefits of automation.

What are those benefits?

In automation, the common mentality is you are aiming to cut down the manpower or remove employees, but for us, automation means we have to increase the productivity by educating employees while promoting better working conditions.

We need to understand the data and have real-time data access in order to integrate manufacturing to the sales channel. When you integrate information and use automation, you can see a significant increase in the productivity. Productivity means you can increase your output and increase your profit while eliminating unnecessary problems like stoppage of production lines.

What can you say about the technological industry and the future of automation in the Philippines?

In other countries, the government supports and promotes the concept of "Industry 4.0" or the fourth industrial revolution (e-Factory). Automation is considered a great asset and companies are scrambling to be a part of the industrial revolution.

Here in the Philippines, we are still taking baby steps when in fact we must take leaps and bounds to better our economy's future. It is also our target to contribute to developing this industry.

My hope for the future of automation in the Philippines is that we catch up to our neighboring countries and bring back the way we once were, a market leader in the Asia Pacific Coast.

Can you describe your management style?

I am very hands-on but at the same time, I like empowering people especially the young ones of today. I want them to work on their own terms as long as they follow rules and are disciplined. They have to respect the system. I believe that by allowing them to work freely, they can become efficient. I believe that they are the future of our industry and that, as a mentor, being able to bring out their best qualities is the best way to manage a growing business. I want to promote growth to both my company and my people.

Can you give us a quote or phrase that motivates you to do well in your job?

Ever since, it has been, "Believing in Change." The negativity always comes from the mindset that, "It's impossible." I am the person who always believes, "It's possible."

For example, in the early '90s, the speed of a Japanese packaging machine for snacks was about 50-60 packs per minute; that was the standard. A customer told me that there's a European machine offering 100 per minute, and then my former boss said, "How stupid of you, Albert." Today, our machine is running at 135 packs per minute. But it did not become easy—it's a journey. If you don't believe in it, who will ever do it?

Scan the code to view the full interview. Read more on business at

www.primer.com.ph



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Visualisation: HMIs



Processing machines:
EDM, Lasers



Compact and Modular Controllers



Numerical Control (NC)



Robots: SCARA, Articulated arm

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128 LOPEZ-RIZAL ST., HIGHWAY
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Fax: +63 2 571 8979
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SCAN ME

Business Guide

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Legazpi Village, Makati City

Almario Physio Team

☎ 02-776-4977/0977-831-3424
808 The Infinity, 26th St. cor. 11th Ave., BGC, Taguig City

Canon

☎ 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

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Paranaque City

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Isuzu

☎ 02-807-1788
Alabang-Zapote Rd. cor. Acacia Ave.,
Ayala Alabang, Muntinlupa City

Kansai Paint

☎ 02-519-4276/049-530-9516
Unit 8-A South Luzon International
Business Park, Brgy. Batino, Calamba City

KL Serviced Residences

☎ 02-845-0084
47 Gamboa St., Legaspi Village, Makati City

Mitsubishi Motors

☎ 02-892-0331 to 42
Cor. Don Bosco and Pasong Tamo St., Makati City

Nippon Express

☎ 02-844-1111
Unit 2701 Yuchengco Tower RCBC Plaza,
Ayala Ave., Salcedo Village, Makati City

OCS

☎ 02-894-0341/02-817-8282
First Cityland Condominium Building,
Rada Street, Legazpi Village, Makati City

Sagawa

☎ 02-822-9911/02-776-2627
Suite 102, CTC Building, 2232 Roxas Boulevard, Pasay City

Sharp

☎ 02-807-4991
Km. 23 West Service Road, South Superhighway,
Alabang, Muntinlupa City

Value Asia

☎ 0917-817-6549/02-511-0781
2/F, COCOFED Bldg., 144 Amorsolo St.,
Legaspi Village, Makati City

BANKS

BDO

☎ 02-840-7000
7899 Makati Ave., Makati City

BPI

☎ 02-816-9572
BPI Head Office, 6768 Ayala Ave., Makati City

Metrobank

☎ 02-857-5319
Metrobank Plaza, Sen. Gil J. Puyat Ave., Makati City

RCBC

☎ 02-887-4941
Yuchengco Tower, RCBC Plaza, 6819 Ayala Ave., Makati City

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J-K Manpower

☎ 02-932-0963/0917-813-9678
UNIT 3 JKL 3/F, Crissant Plaza Building No. 272
Commonwealth Ave., Old Balara, Quezon City

NOSPHIL

☎ 02-687-1978
3/F, OAC Building, 27 San Miguel Ave.
Ortigas Center, San Antonio, Pasig City

Reeracoen Recruitment Co., Ltd

☎ 02-893-7282/02-843-2986

Sagass

☎ 02-893-8815
139 Valero St., Salcedo, Makati City

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Ingles Laurel Calderon Law office

☎ 02-812-9419/02-812-9333
Suite 7B, The Valero Tower, 122 Valero
Street, Salcedo, Makati City

Matsuo & Namba

☎ 02-892-3011/02-892-3032

Puyat Jacinto & Santos Law Office

☎ 02-840-5025 to 28
10/F, 8 Rockwell, Hidalgo corner Plaza
Drive Rockwell Center, Makati City

Venture Hub

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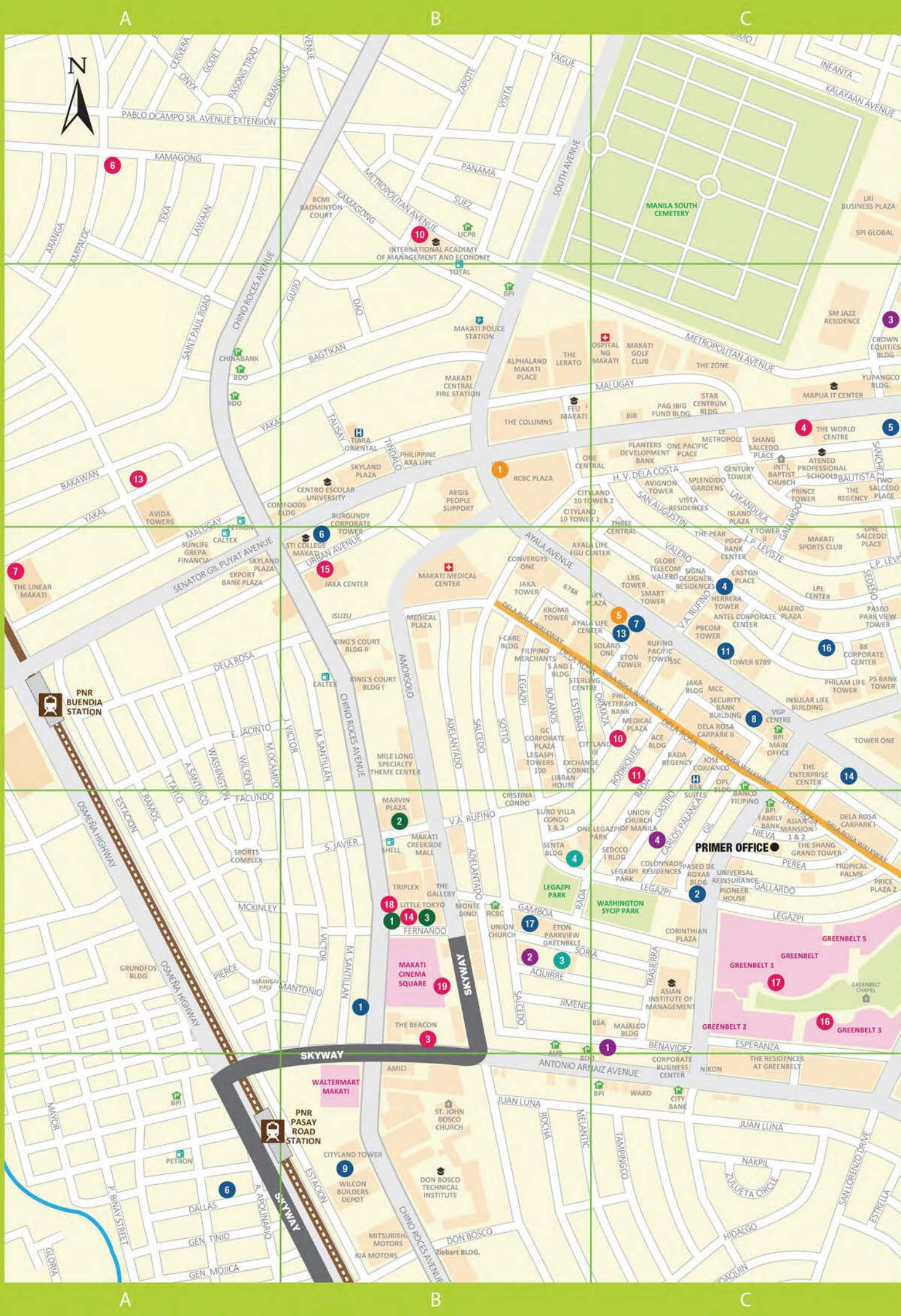


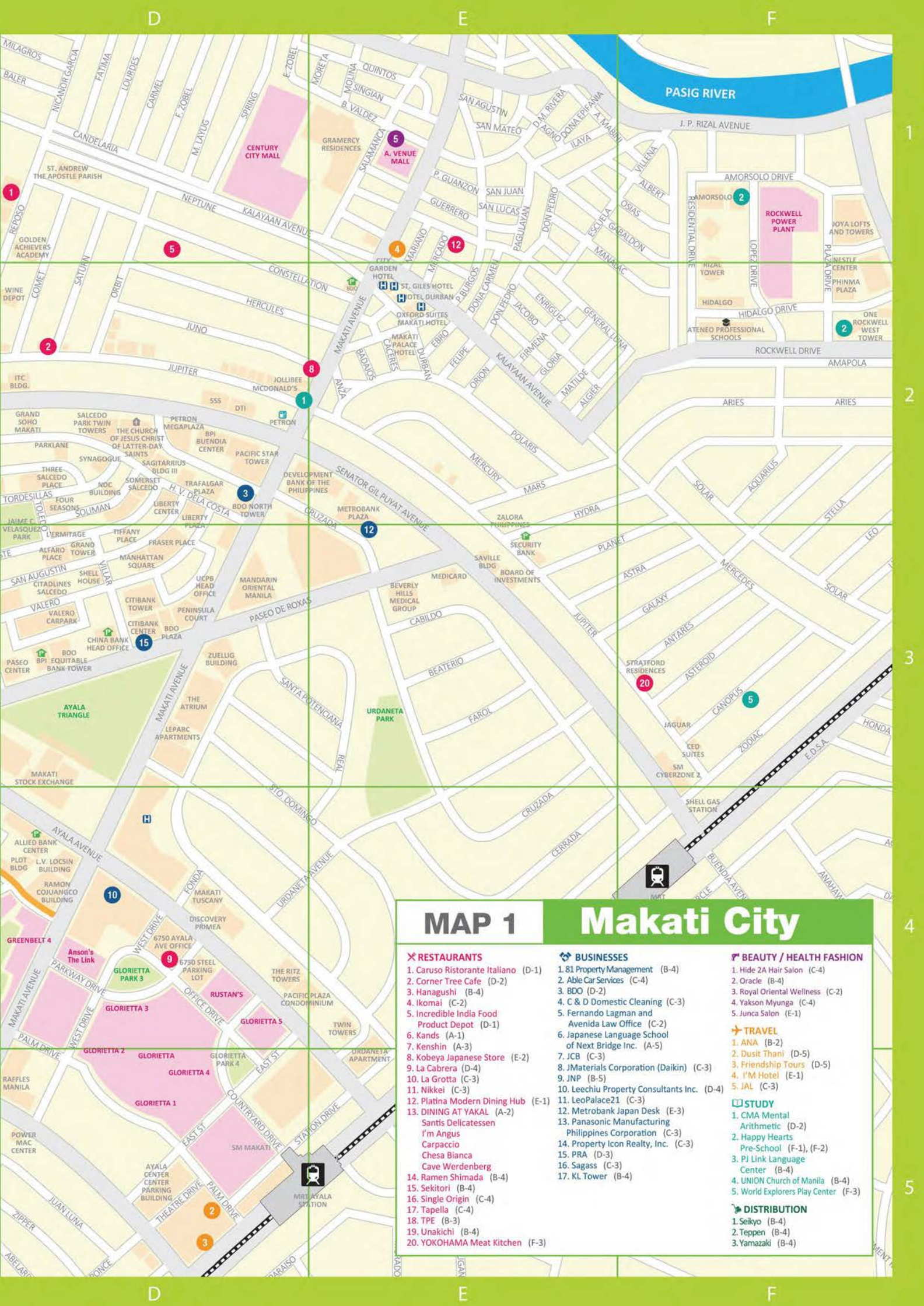
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<https://jobprimer.com.ph/how-to-use>







MAP 1

Makati City

✕ RESTAURANTS

1. Caruso Ristorante Italiano (D-1)
2. Corner Tree Cafe (D-2)
3. Hanagushi (B-4)
4. Ikoma! (C-2)
5. Incredible India Food Product Depot (D-1)
6. Kands (A-1)
7. Kenshin (A-3)
8. Kobeya Japanese Store (E-2)
9. La Cabrera (D-4)
10. La Grotta (C-3)
11. Nikkei (C-3)
12. Platina Modern Dining Hub (E-1)
13. DINING AT YAKAL (A-2)
14. Santis Delicatessen
15. I'm Angus
16. Carpaccio
17. Chesa Bianca
18. Cave Werdenberg
19. Ramen Shimada (B-4)
20. Sekitori (B-4)
21. Single Origin (C-4)
22. Tapella (C-4)
23. TPE (B-3)
24. Unakichi (B-4)
25. YOKOHAMA Meat Kitchen (F-3)

✕ BUSINESSES

1. 81 Property Management (B-4)
2. Able Car Services (C-4)
3. BDO (D-2)
4. C & D Domestic Cleaning (C-3)
5. Fernando Lagman and Avenida Law Office (C-2)
6. Japanese Language School of Next Bridge Inc. (A-5)
7. JCB (C-3)
8. JMaterials Corporation (Daikin) (C-3)
9. JNP (B-5)
10. Leechiu Property Consultants Inc. (D-4)
11. LeoPalace21 (C-3)
12. Metrobank Japan Desk (E-3)
13. Panasonic Manufacturing Philippines Corporation (C-3)
14. Property Icon Realty, Inc. (C-3)
15. PRA (D-3)
16. Sagass (C-3)
17. KL Tower (B-4)

✕ BEAUTY / HEALTH FASHION

1. Hide 2A Hair Salon (C-4)
2. Oracle (B-4)
3. Royal Oriental Wellness (C-2)
4. Yakson Myunga (C-4)
5. Junca Salon (E-1)

✕ TRAVEL

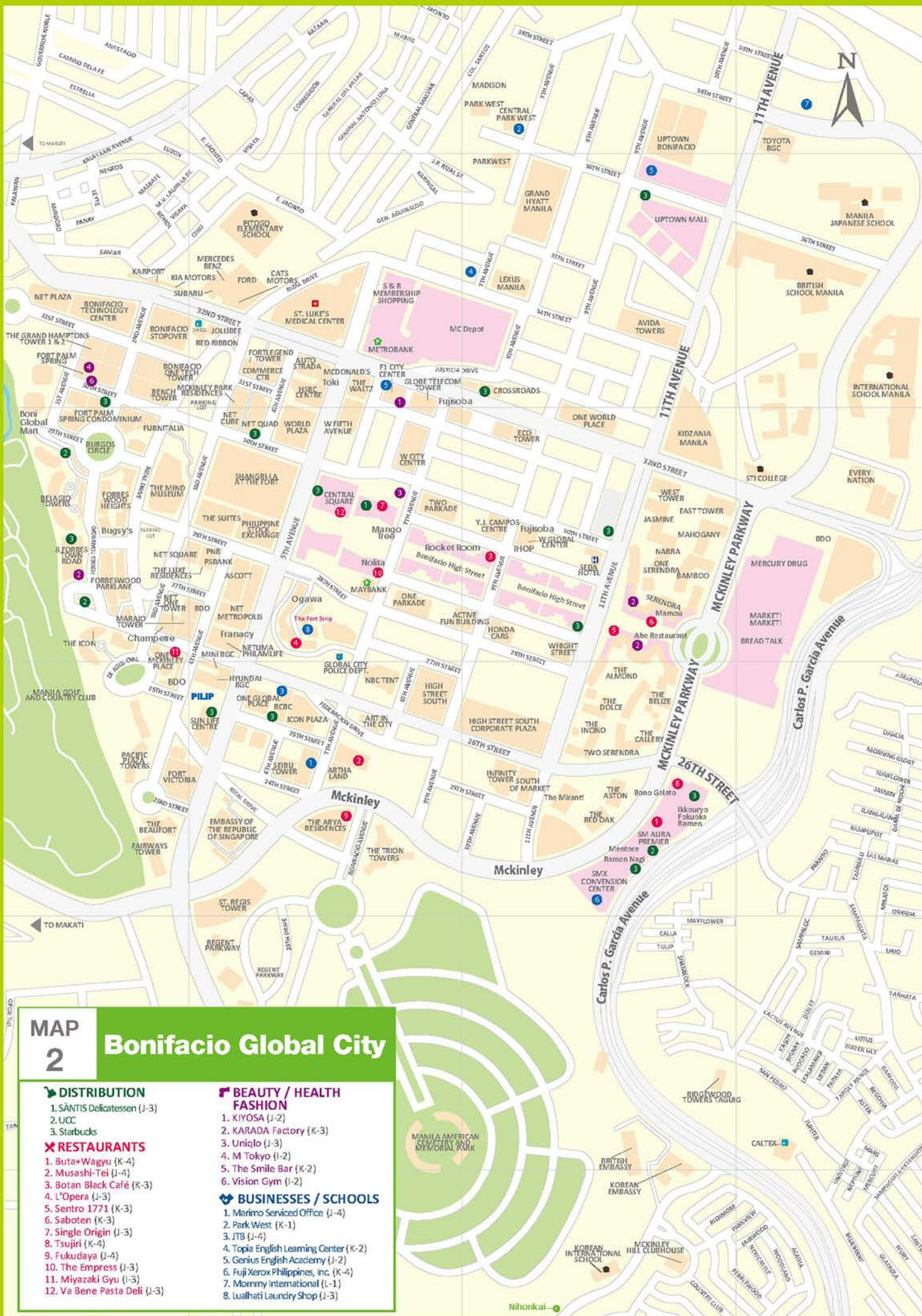
1. ANA (B-2)
2. Dusit Thani (D-5)
3. Friendship Tours (D-5)
4. I'M Hotel (E-1)
5. JAL (C-3)

✕ STUDY

1. CMA Mental Arithmetic (D-2)
2. Happy Hearts Pre-School (F-1), (F-2)
3. PJ Link Language Center (B-4)
4. UNION Church of Manila (B-4)
5. World Explorers Play Center (F-3)

✕ DISTRIBUTION

1. Seikyo (B-4)
2. Teppan (B-4)
3. Yamazaki (B-4)



MAP 2

Bonifacio Global City

DISTRIBUTION

1. SANTIS Delicatessen (J-3)
2. UCC
3. Starbucks

RESTAURANTS

1. Buta+Wagyu (K-4)
2. Musashi-Tei (J-4)
3. Botan Black Café (K-3)
4. L'Opera (J-3)
5. Sentro 1771 (K-3)
6. Saboten (K-3)
7. Single Origin (J-3)
8. Tsujiri (K-4)
9. Fukudaya (J-4)
10. The Empress (J-3)
11. Miyazaki Gyu (J-3)
12. Va Bene Pasta Deli (J-3)

BEAUTY / HEALTH FASHION

1. KIYOSA (J-2)
2. KARADA Factory (K-3)
3. Uniqlo (J-3)
4. M Tokyo (I-2)
5. The Smile Bar (K-2)
6. Vision Gym (I-2)

BUSINESSES / SCHOOLS

1. Marimo Serviced Office (J-4)
2. Park West (K-1)
3. JTB (J-4)
4. Topia English Learning Center (K-2)
5. Genius English Academy (J-2)
6. Fuji Xerox Philippines, Inc. (K-4)
7. Mommy International (L-1)
8. Lualhati Laundry Shop (J-3)



P2P / UBE

P2P BUS ROUTES

MAKATI

Routes	Fare
Greenbelt 1 to Alabang Town Center	₱100.00
Greenbelt 5 to Ayala Malls South Park	₱100.00
Glorietta 3 to Robinsons Galleria	₱30.00
Glorietta 3 to Robinsons Novaliches	₱100.00
Glorietta 3 to UP Town Center	₱80.00
Ayala Center - SM Megamall - Trinoma - SM North (Saturdays)	₱100.00
Makati Circuit Lane to Nuvali Transport Terminal	₱150.00
Park Square to Trinoma	₱95.00
Greenbelt 5 to SM City Masinag	₱80.00
Makati to Eastwood	₱100.00
Greenbelt 3 to Sucat Interchange	₱100.00
Greenbelt 5 - SM Cherry Antipolo	₱80.00

QUEZON CITY

Routes	Fare
Robinsons Galleria to Clark International Airport	₱250.00
Araneta Cubao - NAIA	₱100

ORTIGAS

Routes	Fare
Robinsons Galleria to Antipolo Triangle Mall	₱50.00

- Robinsons Galleria to Robinsons Place Antipolo ₱60.00
- SM Megamall to SM North EDSA ₱65.00

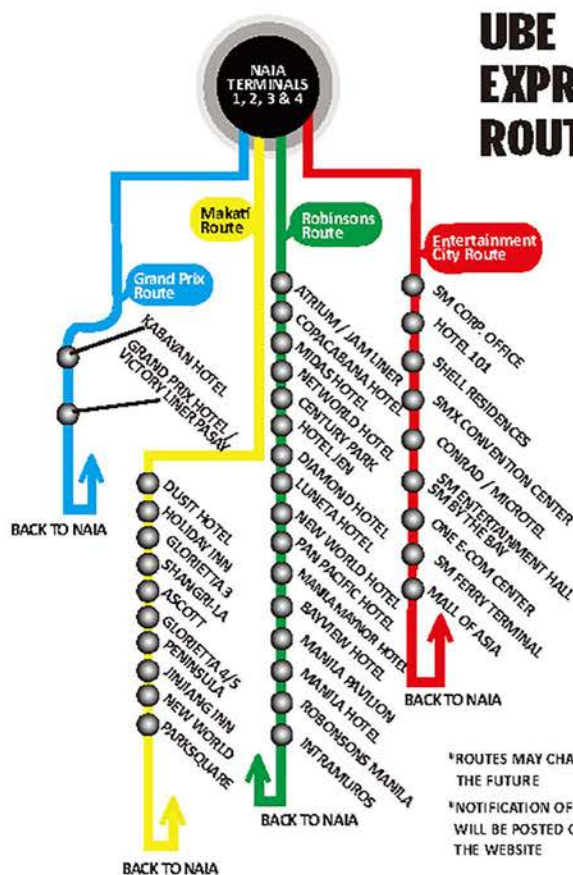
ALABANG

Routes	Fare
Alabang Town Center to Market! Market!	₱100.00
Starmall Alabang - Central Mall Dasmariñas	₱50.00
Starmall Alabang to Robinsons Galleria - Starmall Shaw	₱80.00
Starmall Alabang to Vista Mall Daang Hari, Bacoor	₱35.00
ATC to Ayala Malls 30th	₱80.00
ATC to Greenhills Shopping Center	₱80.00
Alabang South Station (Muntinlupa) - Market! Market!	₱100 / ₱80.00
ATC - Greenbelt 1	₱180.00
ATC - Ayala Malls the 30th	₱80.00
ATC - Lawton	₱180.00

BULACAN

Routes	Fare
Sta. Maria Bulacan - Trinoma	₱70.00
Robinsons Place Malolos - North Ave. (QC)	₱80.00

UBE EXPRESS ROUTES



Others

Routes	Fare
NAIA - Clark Airport	₱350.00
Camella Dasma Highway - San Lorenzo Place Makati	₱150.00

LRT / MRT ROUTES

QUEZON CITY



FARES: (SINGLE JOURNEY)
MRT - Php 13.00 to Php 28.00
LRT1 - Php 15.00 to Php 30.00
LRT2 - Php 15.00 to Php 25.00

MAKATI

	LRT 1
	LRT 2
	MRT 3

What's New in the Metro?

PASAY CITY



Event September 11 - 15

40th Manila International Book Fair

The biggest and longest-running book fair in Manila is back to set you book hoarding on September 11 to 15 at the SMX Convention Center. Enjoy big discounts, seminars, workshops, book signings, and special events like the Fandom Fest, that will all bring out the bookworm in you!

📍 SMX Convention Center, Pasay City



Event September 19 - 21

Hotel Suppliers Show 2019

Be part of Hotel Suppliers Show 2019 as they take on SMX Convention Center to showcase everything from housekeeping to construction materials and furniture. Familiarize yourself with the latest in the hotel industry in this trade show from September 19 to 21.

📍 SMX Convention Center, Pasay City



Event September 27 - 29

WOCEE and WOSAS 2019

Aiming to be a sustainable launch pad of the latest technologies from local innovators, World of Consumer Electronics Expo (WOCEE) and the World of Safety and Security Expo (WOSAS) are back to invite everyone to "Experience the Future." Join the expos on their third year this coming September 27 to 29.

📍 World Trade Center, Pasay City



Concert October 10

Shawn Mendes Live in Manila 2019

If you weren't able to catch your favorite pop sensation, Shawn Mendes, last 2017, don't fret as he'll be back on October 10 at the SM Mall of Asia Arena, in promotion of his self-titled third album. Don't miss his chart-topping hits as he takes the stage this time around.

📍 Mall of Asia Arena, Pasay City

QUEZON CITY



Concert September 14

The Maine Live in Manila 2019

At last, American rock band, The Maine, is back in Manila now as a solo act after seven years! In support of their 7th studio album, "You Are OK," the comeback tour is set to rock the New Frontier Theater on September 14, presented by Pulp Live World.

📍 New Frontier Theater, Quezon City



Convention September 21 - 22

Philippine Intercultural Youth Convention

Join a gathering of young leaders from September 21 to 22 and engage in different plenary sessions discussing the importance of the youth in promoting peace and development. Don't miss out on this opportunity to grasp a deeper level of understanding of Filipino culture and diversity for the country's future.

📍 Tanghalang Bautista, Quezon City



Concert September 22

Jay Park 2019 SEXY4EVA World Tour

Get ready to be charmed by immense hip-hop beats, melodic R&B vocals, and incredible dance moves only from the multi-platinum, Korean-American hip-hop artist, Jay Park, as he takes over the Manila concert stage on September 22 at the New Frontier Theater in Quezon City.

📍 New Frontier Theater, Quezon City

PARAÑAQUE CITY



Theater September 17 - 22

Shakespeare's Midsummer Night's Dream and Macbeth

Two of Shakespeare's most prominent masterpieces take center stage for the very first time right at the heart of Manila! Catch a delightful tale of comedy with A Midsummer Night's Dream and a brutal life story with Macbeth at The Theater at Solaire from September 17 to 22. Get your tickets now!

📍 The Theater at Solaire, Parañaque City

SPOTLIGHT



Convention

Japan Education Fair & Convention

September 28 - 29

Get ready to explore all possible opportunities and programs that await students in different locations across Japan! The 5th Japan Education Fair & Convention is happening on September 28 at SM Trade Hall 2, Cebu City and on September 29 at the Hotel Benilde Maison De La Salle, Manila from 10 am to 5 pm. Expect a full range of the best interactive programs and fun-filled activities that can help you achieve and fulfill your dreams in the Land of the Rising Sun. Register online. Admission is free!

📍 SM Trade Hall 2, SM Cebu & Hotel Benilde Maison De La Salle, Manila

MANILA CITY



Film September 13 - 19

Pista ng Pelikulang Pilipino

In celebration of 100 years of Philippine Cinema, the week-long Pista ng Pelikulang Pilipino (PPP) is back for its third-year celebration! Catch 10 quality Filipino full-length films in all regular cinemas nationwide starting September 13 to 19!

📍 Metro Manila

Philippine primer
The Expats' Guide to the Philippine Lifestyle

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