

Philippine primer

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

OKADA MANILA

SPECIAL GUIDE



STREET

Silang, Cavite:
Tagaytay's Underrated Neighbor

TRAVEL

Okada Manila:
The Ultimate Entertainment Destination

BREATHTAKINGLY BEAUTIFUL

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Yamazato

With its first location at the well-renowned heritage landmark Hotel Okura Tokyo in 1962, Yamazato has over fifty years of being highly regarded for its authentic Japanese culinary tradition, tailored to international guests with discerning palates.

Michelin Star-Rated

In 1971, the first Yamazato outside Japan opened at Hotel Okura Amsterdam. In 2002, it became the first Japanese restaurant in Europe to earn a Michelin star.

Yamazato has since opened in Shanghai, Macau, Bangkok, and Taipei.

To continue bringing Japanese hospitality and cuisine worldwide, Yamazato plans to unveil more restaurants in new Okura brand properties opening outside Japan.

Opening Soon in Manila

The Okura's signature Japanese fine dining restaurant serves only the freshest ingredients to ensure supreme taste and unmatched quality.

Highlighting the time-honored *Kaiseki Ryouri*, a multi-course Japanese haute cuisine meticulously crafted by Executive Chef Rinnosuke Mouri. In line with the changing seasons, the multi-course meal emphasizes the unique flavors of traditional ingredients. Prepared with Japanese precision and served in small sequences to let you savor every detail of perfection that is the real Japanese experience.

In addition, Yamazato has a sushi counter and the only authentic teppanyaki counter in the Resorts World Manila complex.

Japanese Fine Dining Crafted to Perfection



*visual representation only



Executive Chef Profile: Rinnosuke Mouri

With 33 years of culinary experience, he previously worked at Hotel Okura Tokyo, JFE Roponggi Club, and The Okura Prestige Taipei.

Restaurant Features

- Private teppanyaki room • Private dining rooms • Sushi bar • Teppanyaki counter •
- Fine dining restaurant with a total of 82 seats

Now accepting reservations from November 23, 2019.

Book your table now:

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🕒 Lunch: 11am-3pm Dinner: 6pm-11pm (Mon-Sun)

Chef Koji Oki



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Master of the restaurant, Keitaro Kawasaki



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*1 case: 330ml x 24 bottles/cans

Information
(For Japanese and English)

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*Box only



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iconic snack Pocky

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GLICO STORY
Volume 2

What is Pocky day?

Join the fun in celebrating Pocky day on November 11! Inspired by the resemblance of Pocky sticks with the number "1", Pocky day was first celebrated back in 1999 in Japan. In 2016, our very first Global Pocky day campaign brought it to a total of 10 global locations.

Find out your smile score and earn special photo filters by saying "Pocky!" and snapping a photo at our campaign website!

This year, we are bringing Pocky day to the Philippines as a way to say thank you. Share happiness!

**Visit and
take photos
with loved ones!**



Scan for
more info

**November 11
Pocky day!**

[http://pocky.glico.com/
global/campaigns/](http://pocky.glico.com/global/campaigns/)



Glico おいしさと健康



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Concerts, Festivals, Family Events, and More



Features of the Issue

COVER — Gleaming golden among the towering skyscrapers in the rising Entertainment City Philippines, Okada Manila has become the symbol of world-class dining and relaxation in the country. Since 2016, it has become a venue for families and friends who desire a gastronomic journey through its various dining options as well as powerhouse entertainment. Plus, with views of Manila Bay from some of the most luxurious rooms you could ever have the chance of seeing, Okada Manila is the best place to visit for a world-class luxury experience. Know more about this ultimate entertainment destination in this month's cover story.

TRAVEL — Ever heard of the place, Silang? This quaint town in the province of Cavite has been under the shadow of Tagaytay, which is often credited for some of the amazing places that are in fact within the bounds of Silang. The town's name may not be as resonant as its close neighbor up south, but the truth is that Silang is such an amazing, modest place that is home to talented, nature-loving people and destinations that will bring you closer to nature. In this issue, we finally draw a line that distinguishes Silang from its close and more famous neighbor, Tagaytay.

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The ultimate entertainment destination

OKADA MANILA

Shining golden among the rest is Okada Manila, a symbol of luxury in the country's capital. The undeniable ultimate entertainment venue where families can revel in world-class dining, relaxation, and leisure all in one place.

INDULGE IN OKADA MANILA'S LUXURY LIKE NO OTHER

Okada Manila opened doors in December 2016 on a 44-hectare land along Manila Bay, an iconic part of Entertainment City where guests can stay, play, dine, and relax in one place.

Apart from being the largest integrated resort in the Philippines, Okada Manila offers the finest dining experiences, the most luxurious shopping affair, the most indulgent accommodations and a play haven that kids and adults alike can enjoy. And every day culminates with a spectacular water, music, and light show at The Fountain.

Whether you're with family or friends, Okada Manila is designed to satisfy everyone's needs. It is time to experience this world-class destination.

I PLAY



PLAY has 8 neighborhoods that provide the most amazing experiences to the young ones.

I RELAX



Retreat from life's daily hustle and achieve total wellness at Okada Manila's finest villas, hotels, and spa.

I DINING



Create lasting memories as you indulge in the stellar dining experience that awaits in Okada Manila.



Okada Manila is very accessible to visitors as it is within 10 minutes by bus from the Ninoy Aquino International Airport.



OKADA MANILA PROPERTY MAP



THE FOUNTAIN



Witness the performances of the world's largest multicolor dancing fountain every night.

CRYSTAL CORRIDOR



Access a rich variety of specialty boutiques and gift shops in the expansive Crystal Corridor.

THE GARDEN



Enjoy walking around while watching the sunset over Manila Bay.

SHOPS



Find your favorite luxury brands and international arts and crafts.

CASINO

Aim for the jackpot in a luxurious casino



With over 3,000 electronic gaming machines, ranging from the classics to the latest games, the Casino is a place to visit if you're looking for all-out entertainment. It is open 24 hours and has a private casino for VIP guests.

- Visitors under 21 years old are not allowed inside the casino.

OKADA MANILA ENTERTAINMENT GROUP

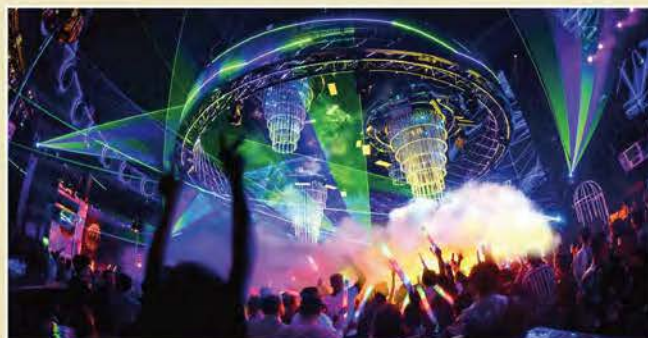
Art comes to life in varying performances



Okada Manila boasts its own assembly of top local and international artists known as the Okada Manila Entertainment Group. By merging styles, dynamics, and cultures, the group allows guests of all ages to connect and to appreciate innovative art.

COVE MANILA

Set yourself free and jive to the music



Cove Manila, ranking among DJ Mag's Top 100 Clubs in the World, is a 9,000-sqm beach club and nightclub that features a butterfly-shaped pool and a three-story haven housing cabanas with private jet tubs. Luxuriate in this indoor tropical paradise during the day, and join the rave at night in an immersive, unforgettable party.

THE FOUNTAIN

Musical water shows are held at The Fountain at an hourly basis, free for all to witness. Notably, guests can enjoy the shows with Manila Bay as a beautiful backdrop.



There is a place for everyone, adults and children alike, to play.

POOLS

Experience breathtaking views of Manila Bay



Delight in a morning stretch or a day-ender cocktail at the awe-inspiring outdoor pool that looks out onto Manila Bay. The adjoining infinity pool presents an unobstructed view of the bay beyond, while a shallow pool sits right next to the main one, ensuring that parents have full view of their little ones splashing about.

Alternatively, you can head to Cove Manila's butterfly-shaped swimming pool from 8 am to 8 pm, or the free-form pool at The Retreat Spa from 10 am to 10 pm. It is ideal to enjoy the spa pool before hitting the sauna or steam room at the dedicated relaxation zone of the spa.

SHOPS

Surround yourself with the finest brands in the world

With over 50 of the world's leading luxury brands enclosed in the opulent expanse of Retail Boulevard and Crystal Corridor, Okada Manila offers a shopping experience like no other. From the premium retail shops and pop-up boutiques to the flower shop whose professional florists can help you make a lasting impression, this shopping oasis will take retail therapy to a whole new level.

OKADA MANILA SHOPPING MALL MAP

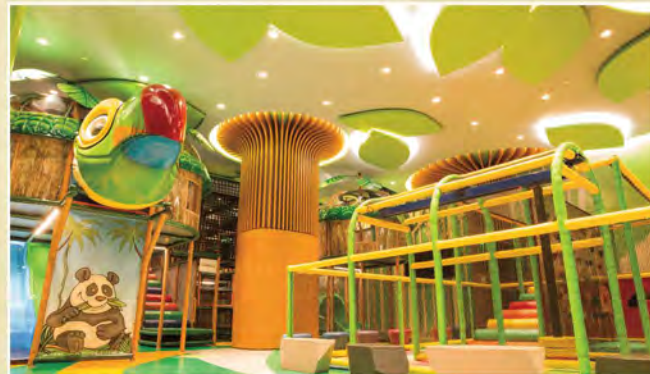


- | | | |
|------------------|---------------------|---------------------------|
| 1 Lacoste | 10 Jo Malone | 19 Balikbayan Handicrafts |
| 2 Royce | 11 Luzon | 20 Paul and Shark |
| 3 Joe Fresh | 12 The Golden Duck | 21 Calvin Klein |
| 4 Sogni Di Vetro | 13 Samsonite | 22 Furla Bally |
| 5 Pandora | 14 Segnatempo | 23 Moressi |
| 6 Piquadro | 15 Cross | 24 Anello |
| 7 Kappa | 16 Butterfly Twists | 25 Tommy Hilfiger |
| 8 Mac | 17 Sanuk | 26 The Gift Boutique |
| 9 Black Pearl | 18 Digital Walker | |



PLAY

Take the kids on an exceptional adventure



Under the watch of certified expert coaches and licensed teachers, the Kids' Club offers a wide variety of fun activities and academic-enhancing programs through play, all aimed to boost a child's holistic development. PLAY is particularly designed to be a multi-functional platform for learning and building confidence. Catering to children 1 to 16 years old, PLAY will make your kid love learning.

- 5-hour access starts at P611. Unlimited pass is priced at P10,183.



REWARD CIRCLE.



Get points with free membership card registration.

A number of privileges, rewards, and exclusive promotions await Okada Manila members.

Scan the QR code to find out more.



VILLA EL NIDO

Rooms that hold the promise of ultimate comfort



Private Pool



Vast living room

Villa El Nido is a 1,400-sqm villa that is perfect for a variety of gatherings such as private parties and family events. It boasts of five bedrooms and a total of nine beds. The villa also has its own living room, a 12-seater dining room with a minibar, a state-of-the-art entertainment room, bathrooms equipped with smart toilets, a jet tub, Roberto Cavalli amenities, a private garden with a patio, an indoor gym, a couple's spa suite with a sauna, and, finally, a swimming pool and a jet tub outdoors.

Apart from these amenities, Villa El Nido's guests automatically have access to a 24-hour butler service, a personal trainer, and a private chef who can cook up any type of cuisine suited to their preference. Guests can also take advantage of a private access to the casino and the parking area.



Couple's spa suite



Master's bedroom



CELEBRITY SUITE

Where luxury is best enjoyed with a loved one



Massage room

The 565-sqm Celebrity Suite brings an immaculate sense of comfort and luxury with exclusive amenities that include a private bar, a massage room, a butler's room, an entertainment room, a sauna, and a personal fitness gym, on top of lavish details like Rivolta Carmignani Italian linen, intelligent toilet, whirlpool jet tub, and Roberto Cavalli bathroom amenities.

PRESIDENTIAL SUITE

Rooms with a perfectly soothing appeal



Adjacent living and dining areas

The calming color palette of the Presidential Suite can ease the mind and calm the soul. Guests would feel right at home in the 420-sqm space consisting of two bedrooms, a spacious living and dining area, a private massage room and exceptional amenities.

Experience unparalleled luxury and recreation.

THE RETREAT SPA

A holistic spa experience on a spiritual level



Tonic bar



Couple's Therapy Room

Treatments are tailored to suit your total well-being needs, starting with a personalized consultation to determine the most suitable spa experience. Then before or after your session, do not miss using the other unique features like the Tonic Bar, which overlooks the spa's free-form pool where you can enjoy refreshments and linger, dedicated Relaxation Zones, and Southeast Asia's first Wave Dream meditation chamber with zero-gravity loungers. This room offers a deeply relaxing experience through chromotherapy and light projection of dancing waves.

Aside from wellness therapies, The Retreat Spa is also a great place to get skin care, non-invasive facial lifting, and body-shaping treatments. Spa guests automatically get access to the fitness center and aqua therapy facilities such as hot jet tub, sauna, steam room, and experience showers.

SALON & BARBERSHOP

Total grooming for men and women



The fashion-forward Beauty Salon at Okada Manila offers a complete array of hairdressing, scalp and hair treatments, hair coloring, styling, perming, keratin revival, make-up, lash-brow enhancements, and depilatory services for all your grooming and glam event essentials. It is also home to a nail bar with options for vegan, traditional acrylic, soft gel, and hard gel nail art mani-pedi polish. What's more, it offers the most technologically advanced nail extension technique.

The 1920's speakeasy Barber Shop with whisky bar is the ultimate space for men! It has haircut, gray reduction, razor hair art, traditional and modern shaving, beard and moustache trimming, gentleman's facial, manly naked mani-pedi, head-neck-back-shoulder massage and foot reflexology.

MORE INFORMATION

• Transportation Service

Okada Manila offers chauffeur-driven luxury Limousine service and hotel car rental. Free shuttle service also runs to and from SM Mall of Asia, SM Aura, SM Megamall, SM North Edsa, SM BF Parañaque, Binondo, and SM Southmall.

• Medical Services

The integrated resort has its resident medical staff as well, so guests can enjoy with a peace of mind.

• Events

Okada Manila can also be the venue for business events and special occasions with its tasteful ballrooms that boast state-of-the-art facilities. The Garden can also be used for events.



THE GARDEN

The Garden is a slice of paradise sprawling along 30,000 sqm of Manila Bay, commanding a perfect view of the sunset. Vibrant greenery adds freshness to the salt-laced bay-side air of the attraction, blooming in the shadow of Cove Manila.



DINING

ENBU



Fresh seafood, chicken, mushroom, and vegetable skewers set with salad, rice, and miso soup



The stylish robata counters command the attention of every guest that enters Enbu, with rows of striking red chochin lanterns adding a dramatic Japanese vibe to it. From behind the counter, you can watch Chef Atsushi Yoshida and his team prepare the dishes by means of traditional Japanese cooking techniques. These include slow-grilling over charcoal, which produces beautifully-charred, smoky, and flavorful meats and dishes. The best and freshest ingredients are handpicked, most of which are from local producers.

Chef Atsushi Yoshida is the chef de cuisine of Enbu. He has had years of experience working in notable restaurants in Tokyo, London, and Hong Kong before joining Okada Manila in 2016 to take the helm of Enbu.

• Enbu is currently closed and will re-open in November 2019. Dress code: smart casual / Age limit: 12

IGORYEO



Pork and Kimchi Pot



Goryeo Korean Dining Restaurant offers an upscale Korean BBQ experience with its well-curated menu that features a variety of banchan appetizers, premium imported meats, and centuries-old recipes that uphold true Korean flavors. The dining space has an air of sophistication with elegant touches of Korean art and fabrics inspired by ancient Korea as well as tables equipped with innovative grilling technology.

Hailing from the Land of the Morning Calm, Chef Hakjin Lee leads the kitchen of Goryeo. Before setting foot on the Philippine shores, Chef Lee worked in various countries, most notably in Indonesia where he worked for the president of Korea.

• Lunch is from 11 am to 3:30 pm, while dinner is from 6 am to 11 pm. Dress code: smart casual

LA PIAZZA RISTORANTE ITALIANO



Baked and fried fish served with tomato and broccoli



La Piazza has different sections that cultivate different dining moods, such as the Trattoria with barrel tables and a bar counter, perfect to casually enjoy appetizers and pizza with bar drinks. The Ristorante, meanwhile, is outfitted with plush seating and crystal chandeliers hanging from a high ceiling—a perfect setting to savor lavish antipasti, pasta, steak, and seafood dishes. La Piazza also features an exclusive wine cellar.

The mind behind this authentic Italian experience is Chef Gleb Snegin. Russian-born Chef Snegin started his culinary career at 29 and trained in Milan, Italy. He then worked with a number of prestigious restaurants in Italy and then in different Asian cities. He was also chef de partie at the Michelin-starred Terraza restaurant in Macau.

• Lunch is from 11 am to 3 pm, and dinner is from 5:30 pm to 11 pm.
Dress code for Ristorante: smart casual; for Trattoria: casual elegant / Age limit: 12

The feast of the craftsmen—make memories with the finest dining experience.

I MEDLEY BUFFET

Medley Buffet is the quick and easy answer to a diversity of food cravings. There are seven buffet stations that feature specialties from around the world: salads and appetizers, Chinese, Indian, Japanese, Korean, Italian, and desserts. Medley Buffet also lets guests witness how each fine masterpiece is made through the open kitchen.



I CATCH BY THE BAY

Revel in a Cantonese culinary experience at Catch by the Bay with its ultra-fresh ingredients, wherein guests can delight in dimsum, spring rolls, and dishes prepared with live seafood. The restaurant also offers a scenic view outside the windows and a chandelier-lined hall that boasts a touch of elegance, giving the guests a chance to slow down. It is best to visit Catch by the Bay at the end of the day, after enjoying your planned activities at the resort.



Dimsum



I KIAPO

Okada Manila's Kiapo mirrors the vibrant cultures as well as the regional cuisines present in Quiapo, a district of Manila always teeming with life. Particularly, the restaurant offers delectable rice bowls that are thoroughly reminiscent of the Filipino culture by the combination of local jasmine and brown rice varieties and lavish delicacies. Congee, desserts, noodles, and snacks are offered too.



Beef Tapa



I SPORTSBOOK BAR

Vouch for your favorite players and teams in Sportsbook Bar, where sports shows are continuously streamed on large TV screens, as you munch on delicious hotdogs or Kiapo's food offerings. Cocktails are also available should you want to celebrate your favorite team's victory.



I LOBBY LOUNGE



Located on the ground floor, Lobby Lounge offers a quick break with light snacks, hot and cold drinks, and premium wines and spirits. Adjacent to it is the Pastry Shop serving cakes, pastries, and saccharine delights.

I OKADA LOUNGE



Okada Lounge is home to a walk-in boutique humidor that showcases a selection of Cuban cigars expertly curated by seasoned tobacconists. Whether you're in the mood for a premium cigar or a drink of scotch—or both—Okada Lounge serves as your special breathing space.

I CORAL LOUNGE



A stylish, cozy space where one can relax and unwind with friends and colleagues. The perfect place for people watching just steps away from all the gaming action, The Coral Lounge features live entertainment made more enjoyable by finely crafted cocktails, an international snack menu, and an opulent, yet laidback atmosphere.



📍 New Seaside Dr., Entertainment City, Parañaque City
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DINING

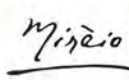
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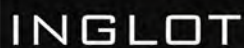


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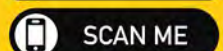


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16 Jupiter St. cor. Antares St., Bel-Air, Makati
☎ 02-8831-6546/0916-377-3655 (Globe)
Business Hours: 11:30 AM - 2:30 PM /
5:00 PM - 11:00 PM No regular holidays
f yokohameatkitchen



Upper left: Simple and cozy restaurant interior
Upper right: Yaki Suki P530
Lower left: Wagyu Gokujou Karubi P1600
Lower right: Yokohama Set P1450



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+63 2 85569442

BGC Branch

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Bonifacio High Street (BHS), 5th Ave. cor. 30th St.,
Fort Bonifacio Global City, Taguig City
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The world renowned Mr. Andrea Bocelli visited Caruso Ristorante Italiano as he celebrated a successful one night performance as part of his "Cinema World Tour" concert last 2016. Well known personalities including Italian Ambassador Massimo Roscigno and Italian Chamber of Commerce in the Philippines President Sergio Boero. Mr. Emilio Mina, owner of the restaurant, was proud to have the acclaimed Italian tenor under his roof to launch the famous vines and Prosecco from Bocelli's family vineyard to the Philippine Market. Caruso Ristorante Italiano truly lived up to its name.

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Caruso

☎ 02-8895-2451/02-8895-8790
📍 210 Nicanor Garcia St., Bel Air, Makati City

Cave Werdenberg

☎ 02-8892-0128 / 02-8817-1217
📍 7431 Yakal St., San Antonio Village, Makati City

Chesa Bianca

☎ 02-8815-1359/02-8892-7524
📍 7431 Yakal St., San Antonio Village, Makati City

Hanagushi

☎ 02-7744-1966
📍 G/F, The Beacon Don Chino Rocas Ave. cor., Arnaiz Ave. Makati City

I'm Angus

☎ 02-8892-5852/02-8275-5938
📍 7431 Yakal St., San Antonio Village, Makati City

iTrulli

☎ 02-8832-9600
📍 Suites 102/104, LRI Design Plaza, 210 Nicanor Garcia, Bel Air 2, Makati City

Kenshin

☎ 0917-535-1046
📍 Beacon Makati G/F, A.Arnaiz Ave. Makati City
☎ 0917-551-4605
📍 The Linear Makati G/F, Yakal St. cor Mayapis St., Makati City

La Cabrera

☎ 02-8833-8946/0905-290-0703
📍 G/F 6750 Ayala Ave. Business Tower Glorietta Complex Ayala Ave., Makati City

MilkyWay Café

☎ 02-8843-4124/02-8843-7124
📍 2/F Milkyway Bldg. 900 A. Arnaiz Avenue (Pasay Road) cor. Paseo de Roxas, Makati City

Sekitori

☎ 02-8816-7608/02-8894-3876
📍 Little Tokyo, Chino Rocas Ave., Legaspi Village, Makati City

Nikkei

☎ 02-8541-6689 / 0916-636-9817
📍 G/F, One Rockwell, Rockwell Center, Makati City
☎ 02-8880-0231 / 0927-273-0114
📍 111 Rada St., Legaspi Village, Makati City
☎ 02-8637-2206 / 0995-908-3145
📍 G/F The Podium, Ortigas Center

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☎ 02-7728-2467 / 0977-390-0429
📍 G/L, Greenbelt 3 Ayala Center, Makati City
☎ 02-8772-6259 / 0995-914-4137
📍 G/F, Edades Tower & Garden Villas, Amorsolo cor. Rockwell Dr., Rockwell, Makati City

Tapella

☎ 02-7757-2711
📍 G/F, Greenbelt 5, Makati City

Tsukiji

☎ 02-8843-4285/02-8812-2913
📍 900 A. Arnaiz Avenue (Pasay Road) cor. Paseo de Roxas, Makati City

Unakichi

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📍 G/F, Makati Cinema Square, Amorsolo St., Makati City

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📍 16 Jupiter cor. Antares St., Bel-Air, Makati City

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📍 6/F SM Aura Premier, 26th St., BGC, Taguig City

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📍 Cluster 2, #13 Eton Centris Walk, EDSA cor. Quezon Ave., Brgy. Pinyahan, Quezon City

Epilogue

☎ 02-8816-7088
📍 S Maison, Conrad Manila, Seaside Boulevard Cor., Coral Way, Pasay City

Kenshin

☎ 0917-120-0672
📍 G/F Vistamall Las Pinas CV Starr Ave., Las Piñas

La Vita Ristorante Italiano

☎ 02-8285-1486
📍 Level 3, The Podium, Mandaluyong City

Rossini

☎ 02-8800-8061
📍 2/F S'Maison Conrad Hotel, Seaside Blvd., Pasay City

Ruby Jack's

☎ 02-8801-8888 / 0917-876-2522
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📍 Stall # 111 Cartimar Shopping Center, Pasay City

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📍 G/F, Jaka Center Chino Rocas Ave., Makati City



bit.ly/Primer-in-Silang

*Feature by Rei Leaño, Denisse Tenorio & Teresa Gatmaitan
Design by Dantes Remot*

SILANG

Many beautiful places in Silang have often been mistakenly associated with Tagaytay. Perhaps the confusion is due to the fact that these two close neighbors have very similar features. Silang has a cool, comfortable climate. The town sits on high terrains—which keeps it safe from floods. And it is covered by a lot of greenery—forests, farms, gardens.

Despite these similarities to Tagaytay, Silang has its own charm, a beauty that has long been kept below the radar. Although in recent years Silang has opened up to more industrial and commercial developments, its true characteristics remain embedded on the local businesses. Silang is home to many garden restaurants, farms, and off-the-beaten-track galleries that showcase local talent, making it a perfect destination to reconnect with nature and meet passionate people. These components are what's pushing its beauty slowly to the surface.





Gourmet Farms

To get to know a town to its core, you must visit its local market. Silang Public Market, just a five-minute walk from the town plaza, is a one-stop destination to get the best of Cavite's primary produce like pineapple, coconut, coffee, and vinegar.

The market is open every day, but you can find it in full buzz on Tuesdays, Thursdays, and Sundays, when various products are brought fresh to the market. Helpful locals will also gladly help you in case you are in need of directions and information around the place.

If you go out to the highway from the market and drive or walk south, you will quickly find a beautiful, refreshing scenery of green canopies, and rows of plants and flowers that are up for sale. This section of Emilio Aguinaldo Highway is also called Bypass Road by locals and probably the most beautiful part of the drive of anyone headed to Silang or further south.

There is a huge assortment of plants: garden plants, indoor plants, hanging plants, orchids, flowers, cacti, bonsai, fern, and a whole lot more. You can buy small plants and orchids for as low as P50. The shops also offer landscaping services and garden decoration.

Meanwhile, if you drive on Sta. Rosa-Tagaytay Road on the eastern side of Silang, you will find another distinct string of shops that represent local industry—furniture and woodworking. Most of the furniture are made of wood, while others are made of local materials like rattan. If you find pieces that would suit your home, you can buy and get them delivered to your doorstep at reasonable prices.

Getting to Silang

It takes about 1 to 2 hours from Manila to Silang, Cavite.

By car

Take Emilio Aguinaldo Highway via Cavite if you are going to downtown Silang, where most of the major establishments are located.

If you are coming from Nuvali or Santa Rosa Laguna, you can take the Santa Rosa-Tagaytay Road and either go around Tagaytay or take Poon Road in Barangay Lumil to reach the town proper.

By public transport

Bus: Erjohn and Almark from Ayala Makati or Pasay / buses bound for Tagaytay, Mendez, or Nasugbu (get off on Emilio Aguinaldo Highway)

P2P: Trasierra St., Legaspi Village, Makati (near Corinthian Carpark) ↔ Robinsons Place Dasmarinas (P150); take a jeepney or bus to Silang

Getting around Silang

Within downtown Silang and along Bypass Road, the main mode of public transport is tricycle. For establishments farther from the town proper, you can take the jeepney or bus.



Bypass Road Silang



Sta. Rosa - Tagaytay Road, Silang



Image credit: Riviera Golf Club Inc. Facebook Page



Riviera Golf Club P P P P P

- 📍 By-Pass Rd., Aguinaldo Hwy, Silang, Cavite
- ☎ 02-8888-9089 / 046-409-1077 / 0956-936-6634 (Reservations)
- 🕒 11:30 am to 2:30 pm, 6 pm to 11 pm
- 🌐 rivieragolfclub-philippines.com
- 🏢 Riviera Golf Club, Inc.

With the vision of becoming one of Asia's outstanding golf courses, the Riviera Golf Club in Silang is nothing short of spectacular. Two championship golf courses designed by past Masters Champions Fred Couples and Bernhard Langer are housed inside the golf club. The courses feature Bermuda 419 fairways and Tifdwarf greens for that ultimate playing surface. Having the best systems for drainage and irrigation also makes Riviera an all-weather course.

The landscape of the golf club is ideal for golfers of varying skills and ages. It also provides comfort and elegance in playing the sport. Aside from its top-level golf courses, the Riviera Golf Club has residential amenities and facilities that can cater not only to golf players but also to the whole family.

Riviera welcomes non-members (subject for approval by reservation). It is advised to book nine days before your desired date. Rates for non-members are P3,300 on weekdays and P4,300 on weekends, plus a P350 consumable fee and P170 insurance. They adopt a passport system, so payments are usually done after the game. Non-members who are going in with members may get discounted rates. A game for members is only P60.



Gourmet Farms is a 12-hectare estate, home to a vast plantation of lettuce. Founded by Ernest Escaler in the early 1980s, Gourmet Farms began as a coffee trading company with a vision to share Philippine beans with the worldwide market and import beans from around the world for Filipinos to try them.

If you dine at The Dining Room, the farm-to-table restaurant of Gourmet Farms, you can experience a farm tour for free. After your meal of fresh salad, pasta and pizza, your walking tour starts at the lettuce plantation with greenhouses for herbs like basil and dill. You may also come across friendly farm animals.

You may also get a glimpse of St. Joseph's Sanctuary, a retreat house hidden by trees, which give it an air of seclusion and serenity. With 10 guest rooms and a conference room, it is usually a venue for company retreats.

The last stop is the state-of-the-art coffee roastery where they store green coffee beans as well as some imported beans from Brazil and other coffee-producing countries.

Cap off the tour with The Dining Room's Signature Cooler, made with basil and lemon, or a cup of coffee at Gourmet Cafe, where you can sample the farm's best brews or shop pasalubong (souvenirs).

Tours are held from Monday to Friday, at 10 am, 1 pm, and 3 pm. It is advised to book 7 business days in advance.



Fresh Salad (P85 / 100g)

Gourmet Farms P P

- 📍 Km.52, Aguinaldo Highway, Buho, Silang Cavite
- ☎ 0917-585-4674
- 🕒 7 am to 9 pm (The Dining Room and Gourmet Cafe)
- 🌐 gourmetfarms.com.ph
- 🏢 Gourmet Farms, Inc.



Gratchi's Getaway **PP**

📍 Kabangan Rd., Brgy. Cabangán, Silang, Cavite
 ☎ 0917-726-5484 / 0920-956-5673
 🕒 7 am to 6 pm
 🌐 gratchi.com
 📍 Gratchi Farm Resort
 Entrance fee: P168

Within its six hectares of land, you are guaranteed to find beautifully landscaped natural and man-made features such as the lake and the hanging bridge, surrounded by adorable farm animals like goats, ostriches, turkeys, Asian palm civets, and more.

The resort also has educational farm facilities where guests can try planting and farming. There are also more challenging physical activities such as obstacle courses (P225/head; minimum of 5 pax), ATV (P150/30 mins.), a zip line (P200/zip; minimum of 3 pax), and trekking by the river (P170; minimum of 5 pax). If one day isn't enough—which most likely it isn't—Gratchi's Getaway has nipa hut-inspired lodgings that can cater to small and large groups. Room rates range from P2,500 to P13,500.

Public transportation is limited where Gratchi's Getaway is located, so it is best to bring a private vehicle. Otherwise, you may take a tricycle from Tagaytay Central Terminal for P200. When leaving, the resort staff can call a tricycle for you.



Cornerstone Pottery Farm **PPP**

📍 Balubad 1st Rd, Silang, Cavite
 ☎ 0932-851-6444
 🕒 8:30 am to 5pm (Mon to Sat)
 🌐 cornerstonepotteryfarm.com
 📍 Cornerstone Pottery Farm

Cornerstone Pottery Farm is nestled in a sequestered residential area of Silang, laden with trees and grass and the earthy scent of a rural town. Cornerstone has been in business since 1996, producing world-class handmade stonewares using locally and internationally sourced clays. But it was only in 2005 that the pottery farm was opened.

Cornerstone is a destination for fans of pottery and crafts. You can take a peek at the pottery-making process in the production area, where you can even see up close the kilns used for making pottery. And then, head to the shop where you can find all finished products on display and take home the pieces you like. You can also get a chance to learn the craft by joining workshops at the farm.

The next schedule of workshops will be released next year. Please stay tuned to announcements on Cornerstone's website or Facebook page.



Acienda Designer Outlet is the country's "first true international outlet mall" with top fashion brands at discounted prices all year round. It houses over 100 units dedicated to fashion brands with up to 70% discounts. It also took over the online scene with its Instagram-worthy replicas of the Leaning Tower of Pisa, the Eiffel Tower, and the famous 3.5-story Windmill.

Acienda Designer Outlet

📍 KM.48 Aguinaldo Hwy. cor. Balubad Rd., Lalaan 1st, Silang, Cavite
 ☎ 046-419-8833 / 02-8631-8855
 🕒 11 am to 9 pm (Mon to Fri); 10 am to 9 pm (Sat to Sun)



The 3-story cafe is home to 30 adorable cats and 14 dogs. All the animals are vaccinated, healthy, and well-groomed. You may not find all of the cats and dogs at once as some are kept inside to rest to maintain their well-being.

Rates: P220/hour with either dogs or cats or P330 for 30 mins. each, with complimentary bottled water or iced tea; additional P50 for milkshake, smoothie, or coffee.

Tabby Town Cat Cafe & Corgi Club **PP**

📍 #410, Purok 5, Lumil, Silang, Cavite
 ☎ 0908-361-4774
 🕒 11 am to 8 pm (Mon to Wed, Fri to Sun)
 📍 Tabby Town Cat Cafe & Corgi Club





Ravioli (P295)



Casetta del Divino Zelo PP

4118 Emilio Aguinaldo Hwy, Silang, Cavite
046-686-0714
10 am to 5:30 pm (Wed, Sat and Sun)
Casetta del Divino Zelo

Casetta del Divino Zelo was established in 2012 as an effort to fund one of the congregation's projects to support mothers in difficulty. It was started by an Italian nun, Sr. M. Isabella Carlone, who shared her passion and knowledge for cooking and baking to the rest of the sisters before she retired. One can say that dining in Casetta is eating with a purpose bigger than just satisfying an empty stomach.

To preserve the authenticity of their Italian offerings, the nuns use only genuine Italian ingredients and even equipment. Their pasta and pizza dough are homemade, while the herbs and some of the fruits and vegetables in their dishes and drinks are grown in their garden.

The nuns know their way around the kitchen very well, even in cooking their famous brick oven pizzas. Their pizzas are both crusty and puffy, with a distinct smoky flavor that only comes out of a brick oven.

Their lasagna, marinara, and ravioli are also among the best sellers. You can really taste the freshness of Casetta's ravioli since it is almost entirely made from scratch—from the pasta to the spinach filling mixed with ricotta cheese.



Soga Miga PP

Aguinaldo Hwy, Lalaan 1st, Silang, Cavite
0917-719-5784
11 am to 10 pm
Soga Miga

For Korean food lovers, Soga Miga stands out with its wide range of meats and side dishes and its airy and vibrant dining space, which also has 10 to 12 private rooms. For a promotional price of P699/person, you can enjoy unlimited authentic Korean BBQ together with a variety of Korean food. The promo includes unlimited samgyeopsal (pork belly), marinated pork steaks, beef short plate, japchae, tteokbokki (spicy rice cake), haeumul pajeon (seafood pancake), ramyeon, dolsot bibimbap, egg soup, and a lot of side dishes.

Soga Miga implements a no leftover and no takeout policy for this promo.



Clochard Röshti



Santis Deli-Cafe PPP

Km. 52, Brgy. Buho, Silang Cavite
046-414-2337 / 0927-696-1825
8:30 am to 8 pm (Mon to Thu); 8 am to 10 pm (Fri to Sat); 8 am to 8 pm (Sun)
santis-deli.com
Santis Delicatessen

Santis Delicatessen has already conquered the metro and other towns to provide premium and gourmet food products. Santis also has not only a deli shop but also a dining space in its branch in Silang.

This deli-cafe is widely known for its European Sausages, cold cuts, and prime meats like Certified Angus Beef®. If you want to dine in, you can purchase steaks from the deli and have it cooked at the restaurant for a cooking charge of only Php 185/pc. Side dishes and sauces can also be ordered. Asian, Swiss, and German dishes are also available, such as Clochard Röshti, a crisp Swiss rösti topped with a grilled cervelat sausage, bacon, crisp onion rings, and a fried egg.

Balinsasayaw is a quaint garden restaurant with cozy kubo or nipa huts, where guests can have intimate dining while savoring traditional Filipino dishes.

Balinsasayaw was named after a bird species in Puerto Princesa, where the restaurant originated. It also served as inspiration for the restaurant's popular bird's nest soup. Another all-time favorite at Balinsasayaw is Bulalo, a soup made with beef shanks and a generous amount of vegetables. For seafood lovers, their Grilled Squid is recommended, while the Balinsasayaw Chicken Mango Salad is best for those looking for a healthy option.



Balinsasayaw PP

Aguinaldo Hwy, Luksuhin, Silang, Cavite
0915-291-5031
8 am to 10 pm

Bawai's boasts an extensive menu of authentic Vietnamese cuisine, owned by the Tatlonghari family. The dishes are prized family recipes, and the restaurant's name itself is a tribute to one of the best-loved members of a family—the grandmother, or bawai in Vietnamese.

For a heartwarming meal, go for the best-selling Pho Bo, a traditional Vietnamese beef noodle soup that can warm you up from the inside out. Most of the restaurant's ingredients, coffees and teas, are imported from Vietnam. Their vegetables, on the other hand, are freshly picked from their own organic farm.



Pho Bo (P295)

Bawai's Vietnamese Kitchen PP

J. Hernandez St., Bucal, Silang, Cavite
0920-972-2924
Lunch - 11 am to 2:30 pm, Dinner - 5 pm to 9 pm (Thu to Sun)
Bawai's Vietnamese Kitchen

Instead of the conventional staple food like sushi, they serve Japanese treats that have been given a fun twist at such an affordable price. The food house is named after Seigo Sasaki, the late patriarch of the family who runs the business and the one responsible for all of the recipes. The ultimate crowd-puller is Koroke, Japanese potato croquettes made tastier with pork bits and flavorful toppings. If you're coming in for something heavy, get the Nabe Yaki Ramen, which is more heavily loaded with vegetables than your usual ramen. Your meal is best enjoyed with Kafe Latte for drinks and Kafe Jelly for dessert.



Nabe Yaki Ramen (P130)



Koroke (P10/pc)

Kojiro Ojisan Foodhouse P

- 📍 M. Belen, Town Plaza, Silang, Cavite
- ☎ 046-413-5179
- 🕒 12:30 pm - 7 pm (Sun to Fri)
- 📍 Kojiro Ojisan Foodhouse

Concha's Garden Cafe is a homey Filipino restaurant surrounded by lush trees and harboring recipes full of flavor and heart. It has been loved by many by its traditional Filipino dishes like the Pork and Chicken Embutido, a Filipino-style baked meatloaf. Concha's version is wrapped with bacon and, although served with ketchup, is already perfectly flavorful on its own.

Looking for something different? Get the Mango Cream Fettuccine and enjoy the unusual yet delightful play of flavors with its sweet and tangy mango bits and a creamy sauce with fresh shrimp.



Pork & Chicken Embutido (P320)

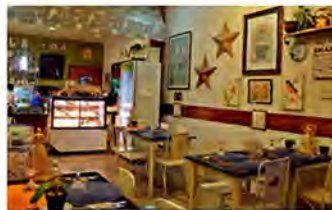


Concha's Garden Cafe PP

- 📍 Richland Hills Subd. 1, Sta. Rosa-Tagaytay Rd., Puting Kahoy, Silang, Cavite
- ☎ 0936-441-6089 / 0932-591-0444
- 🕒 110 am to 9 pm (Mon to Fri), 7:30 am to 10 pm (Sat, Sun & Hol.)
- 🌐 conchagardencafe.com
- 📍 Concha's Garden Cafe



Kare-Kare (P275)



Cecil's Cafe PP

- 📍 CVI Bldg., Santa Rosa-Tagaytay Rd, Silang, Cavite
- ☎ 0920-915-7517
- 🕒 11 am to 8 pm (Tue to Sun)
- 📍 Cecil's Cafe

The celebrity dish at Cecil's Cafe is the fresh spring rolls called Amoy Lumpia, derived from the Amoy province in China that's now known as Xiamen. The rolls are stuffed with manually-shredded vegetables like cabbage, carrots, and lettuce, along with tofu, shrimp, and ground pork. It is then drizzled with their special secret sauce. Amoy Lumpia is served in big sizes to ensure that you eat your money's worth.

Aside from the spring rolls, the cafe's menu also consists of Filipino favorites like Kare-Kare and Palabok, and dishes from American and Chinese cuisines to cater to their growing expat diners.



Chicken Salsa Verde (P245)



Le Don's Garden PP

- 📍 Asuncion Subd., Aguinaldo Hwy, Biga 1, Silang, Cavite
- ☎ 0916-556-1409 / 0977-337-1286
- 🕒 10 am to 9 pm (Thu to Sun)
- 🌐 ledonsgarden.com
- 📍 Le Don's Garden

This family venture practices a garden-to-table approach and develops healthy meals by incorporating naturally-grown produce to their dishes.

Among their most sought-after dishes is the Chicken Salsa Verde, made with pan-grilled chicken with a zesty salsa verde sauce and served with turmeric rice and mixed green salad. For a more dynamic meal, try the Nasi Goreng, another best seller made with chicken and pork barbeque with peanut sauce served on top of fried rice with crunchy prawn crackers on the side.

LZM Restaurant was established in Silang way back in 1997 and has been the home of the famed fried boneless bangus (milk-fish) with hefty and juicy meat. The bangus is sourced from Pangasinan, a coastal province in northern Luzon famous for its production of robust and delicious bangus. The deboning process is done right at the restaurant.

LZM also serves scrumptious home-style dishes like Bulalo (beef shank soup with soup refill) and Kare-Kare (oxtail stew with peanut sauce), and Chicharon Bulaklak (deep-fried pork intestines). All of these come in huge servings, which makes it ideal for families and big groups.



Fried Boneless Bangus (P450)



LZM Restaurant PP

- 📍 ByPass Rd., San Vicente 2, Silang, Cavite
- ☎ 046-414-0477
- 🕒 10 am to 9 pm
- 📍 LZM Restaurant

Abundant Place Garden Cafe is a handicraft shop, a garden restaurant, and an events place in one. It is best known for its palitaw, a Filipino rice delicacy made with glutinous rice. Their version is cylindrical and slightly rounder than the typical palitaw. It is also softer and more moist, and made even more special with a drizzle of latik or coconut caramel sauce, topped with coconut shavings and a small edible flower. It is served with hot tablea chocolate or brewed coffee with hazelnut as a set (P120). Homemade rice meals are also available.



Palitaw with Coffee (P120)



Abundant Place Garden Cafe P

- 📍 220 Aguinaldo Hwy, Tubuan 2, Silang, Cavite
- ☎ 0999-728-7081
- 🕒 7 am to 7 pm (Mon to Sat)
- 📍 Abundant Place Garden Cafe



Starview Hotel and Resort P P P P

- 📍 Blumentritt St., Tubuan 1st, Silang, Cavite
- ☎ 0927-561-2462
- 🕒 Check in: 3 pm / Check out: 12 pm
- 📍 Starview hotel and resort



Starview Hotel and Resort is a 2.3-hectare contemporary hotel and one of the newest in town that boasts state-of-the-art design and functional rooms and amenities. From the outside, the hotel resembles a fancy American townhouse with a spacious front yard, which serves as the hotel parking, and a vast green lawn. Inside, you'll find more fair with an elegant color palette of black, white, and gray.

Starview is the ideal hotel if you are looking for both accessibility and comfort. It is located along Aguinaldo Highway, just a stone's throw away from Balinsasayaw Restaurant, Premier Plaza mall, and the chain of orchid shops on ByPass Road. Silang Town Plaza is no more than a 10-minute drive.

Meanwhile, the hotel has all the amenities you need for a perfect stay-in after exploring Silang. Its most famous feature is the big outdoor free-form pool with a tropical vibe. There is also a restaurant right next to the lobby, where you can indulge in Korean staple and local dishes.

At the end of the day, you can retreat to one of their four lavishly-appointed room types: Standard Twin, Standard King, Three-Bedroom Suite, and Four-Bedroom Suite. All rooms are spacious, complete with toiletries, complimentary water and coffee, bathrobes and slippers, free Wi-Fi, a mini fridge, and a safety deposit. There are wide windows that get you a view of either the front yard or the swimming pool.

The hotel is still a work in progress, so you can expect a lot more in the near future. Pool villas with KTV facilities are currently in the works, so families and big groups can enjoy more exclusivity for special getaways or corporate excursions. There will also be function rooms, more garden cottages, and an open bar beside the pool area.



Marius B&B and Hostel P

- 📍 9007 R.M. Asuncion St., Tubuan 2, Silang, Cavite
- ☎ 0917-318-0953
- 📍 Marius Bed & Breakfast and Hostel

Marius Bed-and-Breakfast and Hostel is hidden away on an inconspicuous street in downtown Silang. Finding the place is totally worth it as you will be welcomed by a lush landscape and a semi-open cafe that looks more like a showroom of various art pieces and rustic furniture.

The B&B has eight rooms with single, twin, and double bed types and one family room. Despite its hidden location, many of its guests are foreign travelers and millennials looking for a reasonably-priced yet comfortable accommodation.



Chateau Hestia P P P P

- 📍 J.Hernandez St., Purok 5, Bukal, Silang, Cavite
- ☎ 0917-591-2378
- 🕒 Check-in: 2 pm / Check-out: 12 pm
- 📍 chateauhestia.com
- 📍 Chateau Hestia
- 📍 @chateau.hestia

Encompassing a garden, a restaurant, and charming cottages, Chateau Hestia has taken a European countryside village as a model perfectly in its own way. There are five cottages to choose from, all imbued with the romantic appeal of a classic European cabin. The Loft Cottage, despite being the cheapest option priced at P3,000, can give you a feeling of royal treatment with its design inspired by the artful Biedermeier era (1800s) of the Austrian-Hungarian monarchy. It is fitted with a queen-size bed plumped with goose-feather pillows.



Gourmet Farms Drip-On Coffee

P280 - box of 10
 4 Km.52, Aguinaldo Hwy,
 Buho, Silang Cavite
 10 am to 9 pm



Casetta del Divino Zelo Homemade Chili Sauce

4118 Emilio Aguinaldo Hwy,
 Silang, Cavite
 10 am to 5:30 pm (Wed, Sat and Sun)



Kutsinta (sticky rice cake) at Silang Public Market

P10/slice
 M. Belen, Silang, Cavite

Many people in Silang have a natural knack for all things delicious, so the food products offered at the public market, and local shops and cafes are some of the best take-home items from the town. Gourmet Farms offers various kinds of gourmet deli and coffee products. Homemade sauces, biscuits, and wines are also the best souvenirs from Casetta del Divino Zelo. If you visit the public market of Silang, grab some cheap and delicious rice cakes like *kutsinta* and *biko*, or fresh fruits like bananas and pineapples.



Plants, orchids, and garden decor

P50 - P2,000 for plants
 Bypass Rd. (Aguinaldo Hwy),
 Silang, Cavite

It's hard not to stop and look when you pass along Bypass Road in Silang, where several garden shops are situated along the highway. Most of the shops are concentrated on the southern end of Bypass Road, between the Seventh-Day Adventist Regional Headquarters and Premier Plaza. Flower and gardening enthusiasts will find the place as their own piece of paradise. You can take home a small potted plant for as low as P50. Garden decor like clay pots and statues are also available here.



Bags at Abundant Place

P350 - P700
 220 Aguinaldo Hwy, Tubuan 2,
 Silang, Cavite
 7 am to 7 pm (Mon to Sat)



Ceramic wares at Cornerstone Pottery Farm

P500 and above
 Balubad 1st Rd, Silang, Cavite
 8:30 am to 5pm (Mon to Sat)

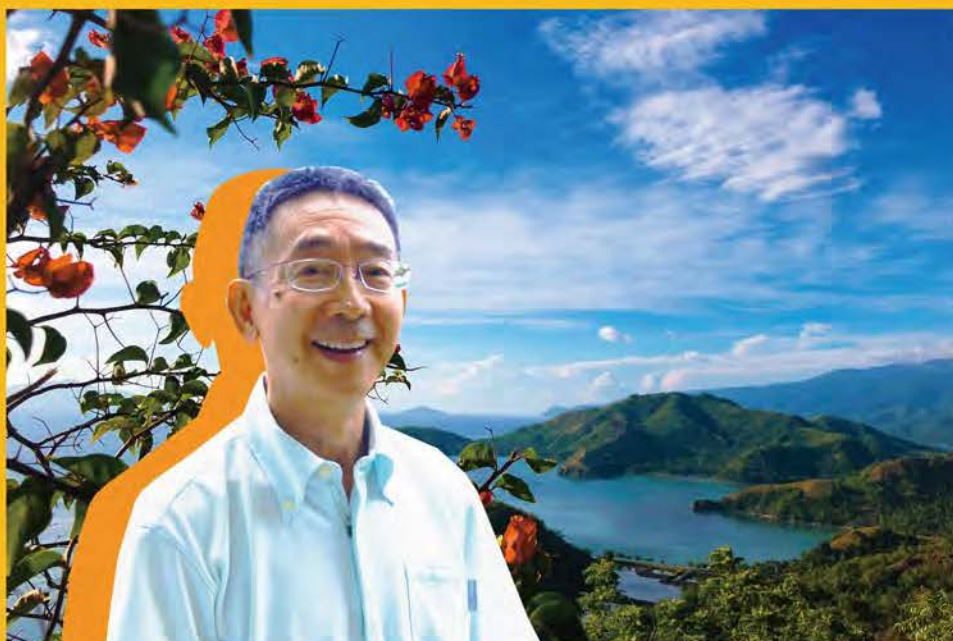
You can find a handful of places in Silang with crafts worth splurging on. Grab fashionable bags and home decor like curtains and wind chimes at Abundant Place's souvenir shop when you dine at the cafe. There are uniquely-designed handbags made of materials like banig and capiz shells, and they are incredibly reasonable. If you're looking for new tableware to show off in your kitchen, Cornerstone Pottery Farm has a shop with a vast display of ceramic wares, ranging from mugs sold as low as P150 and dinnerware of various styles to huge bowls and vases.



Ilog Maria beeswax products

P50 and above
 Ilog Maria Honeybee Farm, Aguinaldo
 Hwy, Lalaan 1st, Silang, Cavite
 8 am to 5 pm

The shop of Ilog Maria offers natural and handmade beeswax products including aromatherapy, beauty and skincare, healthcare, and household products. Their products are said to have nutritive and healing properties like their handmade soaps such as the Lavender & Honey, which is perfect for a relaxing bath after a tiring day. Other popular products include honey and propolis shampoos, honey face scrubs, and propolis toothpaste to name a few.



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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.



Lourdes Carolina Dumlao, MD

Internal Medicine, Geriatrics

President, Philippine Geriatric and Gerontology Society

Dr. Lourdes Carolina Dumlao has always been affectionate to elderly people, leading her to take up geriatrics. She took up medicine at the University of the East Ramon Magsaysay (UERM), had her internship at Philippine General Hospital (PGH), and pursued her internal medicine residency at the Makati Medical Center. She had her geriatric fellowship at St. Luke's Medical Center with adjunct fellowships at the Cleveland Clinic and University of Michigan. Now, she is the president of the Philippine Geriatric and Gerontology Society. Compared to other fields in medicine, geriatrics is particularly new in the Philippines having been introduced in the country only in 1991. According to Dr. Dumlao, although geriatrics might not be as lucrative as other subspecialties, at the end of the day, it is the fulfillment and appreciation she gets from treating old patients that makes it worth it.

Make an appointment:

- ✓ Rm. 714 CHBC South Tower, St. Luke's Medical Center Quezon City
Tuesdays and Thursdays: 9am to 12 pm
Contact No.: 02-8723-0101 loc. 2714
- ✓ Suite 932 Medical Arts Bldg., St. Luke's Global City
Mondays, Wednesdays and Fridays: 2 pm to 4 pm
Contact No. 02-8789-7700 loc. 7932

Ronald Reodica, MD, FCCP, FPSCCM

Pulmonary, Critical Care & Sleep Medicine

Dr. Ronald Reodica couldn't imagine being anything else other than a doctor, attributing this to having a father who is also one. He took up medicine at the University of the Philippines Manila and had his residency and fellowship at the State University of New York with subspecialization in pulmonology, critical care and sleep medicine. Dr. Reodica explained that these three fields are somewhat connected and he took the opportunity to learn all of them, especially the latter two, which are fairly new fields in medicine at that time. His typical working day starts with rounds in the Intensive Care Unit (ICU) as a critical care doctor. He conducts a clinic in the morning and afternoon, and then if he has more time, he reads sleep studies in sleep laboratories. Coming home to the Philippines after practicing medicine in the states for 11 years has been one of the most fulfilling things Dr. Reodica has done, and as a doctor, engaging and talking with his patients is one of his favorite things to do.



Make an appointment:

- ✓ MAB Rm 929, St. Luke's Medical Center Global City
Mondays to Thursdays: 10 am to 12 pm; Tuesdays and Thursdays: 1 pm to 3 pm; Fridays: 10 am to 12 pm
Contact Nos.: 02-8789-7700 loc. 7929 / 0946-221-4700
- ✓ Medical Office Bldg. Rm 610, Asian Hospital and Medical Center, Alabang
Mondays and Wednesdays: 2 pm to 3 pm (By appointment)
Contact No.: 02-8771-9347

Benjamin Luna, Jr., MD

Internal Medicine (IM) – Adult Cardiology

For Dr. Benjamin Luna, Jr., it was always his calling to be a doctor despite the sacrifices in the process. Dr. Luna believes that it is a great privilege to be a medical professional, as people trust him with their lives. He enjoys talking to his patients. He treats them gently, with utmost diplomacy and always with a touch of good old-fashioned humor. Practicing cardiology for almost 28 years now, Dr. Luna usually deals with people who consult him for hypertension, chest pain, coronary artery disease, heart failure, and diabetes. He is currently the Program Director of the Asian Cardiovascular Institute at Asian Hospital and Medical Center.



Make an appointment:

- ✓ MOB 210, Asian Hospital and Medical Center, Alabang
Tuesdays, Thursdays & Saturdays: 10 am to 12 pm
Contact Nos.: 02-8771-9245 / 0921-225-9460

Eliza Mei Perez Francisco, MD, MSc, DPBCN, FPCGM

Family Medicine, Subspecialty in Medical Nutrition and Geriatrics

Practicing medicine for almost 23 years now, Dr. Eliza Francisco specializes in family medicine, with a subspecialty in medical nutrition and geriatrics. Dr. Francisco has always chosen a unique career path, leading her to be one of the pioneers in medical nutrition in the Philippines. As the current Head of the Asian Senior Wellness Institute at Asian Hospital and Medical Center, she focuses on elderly patients and makes sure that she coordinates the care with a multidisciplinary team. Dr. Francisco deals with her patients by ensuring that she uses a comprehensive approach to screen and assess problems early on and intervene using both preventive and therapeutic programs for the elderly. She also has numerous international recognitions, representing the Philippines in the council of American Society for Parenteral and Enteral Nutrition (ASPEN), European Society for Clinical Nutrition and Metabolism (ESPEN), and Parenteral and Enteral Nutrition Society of Asia (PENSA) since 2015.



Make an appointment:

- ✓ MOB 714, Asian Hospital and Medical Center, Alabang
Wednesdays and Thursdays: 2 pm to 4 pm (By appointment)
Contact No.: 02-8771-2098

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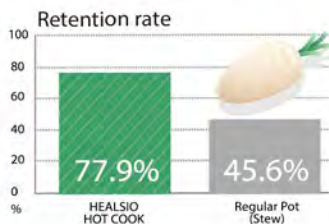
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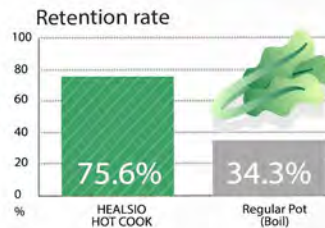
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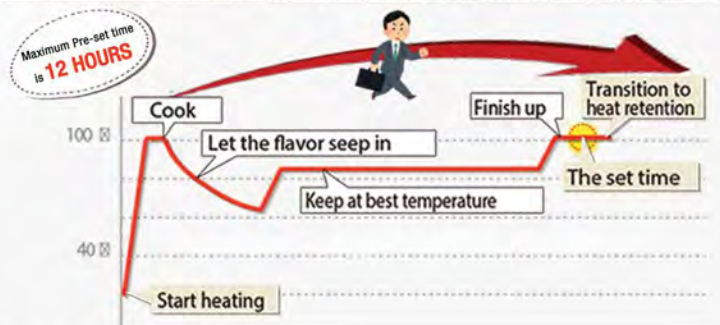
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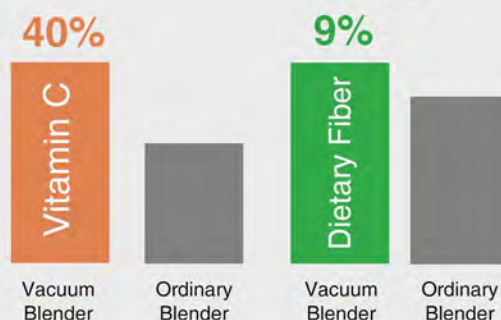


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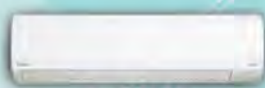
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Business Talk

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



Hubert Young
CEO of UCC Ueshima Coffee Philippines, Inc

Hubert Young is the CEO of UCC Ueshima Coffee Philippines, Inc., established as a joint venture with the UCC Ueshima Coffee Company (Japan) in 2014. With an experience in the food industry spanning over three decades, Hubert Young is highly reputed among Japanese restaurant industry players. With an affinity for Japan and a deep understanding of the local market, he has successfully brought popular brands to the Philippines, including UCC, Mitsuyado Sei-Men, Coco Ichibanya, Yamato Bakery Cafe, Tendon Kohaku, Shaburi and Kintan Buffet, and, the latest, Mos Burger.

Please tell us about yourself, your background and experience.

I am more of an entrepreneur; I take more challenges than the normal person. I come from a food manufacturing business, to start with. My family owns a very old company in the Philippines, which has evolved into a flour milling company called General Milling Corp. Back then, I was running the coffee manufacturing facility back in 1985-86. At that time, our company had the franchise for Hills Bros. Coffee, which was based in San Francisco. I worked in San Francisco for several years and trained as a coffee person. When the Philippines had a revolution in 1986, I had to go back to the US and stay there for a while. I came back in 1993; I went into other businesses until I went to search for UCC.

Can you tell us about UCC Ueshima Coffee Philippines, Inc.?

Back then, everyone in the Philippines was leaning towards American brands. You had California Pizza Kitchen, TGIFridays, Chili's; everybody had the American mentality. I didn't want to be like them so I decided to go Asian. When traveling in Asia, we always went to UCC for coffee in Hong Kong and bought UCC products in the supermarket; so I had a dream that maybe I should bring UCC to the Philippines.

I looked at the packaging of UCC and everything

was in Japanese. So I thought, what is the best way to get Filipinos to understand the product? As a Filipino, I know that Filipinos love to eat, Filipinos love to socialize. They used to go to hotel lobbies for business and coffee. Back then, coffee at a hotel was P120. If people were paying for this, I said maybe I should put up a coffee shop as a vehicle to introduce the brand, UCC. I decided that the coffee shop should be a place where people can come in and have their business just like in a hotel, enjoy good coffee and good food. My problem then was that UCC coffee was expensive compared to other coffee shops and QSRs (quick-service restaurants). So, I had to think of the best food cost where I could throw in the coffee for free to let the Filipinos try it.

Again, I wanted to be different so I said, no espresso, only syphon—because there was no competition with syphon. We put the syphon brewing in the middle of the bar so people could see and be intrigued with this new method. To me, that was my show and tell.

How did you bring other Japanese franchises to the Philippines?

Fast forward to 2011-12, when ramen was just about to become popular, we started Mitsuyado Sei-Men in Jupiter, Makati, but instead of ramen, we specialized in tsukemen. Ramen is noodle, tsukemen is noodle, but they are very different; just like how syphon is different from espresso.

In 2014, we went into a joint venture with UCC in the coffee manufacturing business. This business partnership led to other opportunities and got us Coco Ichibanya in 2015. What else do I want to do in the Philippines? Filipinos love to eat tempura, so we searched around and saw this tempura shop in Singapore doing very well: Tendon Kohaku. Now, we have 2 stores but we are opening our third and fourth in the next few months.

It kept coming—and the latest is Shaburi Kintan,

which was in the works about a year ago. Mr. Eiji Kamada (Dining Innovation CEO) came and asked if we wanted to handle a shabu-shabu and yakiniku brand, the Japanese way. We struck an alliance, so we now hold the master franchise for Dining Innovation in the Philippines.

What was my real dream in 1998-99? I met with Mr. Atsushi Sakurada (Mos Burger Chairman), and I told him I have always dreamt of Mos Burger since 1998 but never had the chance. On June 4, 2019, we signed a contract for a joint venture. We are not only forming a joint venture to manage and grow retail shops but we are also doing a joint venture for a new central kitchen for Mos Burger, which will hopefully take place sometime this year and the store early next year.

What are the challenges you have encountered in running the company and how did you deal with them?

Dealing with retail is the hardest business. It has taught us to be more patient and understanding of our customers. Furthermore, as you are aware, the retail market always evolves and we have to always be one step ahead.

Have you ever considered coming up with your own business?

Because I'm a marketing person, branding is important. Having the credentials and helping the Japanese expand in this country is my forte, and that is where I'll stick. I may not own the brand but I love the brand, and I run the business like I own the brand. My brand is Hubert Young.

What can you say about the food industry in the Philippines?

As far as the food industry is concerned, it is still a growing market. Filipinos' disposable income is increasing. The population is big, and there is a good chance of more growth. We have already hit the high-end market, the B market, and, now with Mos Burger, the upper C and B markets. Moving forward, we want the Filipinos to appreciate the real, authentic and affordable quality of Japanese food.

How would you describe your management style?

I am a very hands-on person. I am an ultra-detailed person, but I have learned to step back a little and look at the bigger picture as we are growing into a bigger company. My being hands-on is enabling the people who work with me to think how I think so they can do the hands-on while I look at the bigger picture and steer our business to future growth.

Where did your interest in Japanese products come from?

It developed through the years of traveling to Japan, my dealings with them, and enjoying my time in Japan. To me, every time I come to Japan, it is a learning day and I discover new little things. Even in convenience stores, I love looking at the trends, what they are doing, who is buying what. I would even buy and try things thinking, how can they be so good with just this price? These are the things that intrigue me.

Scan the code to view the full interview. Read more on business at
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Business Talk *Extended*

An interview with the top executives of Japanese companies that have penetrated the Philippine market



Keiichi Kuroda
CEO of Ramen Kuroda

Keiichi Kuroda was born in Tokyo in 1976. After graduating from Teikyo University, he ventured into music and HR businesses. In 2009, he opened a casual French restaurant in Tokyo. Since 2013, he has worked in the Philippines and opened a ramen restaurant.

Keiichi Kuroda is currently the CEO of Ramen Kuroda, a Japanese restaurant that has been attracting a huge amount of attention worldwide as a representative example of Japanese cuisine. The restaurant is known for offering Japanese-quality ramen at reasonable prices. Directly managing all the shops, Kuroda brings to the table his vast career experience, which includes human resources and even music.

Could you tell us about your business in the Philippines?

We started providing genuine ramen in 2013 in BF Homes, Parañaque and now have 18 branches in the Philippines. Thanks to our loyal customers, the sales of the first branch keeps growing until now. I did my own business in Singapore around that time. Seeing the growing potential of the Philippine restaurant industry, however, I decided to focus on the business in the Philippines instead of Singapore.

We always offer authentic Japanese ramen at an affordable price: P180 for a bowl of ramen.

Why is your ramen so affordable?

As long as we do business in the Philippines, I would like to offer affordable prices so that ramen can be a part of people's daily lives. Though the Philippines' economy has grown

steadily, I thought 400 pesos was way too expensive as the price of a bowl of ramen in the Philippines. To be honest, the prices of our ramen was the advice of my business partner who knows the Philippines very well.

We use chef-selected flour to serve the best noodles, extract umami carefully from pork bone into the soup, and exert ourselves continuously to achieve our mission: "Make ramen part of your every day". We check the richness of broth three times a day at every store.

Which aspects of the business are you focused on?

I'm always at a hiring interview in the Philippines. As a whole, the work environment of a dining establishment is not good, such as hiring conditions. Therefore, I would like to offer a good environment where people have a lot of opportunities. We have an original work system that increases employee salary and there is no salary limit for managers.

How did you go on your career path before coming to the Philippines?

I was in a music-related business and opened a casual French restaurant in Japan before. In my high school days, there was a big movement of hip hop so I wanted to be a DJ. When I was a college student, I worked as a DJ on weekends. After I graduated from college, I and my DJ friend started a business related to music. We got investment from venture capitals.

However, the business went bad so I started to do another business related to HR with my current business partner, which didn't work well because of the bankruptcy of Lehman Brothers. Then, finally, I ventured into food business in Japan.

Why did you get into that industry?

I used to be interested in food business during my DJ times. Owing to a famous French chef, I opened my casual French restaurant in Nerima district, Tokyo when I was 32 years old. One of my customers then told me that he had a property for rent, and I saw an opportunity for a ramen restaurant because there were Japanese pubs nearby.

How did you start your ramen business?

I needed to know about ramen, so we visited a famous ramen restaurant, Menya Isshi in Fukuoka, Japan. We happened to meet the owner, and we were able to set up a shop with their expertise—we opened "Nerima Isshi." That was my real beginning. I really appreciate the support from the people who surrounded me.

What other plans do you have for the foreseeable future?

I would like to open 24 branches in the Philippines by 2020. Moreover, I want to expand our business in other countries in Southeast Asia and Europe with our Filipino staff. Our mission is, "Take a chance and aggressively challenge. Keeping up to the point of origin, we change step by step."

What is your motto?

"Talent is the ability to sustain passion."

I learned this phrase from the TV and later learned that it was the quote from Hayao Miyazaki, a Japanese animator, a filmmaker and co-founder of Studio Ghibli.



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

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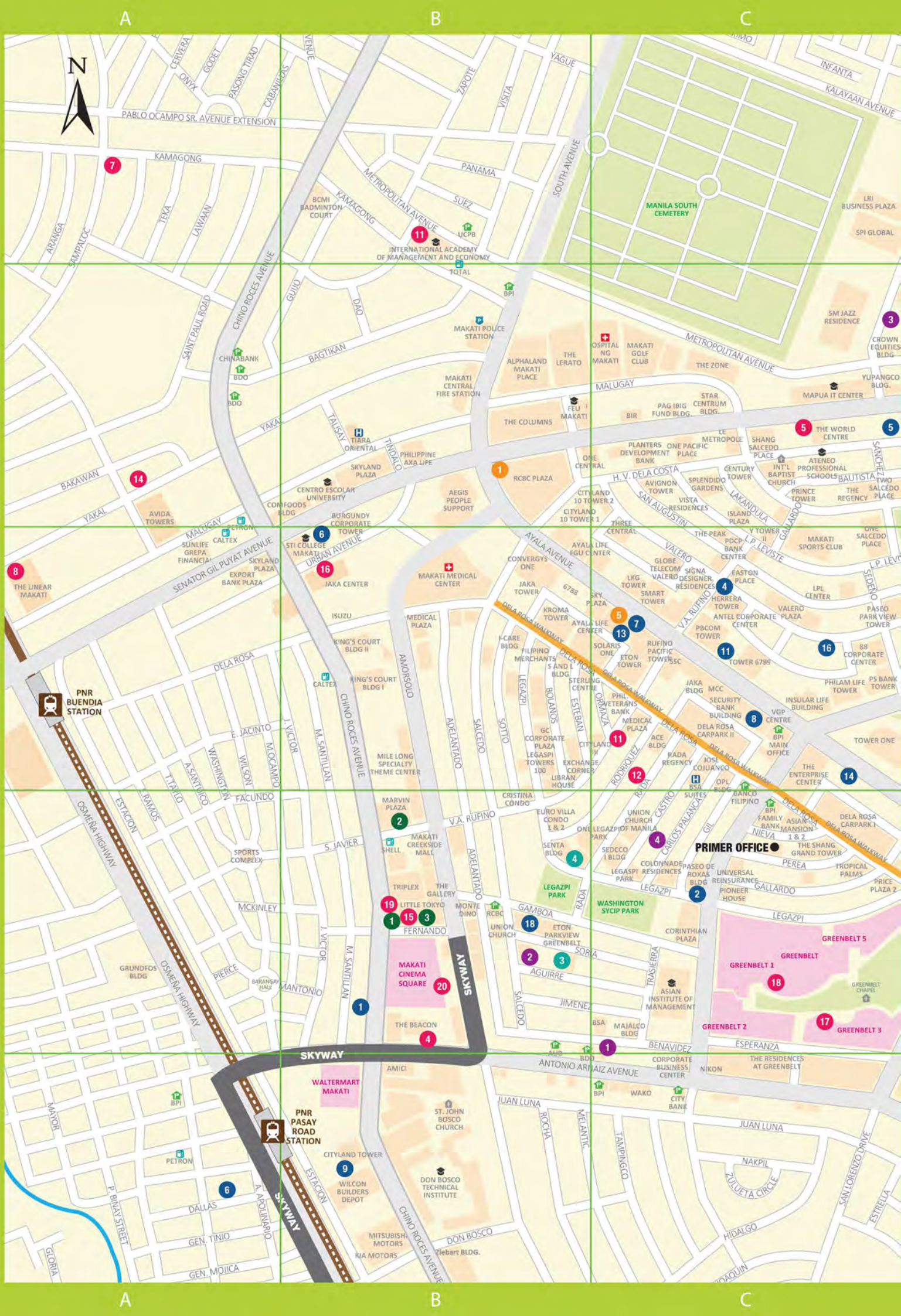
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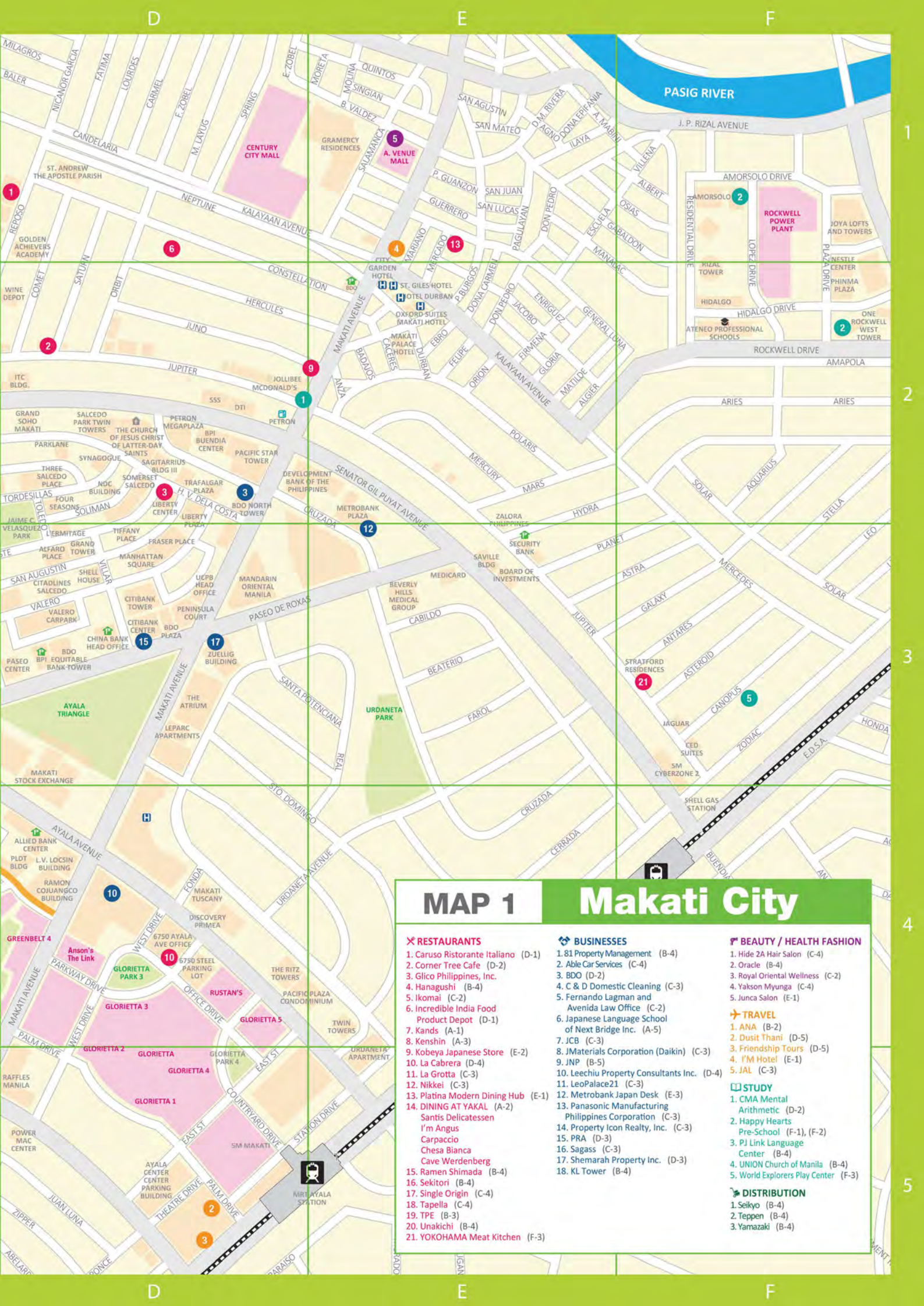


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Philippine
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The Expats' Guide to the Philippine Lifestyle





MAP 1

Makati City

✂ RESTAURANTS

1. Caruso Ristorante Italiano (D-1)
2. Corner Tree Cafe (D-2)
3. Glico Philippines, Inc. (B-4)
4. Hanagushi (B-4)
5. Ikomal (C-2)
6. Incredible India Food Product Depot (D-1)
7. Kands (A-1)
8. Kenshin (A-3)
9. Kobeya Japanese Store (E-2)
10. La Cabrera (D-4)
11. La Grotta (C-3)
12. Nikkei (C-3)
13. Platina Modern Dining Hub (E-1)
14. DINING AT YAKAL (A-2)
15. Ramen Shimada (B-4)
16. Sekitori (B-4)
17. Single Origin (C-4)
18. Tapella (C-4)
19. TPE (B-3)
20. Unakichi (B-4)
21. 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. Shemarah Property Inc. (D-3)
18. 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

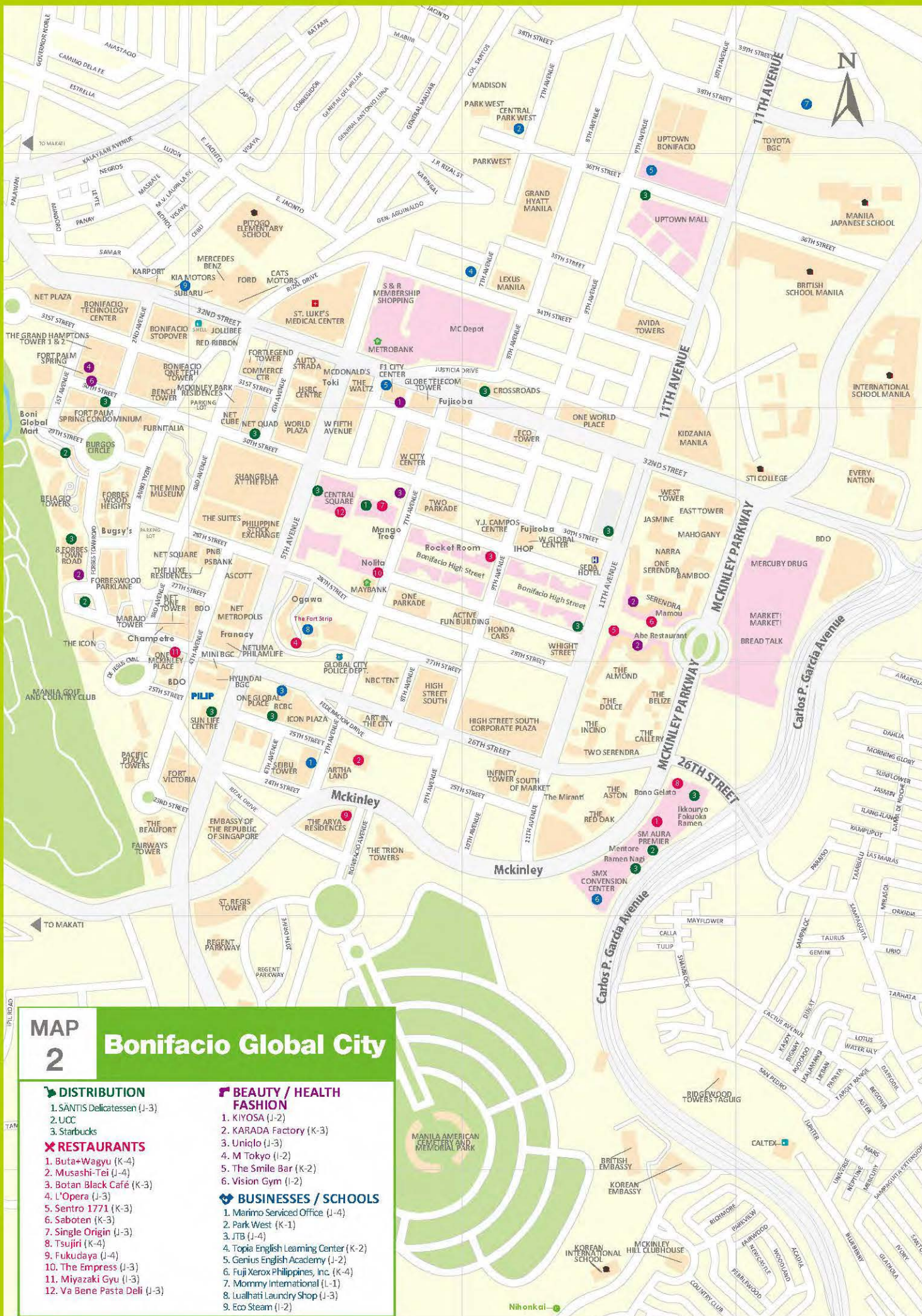
1. ANA (B-2)
2. Dusit Thani (D-5)
3. Friendship Tours (D-5)
4. I'M Hotel (E-1)
5. JAL (C-3)

📖 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)
9. Eco Steam (I-2)



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Robinsons Galleria to Robinsons Place Antipolo	(P60.00)
SM Megamall to SM North EDSA	(P65.00)

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ATC to Ayala Malls 30th	(P80.00)
ATC to Greenhills Shopping Center	(P80.00)
Alabang South Station (Muntinlupa) - Market! Market!	(P100 / P80.00)
ATC - Greenbelt 1	(P180.00)
ATC - Ayala Malls the 30th	(P80.00)
ATC - Lawton	(P180.00)

BULACAN

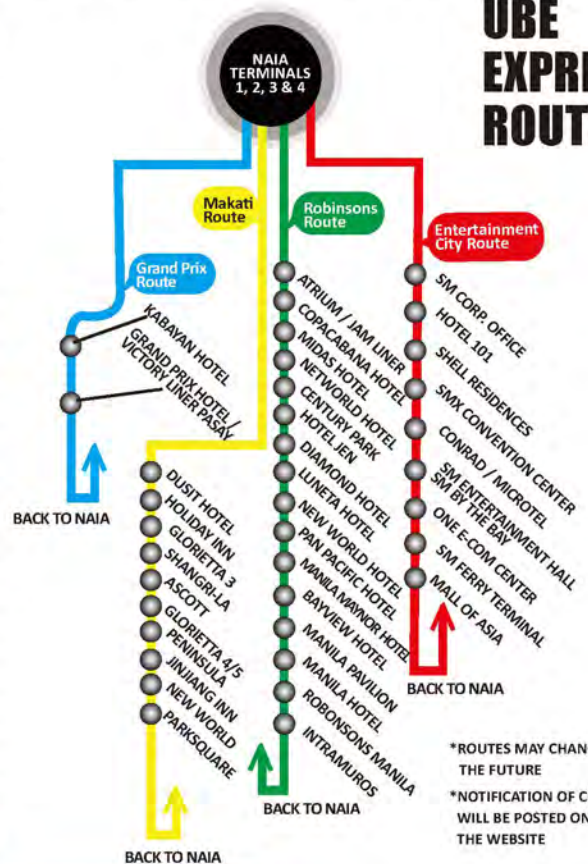
Routes	Fare
Sta. Maria Bulacan - Trinoma	(P70.00)
Robinsons Place Malolos - North Ave. (QC)	(P80.00)

Others

Routes	Fare
NAIA - Clark Airport	(P350.00)
Camella Dasma Highway - San Lorenzo Place Makati	(P150.00)

STANDARD FARE: Php 300.00

UBE EXPRESS ROUTES



LRT / MRT ROUTES

QUEZON CITY



MANILA

LRT / MRT



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?

QUEZON CITY



Event November 16

Android Masters: The Finals

The most-awaited annual Android development competition in the Philippines is back and is in the mission of encouraging both students and professionals to develop their creative ideas and see them come to life in the Google Playstore. Cheer on the next Android master in developing the next great app for social good.

Seameo Innotech, Quezon City

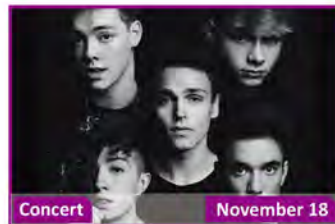


Concert November 17

Romantic Intimate Concert with Brian Mcfadden

Irish singer, songwriter, and ex-Westlife member, Brian Mcfadden is serenading his fans with a special guest, 1st Idol Philippines Grand Champion Zephaniah on his first-ever intimate solo concert in the country! Catch them live on November 16 at the SMX Convention Center in Davao and on November 17 in Quezon City!

New Frontier Theater, Quezon City



Concert November 18

8 Letters Tour Live in Manila

Better brace yourselves as American boy group, Why Don't We, is coming right up at the New Frontier Theater before the year ends! Catch Daniel Seavey, Zach Herron, Jonah Marais, Corbyn Besson, and Jack Avery as they serenade you on November 18.

New Frontier Theater, Quezon City



Event November 23

GDG DevFest Philippines 2019

In celebration of Google Developer Group (GDG) Philippines' 12th year anniversary, GDG hosts the grandest tech event of the year with DevFest Philippines 2019! Happening on November 23 at Novotel Manila, DevFest will feature local and international key speakers who are experts in the latest field of technology.

Novotel Hotel Manila, Quezon City

PARAÑAQUE CITY



Theater November 6 to 17

CATS at The Theatre at Solaire

After the success of Phantom of the Opera, another Andrew Lloyd Webber classic is set to take the stage this coming November. CATS, a musical based on the T.S. Elliot's Old Possum's Book of Practical Cats, will open at The Theatre at Solaire this November 6. Grab your tickets now!

The Theatre at Solaire, Parañaque City



Conference November 21 to 22

Affiliate Conference & Expo 2019

Get ready for the very first Affiliate Conference & Expo (ACE), happening from November 21 to 22 at Solaire Resort & Casino! Witness esteemed experts from ZALORA, Shopback, Zomato, GCash, McCann Worldgroup, and AXA Philippines among others as they lead the two-day conference with key ideas on marketing strategies.

Solaire Resort & Casino, Parañaque City

MAKATI CITY



Event November 22 to 24

All of the Noise 2019

One of the most anticipated events of the year, All of the Noise, is back with its second installment on November 22 to 24 at the Century City Mall Events Hall. Get ready for a series of talks, music performances, and a mini music expo in this 3-day gathering!

Century City Mall Events Hall, Makati City

PASAY CITY



Event November 15 to 17

Cake Fiesta 2019

The first-ever international cake and bake show is set to happen in the Philippines from November 15 to 17 at the SMX Convention Center! Witness some of the most exciting cake wars and workshops by international and local teachers at Cake Fiesta 2019.

SMX Convention Center, Pasay City

SPOTLIGHT



Event

Japan Fiesta 2019

November 9 - 10

Gather your friends and family as the first-ever Japan Fiesta is coming to the Philippines to give you a sneak peek of what it's like to tour the Land of the Rising Sun. Don't miss some of the most-awaited travel opportunities, sumptuous Japanese food, and cultural performances at the SMX Convention Center in SM Aura from November 9 to 10. Admission is FREE!

SMX Convention Center, SM Aura Premier, Taguig City

METRO MANILA



Bazaar November 15 to 24 & 27

Noel Bazaar

The metro's longest-running Christmas shopping extravaganza is back for its 19th year! Ready your shopping list as Noel Bazaar brightens up your holiday preparations with various clothing, skincare, toys and novelty items in the annual gathering at The World Trade Center & Filinvest Tent in Alabang.

Pasay City & Alabang

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



MERRY COFFEE

Toffee Nut Crunch Latte

Peppermint Mocha

Wishing Star Dark Mocha

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mu-X
Boondock
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BOONDOCK PRODUCT FEATURES:

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