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Philippine

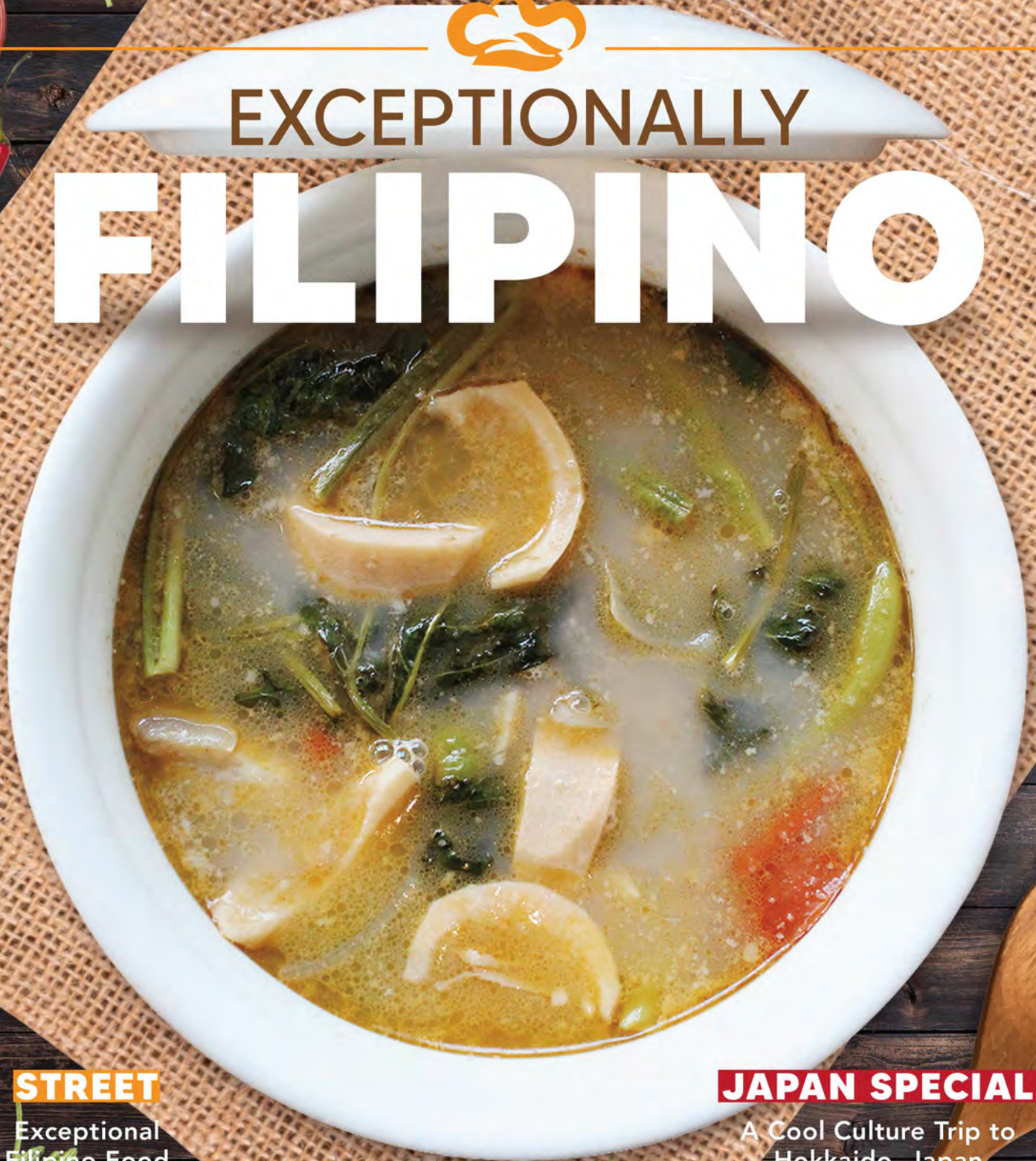
primer

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



EXCEPTIONALLY

FILIPINO



STREET

Exceptional
Filipino Food

JAPAN SPECIAL

A Cool Culture Trip to
Hokkaido, Japan

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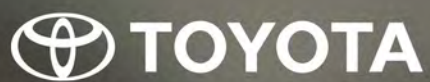
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Features of the Issue

STREET – If you ask Filipinos what their comfort food is, adobo, sinigang, or nilaga will most likely come to mind. These are simple meals that evoke warm memories of mother, home, and heritage. And these are dishes that can make expats just a little less homesick. If you are looking for a welcoming taste of tradition or just a colorful culinary adventure, look no further than Filipino cuisine. This month, let Philippine Primer share with you all of our favorite Filipino dishes, and where you can find them in Metro Manila.

JAPAN SPECIAL – April is one of the hottest months in the Philippines, with the summer season reaching its peak. Meanwhile, Hokkaido in Japan has just concluded winter and is transitioning into a cool, colorful springtime. This northern island of Japan welcomes travelers seeking refuge in its year-round cool climate. In this issue, we showcase Hokkaido not only as a winter wonderland but also as a cultural destination with various fun ways to enjoy subzero weather—exploring rustic streets in soft snow, filling up with a heartwarming local cuisine, and enjoying activities with locals. Start planning for your next winter escape with this month's special feature of Hokkaido, Japan.

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EXCEPTIONALLY FILIPINO

A Peek Into Filipino Food and Restaurants



Filipino food, in a collective sense, entails a straightforward cooking method including the unmissable use of garlic, onion, fish sauce, vinegar, and soy sauce for the base, as well as meat and seafood for the main ingredient. But like any other aspect in a shifting society, food sees a variety of twists and influences, much like how Filipino food tends to show different visuals and emits new flavors time and again on top of the heavy Spanish and other Asian touches to it. While some retain its essence, some lose it in the midst. Luckily, Filipino cuisine was able to keep what makes it exceptionally Filipino despite the upgrades—with it still being drenched in rich flavors and seasonings and it being a perfect partner for the staple white rice, for one.



bit.ly/Pinoy-Primer

Now, take a closer look at these Filipino dishes, as well as the different places around the metro where you can enjoy such, and see what makes them incomparable to any other cuisines in the world!



Adobo

Adobo is as simple as it can get, with soy sauce and vinegar as the main seasonings—but it can also be as versatile as you wish it to be. Be it graced by pork, chicken, beef, or squid, its classic taste never wanes.

MEAT

Tip: It tastes best when it has less sauce. Plus, you can either steam the meat or you can fry them beforehand for an even tastier adobo.

MEAT

Bicol Express

Having originated in the Bicol region that has an affinity for anything spicy, Bicol express features small pieces of pork cooked in the diluted amalgam of coconut milk, bagoong (fermented fish paste), and spicing agents.





Bulalo

Bulalo is one of Filipinos' staple dishes when they want to relish fresh-from-the-pot soup. It uses beef shank and bone marrow, whose bold flavors bring a piquant taste to the clear broth where vegetables like corn and Chinese cabbage swim about.



MEAT



Chicharong Bulaklak

Chicharong bulaklak or deep-fried pork intestines is best enjoyed when it's crispy and right out of the pan. Its insides are soft and chewy as well, unknowingly have you consume hefty servings of rice especially when you dip it in peppered vinegar. More so, it is perfect with a glass of beer on the side.

Dinuguan

Dinuguan or pork blood stew is one of the most sought after dishes in Filipino eateries, sporting a black sauce made with pig's blood along with vinegar and some spices. This dish is classically paired with the Filipino rice cake puto.



MEAT



Caldereta

Caldereta is said to have Spanish roots, with its name derived from the word caldera or cauldron. It is cooked with a viscous combination of tomato paste and coconut milk. Notably, its many variants include having beef, chicken, goat, lamb, or pork as the main star.



Crispy Pata

Literally translating to crispy pork leg, crispy pata is a whole pork leg or trotter that is first boiled in salted water to its utmost tender state, and then grazed with a number of seasonings before deep-frying in fiery hot cooking oil until it becomes the crunchy, golden brown favorite.



Inasal

Before piercing the pork or chicken with a stick, it is first marinated in all sorts of Filipino spices like vinegar, lemongrass, calamansi juice, and ginger. It is then grilled slowly over charcoal, during which you may brush annatto oil over the meat for added flavor.



Chicken Curry

Normally yellow in color, the Filipino take on the curry dish is a mildly spicy one that is brought forth by mixing curry powder with coconut milk. This dish is cooked with potatoes and carrots as well.

MEAT



Kare-Kare

Kare-Kare is a thick, savory stew made with either peanut butter or blended raw nuts. The perfect meat parts for this Filipino favorite are oxtail and tripe apart from the staple pork and beef. This dish can be enjoyed even by those who are straying away from meat, because the hefty vegetables are delightful by themselves.





Longganisa

Longganisa is a type of sausage that is said to have come from Spain. It comes in various thicknesses, lengths, and even ingredients such as pork and chicken. It has two main flavor styles: garlic and sweet.

MEAT



Lengua in Mushroom Sauce

Lengua, which is another term for beef tongue, is a creamy dish that exudes a particularly strong flavor impossible to miss. It can be cooked with regular beef pieces too, and is usually accompanied by pieces of mushroom.



MEAT

Nilaga

As compared to bulalo, nilaga is somehow on the lighter side taste-wise despite being identical presentation-wise. It features pork slices that are kept company by vegetables like cabbage, bok choy, potatoes, and even boiled saba bananas.



Pochero

Pochero is a dish mainly made with boiled and minced tomatoes, and is even more flavored with saba bananas. It can be cooked either with chicken or pork, but its staple ingredients include potatoes, carrots, and chickpeas.

MEAT

Sinigang

This popular soup dish that may well be most people's favorite is characterized by its sour taste and tanginess brought about by souring agents like tamarind, guava, santol, or lemon juice if there's nothing else available. Almost every kind of meat can be also used for sinigang: pork, beef, fish and even shrimp. Serve it with a hot heaping plate of rice and fish sauce for a surely satisfying meal.



Tinola

Tinola features an unmistakable ginger flavor that seeps in the clear broth. On top of the regular-size chicken pieces, the dish is also graced by the light-tasting chayote or green papaya. Best to garnish it with malunggay leaves as well for a healthier finish.

MEAT

Sisig

Sisig traces its roots to the Luzon province called Pampanga. It is composed of miniscule pieces of chopped pig cheeks and ears as well as chicken liver that is best served in a sizzling plate with ample amounts of onions and chili. A raw egg is usually added to the still-smoking dish where it will be cooked when mixed.





Tokwa't Baboy

Tokwa't baboy is a delectable combination of tofu and pork that is usually bathed in a sauce made out of combining soy sauce and vinegar, and is texturized by minced onion.

MEAT

Gising-Gising

Gising-Gising is quite similar to ginataan as it is boiled in coconut milk as well. However, the main point of this vegetable dish lies in the incorporation of bagoong that gives it a distinct taste.



Pinakbet

Pinakbet or more simply, pakbet, is a healthy amalgamation of stir-fried vegetables flavored by bagoong. Veggies include okra, bitter melon, squash, eggplant, and pods. Small pieces of pork may also be added onto the dish.

VEGETABLE



Tortang Talong

Tortang talong or eggplant omelette is made by grilling raw eggplant upon an open fire, peeling its darkened skin, flattening it, and then dipping it in scrambled egg before frying. It is sometimes mixed with ground pork as well.



Laing

By mixing in dried taro leaves in a great amount of coconut milk, you can already enjoy a good bowl of laing. But you can infuse it with anchovies too for an even stronger flavor.

Calamares

Calamares is the same as the Italian dish calamari fritti, which refers to the fried squid slices encased in seasoned flour. In the Philippines, these are usually dipped in soy sauce and vinegar.



Daing na Bangus

Daing na bangus is fried, sliced-open milkfish that is perfect-fit with fried rice. It can be cooked with just ample salt as its seasoning, but it tastes best when it is marinated in vinegar, salt and pepper, and garlic overnight or longer before frying.

FISH

Ginataan

Ginataan, despite its many variants, is a dish founded on the usage of coconut milk. For a full meal, squash or chicken may be used as main ingredients. Meanwhile, for merienda or dessert, ginataan can be mixed with bilo-bilo (glutinous balls) or sticky rice and mung beans.

VEGETABLE





Danggit

Small, dried and salted fish are collectively identified as danggit. Most supermarkets sell pre-packed danggit for everyone's convenience.

FISH

Kinilaw

Kinilaw features raw fish meat marinated in vinegar and calamansi juice, along with sliced onion and ginger. It is comparable to the ceviche in South America.



Tuyo

Tuyo is an inexpensive food whose salty flavoring asks for hefty servings of white rice and blends well with vinegar. Sardines is the usual fish used, which is sun-dried to make this Filipino food.

FISH



Sardines in Tomato Sauce

While most sardines are cooked in and comes with oil as sauce, the Filipino take is drenched in tomato sauce. A number of brands in the country have since been offering this kind of dish in can packages. Make it taste like a Japanese dish when you add shimeji onto it.



Tinolang Halaan

Tinolang halaan or halaan soup is a simple soup made mainly of clam, onion, and spinach, that boasts of a gingery flavor distinct to some Japanese food. It is a good remedy for an upset stomach and is possible to cook in about 30 mins.

FISH



Bagoong Rice

Bagoong rice, from its name itself, highlights the use of bagoong. But even non-fans of bagoong will like this fried rice variant as it does not reek or taste so much like it. Finish it with leek or green mango.



CARBS



Pancit

Although collectively called pancit, this Filipino noodle dish comes in a number of versions and tastes. Dry versions include the orange pancit Malabon, the brown and thin pancit bihon, and the slightly thicker and firmer pancit canton. Pancit molo, pancit lomi, and pancit sotanghon are some of the soupy variants.



Arroz Caldo

Filipinos identify their exclusive version of chicken porridge as arroz caldo. It is made with sticky rice, a handful of ginger that gives the distinguishing flavor, and garlic and green onion as garnishings. It is normally mixed with chicken pieces and hard boiled egg.



COOKING

with MilkyWay's *Chef J Gamboa*



Pork Binagoongan (good for 5 people)

Served with sautéed pumpkin, long beans, daikon radish, and ampalaya

What you need:

- 1 kg pork belly, cut into 1-inch cubes
- 3 T garlic, minced (35g)
- 1 cup Datu Puti vinegar
- ¼ t black pepper, ground
- 2 cups water
- 2 T corn oil
- 1 T garlic, minced (20g)
- ½ cup onions, chopped (50g)
- 1.5 cup tomatoes: chopped, peeled, and seeded (100g)
- ½ cup Milkyway Bagoong (100g)
- 3 T sugar (30g)
- 3 pcs green chili pepper (20g)
- 1 t garlic, minced (5g)
- 1 cup pumpkin: batonette, blanched (100g)
- 1 cup daikon radish: batonette, blanched (100g)
- 1 cup long beans, 2-inch cut (100g)
- ½ cup ampalaya: pith removed, batonette, and blanched (50g)
- Salt and pepper to taste

What to do:

1. Marinate pork cubes with garlic and Datu Puti vinegar for 10 minutes. Season with salt and pepper.
2. Place marinated pork in a pan with two cups of water, bring to a boil and simmer for 30 minutes.
3. In a separate pan, sauté garlic, onion, tomato and Milkyway Bagoong in oil. Add to pork mixture and simmer until pork is tender.
5. Season the pork mixture with sugar, add green chili pepper, and simmer for 5 minutes.
6. In a pan, heat oil and sauté garlic with the rest of the vegetables until heated through. Season with salt and pepper.



Tokwa't Baboy (good for 5 people)

What you need:

- ½ kg pork head (cheeks and ears) or pork belly
- 1 pc carrot, chopped
- 1 pc onion, sliced
- 1 T salt
- Water (amount as needed)
- 3 pcs bean curd/tokwa
- Cooking oil for deep frying (amount as needed)
- 1 clove garlic, crushed
- 2 pcs onions, medium, chopped
- 1 pc chili pepper, minced
- ¾ t salt
- ½ cup white vinegar
- ½ cup soy sauce
- ½ t sugar
- Pepper (amount as needed)
- 1 bunch green onions, chopped

What to do:

1. Grill pork over open flame to remove any hair. Simmer in water with carrot, onion, and salt until tender. Let cool. Slice the pork into cubes. Set aside.
2. Heat cooking oil in a pan, enough to submerge tokwa. Cut the tokwa into ¾ inch cubes. Press on paper towels to remove excess moisture. Deep fry until golden brown. Drain on paper towels to remove excess oil. Set aside.
3. Combine the rest of the ingredients in a bowl. Combine with cooked pork and tokwa. Top with extra chopped green onions. Serve.



*T equates to tablespoon; t to teaspoon

Sentro 1771

PPP

In the span of a good decade or so, Sentro 1771 was able to retain its footing without wavering nor faring behind. Their key ingredient? A standardized way of bringing forth the classic Filipino flavors, regardless of their own take on the dishes. And they manage to do it without straying away from the paradigm of their dishes by adopting the French technique of cooking—only because the way Filipinos do it is hard to be standardized.

📍 36th St. cor. 9th Ave., BGC, Taguig City
⌚ 11 am to 3 pm and 6 pm to 10 pm (Tue to Sun)
☎ 0917-814-7794
🌐 sentro1771.com
📱 SENTRO 1771



Duck Pancakes (P229.99 for solo/P429.99 for sharing)



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72-hour Bagnet (P765 for 500 g/P1530 for 2 kg)

Arroz Ecija

PPP

Arroz Ecija prides itself in putting the spotlight on the province of Nueva Ecija—a concept that subsequently seeps into its name Arroz that is the Spanish word for rice and Ecija from its namesake province. Still in consideration to this, the restaurant specializes in rice dishes on top of the other extensive eats. Most of their ingredients, if not all, are sourced from Nueva Ecija.



Bringhe Lamang-Dagat (P295 for 5 in/P675 for 12 in)



📍 1/F, Uptown Mall, 9th Ave. cor. 11th Dr., BGC, Taguig City
⌚ 11 am to 10 pm (Sun to Thu); 11 am to 11 pm (Fri to Sat)
☎ 02-8541-7025
🌐 adventmanila.com/arroz-ecija
📱 Arroz Ecija

XO 46 Heritage Bistro

PPP

XO 46, which was born out of the desire to showcase Filipino cuisine in a different environment, celebrates tradition and the old, slow way of doing things. On top of the restaurant's interior that transports you back to the Spanish colonial period, the waiters and attendants are all dressed up in the traditional Filipino clothing Baro't Saya and Barong Tagalog. XO stands for extraordinary, telling of the restaurant's offerings; whereas 46 commemorates the year the Philippines gained independence from the Americans (1946).

📍 G/F, Le Grand Condominium, 130 Valero St., Salcedo Village, Makati City
⌚ 11 am to 9 pm
☎ 02-8553-6632
📱 XO 46 Bistro Filipino



Empanadang Bilbao Ala Vigan (P395)



Kare-Kare Crispy Tadyang (P675)



BBQ Pork Spare ribs (P495)

MilkyWay Café

PPP

MilkyWay Café started out in 1962 as an ice cream factory in the old San Miguel district next to Malacañang Palace. Afternoon snacks were served for a brief span of time until the owners' mom brought over dishes from her hometown, Pampanga, which eventually became the centerpiece of the food business. To date, on top of the selection of the classics lies the 1962 MilkyWay recipes that are made-to-order.



MilkyWay Halo-Halo (P225)

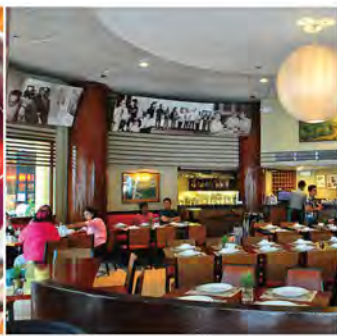


📍 2/F, 900 Arnaiz Ave. cor. Paseo de Roxas, Makati City
⌚ 11 am to 10 pm
☎ 02-8843-4124/02-8843-7124
🌐 cafe.milkywayrestaurant.com
📱 Milkyway Cafe


FILIPINO
RESTAURANTS



Sinigang sa Ube (P540)



Abe

PPP

Abe Restaurant serves traditional Filipino food that are mostly of Kapampangan origin. Because of this, you can expect a selection of dishes not usually found in other Filipino restaurants—such as their Sinigang Sa Ube that features less sourness because of the water yam. Abe means friend in the local dialect of Pampanga, and was the nickname of the owner's late father.

📍 G/F, Serendra, Retailer Area, BGC, Taguig City
 ⌚ 11 am to 3 pm and 5:30 pm to 11 pm
 ☎ 02-8856-0526
 🌐 ljcrestaunts.com.ph/restaurants/abes
 📱 Abe



Dancing Fish in Escabeche Sauce (P445)



Bench Café

PPP

While the Bench group has in fact ventured in other food businesses like Pablo, Maisen, and Marugame Udon, Bench Café is the first restaurant to bear the name of the iconic local brand and is specially created to embody Bench's commitment to "love local." It presents a menu that underscores Filipino heritage and diverse culinary flair, hence the familiar Filipino dishes that you would most likely find in local eateries.

📍 2/F, Bench Boutique BGC Flagship Store, Bonifacio High Street, BGC, Taguig City
 ⌚ 11 am to 10 pm (Mon to Fri); 11 am to 11 pm (Sat to Sun)
 ☎ 0917-702-1133
 📱 Bench Cafe



Original Krispy Pata (P680)



Bistro Pamana

PPP

Located along a timid street in Legaspi Village is Bistro Pamana, a restaurant that offers an old-fashioned yet sophisticated Filipino dining experience. This is mainly through its timeless dishes and heirloom recipes that have been preserved and passed on by generations, together with the old-world charm of its interiors consisting of some antique pieces, old family portraits, and a thematic color of elegant purple.

📍 1/F, Greenbelt Mansion, 106 Perea St., Legaspi Village, Makati City
 ⌚ 10 am to 10 pm
 ☎ 02-8815-1823
 🌐 pamanarestaurant.com
 📱 Pamana Restaurant



Beef Caldereta



Café Juanita

PPP

Café Juanita was deemed by Time Magazine as a place where the food is as close to home cooking as it can get. Sans the permeation of their own twists and takes, the restaurant retains the traditional flavors of Filipino dishes in such a way that ceaselessly pulls diners in who are in the mood for nothing but the classics. Café Juanita's expanse, whereas, features an unmissable chicness driven by the Orthodox architecture.

📍 #19 West Capitol Dr., Brgy. Kapitolyo, Pasig City
 ⌚ 11 am to 2 pm and 5:30 pm to 10 pm
 ☎ 02-8632-0357 / 0922-877-9894
 🌐 cafejuanita.com
 📱 Cafe Juanita



Bella Bandida or Bistek na Bangus (P295)



Olimpia (P195)

Crisostomo

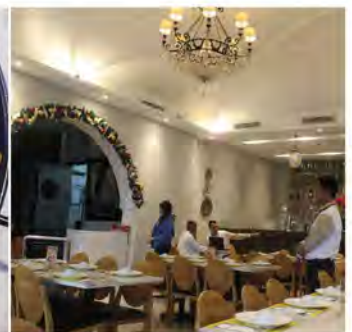
PPP

Being as much of a Filipino restaurant as it can get, Crisostomo traces its namesake to the famed novel "Noli Me Tangere" of the country's national hero Dr. Jose Rizal, where a prominent character is called Crisostomo Ibarra. The restaurant, then, houses a modern arrangement of traditional Filipino and Spanish cuisines—whose dishes' names also coincide with the aforementioned book.

📍 7th Ave. cor. 30th St., BGC, Taguig City
 ⌚ 11 am to 10 pm (Sun to Thu); 11 am 11 pm (Fri to Sat)
 ☎ 02-7621-3276 / 02-7621-3195 / 0917-8178290
 🌐 crisostomo.ph
 📱 Crisostomo Restaurant



Paella Mariscos (P625)



El Corazon

PPP

El Corazon specializes in Filipino-Hispanic cuisine, which foremost encompasses Spanish dishes like morcon, embutido, and paella that have been modified to fit the Filipino palate and subsequently incorporated into the Filipino menu. And from their extensive menu sticks out their paella boasting of a number of varying types and flavors.

📍 2/F, Uptown Place Mall, 36th St. cor. 9th Ave., BGC, Taguig City
 ⌚ 10 am to 10 pm
 ☎ 02-8802-5596
 🌐 corazon.ph
 📱 Corazon Restaurant



Dinakdakan (P380)



Lampara

PPP

In an attempt to bring new light to Filipino food, the sophisticated Lampara restaurant came into the picture. This neo-Filipino bistro, apart from specializing in Filipino cuisine, switches up the classics as well in order to cater to the foreign palate. Plus, they have signature cocktails that you'll absolutely love!

📍 5883 Enriquez St. Poblacion, Makati City
 ⌚ 6 pm to 12 am (Sun to Wed); 6 pm to 1 am (Thu to Sat)
 ☎ 0917-173-5883
 📱 Lampara
 🌐 lampara.pob



Sinigang na Beef Short Rib and Watermelon (P255/P465/P785)



Manam Comfort Filipino

PPP

Although the main notion of Manam is to underscore the flavorful traditional Filipino cuisine, they also braved the recency and took a great step ahead of the usual Filipino fare, crafting their own spin to their dishes. Their all-local bill of fare is spread in two kinds: "Classics" if you're in the traditional side; and "Twists" for those who want to placate their adventurous palate. Included in the latter is Manam's Sinigang na Beef Short Rib and Watermelon.

📍 R3, Power Plant Mall, Makati City
 ⌚ 11 am to 9 pm (Mon to Thu); 11 am to 10 pm (Fri); 10 am to 10 pm (Sat); 10 am to 9 pm (Sun)
 ☎ 02-7728-2735
 🌐 momentgroup.ph/brands/show/manam 📱 Manam Comfort Filipino



Boneless Lechon Belly (P650)



Leche Flan

Locavore Kitchen & Drinks

PPPP

Locavore Kitchen & Drinks is a straightforward and casual resto bar that features Filipino comfort food redefined with Chef Mikel Zaguirre's creative fusions and hint of French flair. The servings are big and the selections are wide, embracing festive appetizers and sandwiches, meaty mains, and luscious local desserts and beverages in one expanse. Locavore, in its raw sense, means "a person who makes an effort to eat locally grown, locally made, locally produced food."

📍 A1-A2 Three Central, Salcedo Village, Makati City
 ⌚ 10 am to 10 pm (Sun to Tue); 10 am to 12 am (Wed to Sat)
 ☎ 0917-178-2018
 🌐 locavore.ph 📱 Locavore Kitchen & Drinks



Adobo Prime Ribs (P650)



Max's Kabisera

PPP

Formerly named Kabisera, Max's Kabisera relaunched its brand back in 2018—all set to present itself as a more high-end version of its roots that are Max's Restaurant and Kabisera per se, dining and social destination-wise. The idea of converging the aforementioned brands was founded on adopting Max's brand heritage and core products and Kabisera's curated approach to its products and services, naturally centering on the celebration of Filipino food, culture, and hospitality.

📍 7th Ave., Bonifacio High Street, BGC, Taguig City
 ⌚ 8 am to 10 pm (Mon to Wed, Sat); 8 am to 11 pm (Thu to Fri)
 ☎ 02-8776-9882 to 83 / 0949-889-3616
 🌐 maxsgroupinc.com/brand/kabisera-12 📱 Max's Kabisera



Salted Egg Fried Alimango (P190/100g)



Lorenzo's Way

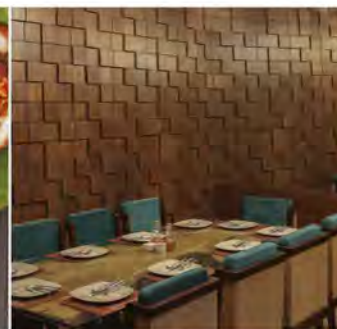
PPP

Above all the restaurant affiliates of the LJC Group lies Lorenzo's Way, not in a way that degrades the others but in a concrete sense that this particular restaurant holds the collective concept of them all—a fusion of Filipino cuisine and that of Europe. Their dishes are at reasonable prices, so no need to fret over your budget.

📍 G/F, Greenbelt 5, Ayala Center, Makati City
 ⌚ 11 am to 3 pm & 5:30 pm to 11 pm (Mon to Fri); 11 am to 11 pm (Sat to Sun)
 ☎ 02-8522-0403
 🌐 ljcrestaurants.com.ph/restaurants/lorenzos-way
 📱 Lorenzo's Way



Crispy Boneless Patatim (P515)



Mesa Filipino Moderne

PPP

Mesa is not just the place to go to if you're looking for Pinoy dishes, as it is one where the best and the utmost classic of the Philippines' culinary offerings are made more exciting to delight upon. Their Crispchon, for one, brought them the recognition namely Top 1: Where to Eat the Best Lechon in the World.

📍 G/F, Greenbelt 5, Ayala Center, Makati City
 ⌚ 11 am to 11 pm (Sun to Thu); 11 am to 1 am (Fri to Sat)
 ☎ 02-7909-1979
 🌐 foodglobal.ph/Brands/Mesa
 📱 Mesa Philippines

Fely J's Kitchen P P P P

Fely J's Kitchen, on top of many other factors, was molded upon the memory of the late mother of LJC Group's founder. This extends from its name that is derived from Felicidad De Jesus-Cruz to its food selection rooted in her treasured recipes that are collectively fresh, natural, and pleasing to the eyes. Among their well-known dishes are Dilis-cious Rice, Bistek ng Kano, and Lengua Rendang.

2/F, Greenbelt 5, Ayala Center, Makati City
 11 am to 11 pm
 02-8522-0403 / 02-7728-8878
 ljcrestaurnants.com.ph/fely-j
 Fely J's Kitchen



Beef Smores (P625)



Bistek Tagalog ng Kano (P950)



Pork Binagoongan (P295 for friends/P415 for family)

Friends and Family P P P

Apart from serving dishes whose recipes have been passed down from generation to generation, Friends & Family prides themselves in serving home-cooked Filipino food that caters to three generations. This means that they have an array of food that grandparents, parents, and the younger generations can enjoy—giving way for some trip back in time with Filipino cuisine that you and your loved ones can bond over.

7th Ave., Bonifacio High Street, BGC, Taguig City
 11:30 am to 11 pm
 0917-891-7053
 raintreerestaurants.com
 Friends & Family PH



Chicken Binakol (P495)



Kanin Club P P

The Kanin Club, as it is so named, has since been focused in upholding the one staple food on most Filipino dining tables: kanin or rice. But they do not limit themselves upon it, as the restaurant honors the Philippine food culture by presenting classic Filipino flavors in ways most people would not have thought of—rightfully including their Crispy Dinuguan (P380) that uses bagnet or deep-fried crispy pork belly stewed in pig's blood.

Ayala Triangle Gardens, Salcedo Village, Makati City
 11 am to 10 pm
 02-7621-6109



Crispy Dinuguan (P380)



Crispy Beef Salad (P352)



Pork Sisig (P275)



Kuya J Lumpia Presko (P109)



Kuya J Crispy Pata (P590 for regular/P735 for family)



Kuya J Restaurant P P P

With over 100 branches in the Philippines, Kuya J Restaurant is undoubtedly well-loved by everyone with its gastronomic Filipino specialties. It started as a small eatery in Cebu as "Ang Kan-anan ni Kuya J", which eventually became one of the fastest-growing restaurants in the country. From then on, it has been known for its delicious local favorites such as Crispy Pata, Kare-Kare, Pinakbet, Sisig, and Lechon Kawali.

G/F, WalterMart Makati, Arnaiz Ave., Brgy. Pio Del Pilar, Makati City
 10 am to 9 pm
 02-8802-1527
 kuyaj.ph
 Kuya J Restaurant

The Aristocrat Restaurant

Within the decades that Aristocrat has stood in the ever-changing food business scene lies remarkable milestones that allowed the then-small eatery to be the firm restaurant that it is now. What used to be a family snack at Luneta Park gave way to the Adobo Sandwich in 1936, and the unreturned cutlery at their beach resort branch in 1945 eventually birthed the iconic skewered Chicken Barbecue of Aristocrat.

📍 146 Jupiter cor. Saturn St., Bel-Air, Makati City
 ☎ 24/7
 ☎ 02-8895-0725 / 02-8899-5035
 🌐 aristocrat.com.ph
 📘 The Aristocrat Restaurant



The Mess Hall

What was then the Moment Group's private cafeteria is now a public-friendly expanse where the group's different brands convene to bring forth an amalgamation of delightful eats—from Manam's House Crispy Sisig to Shawa Wama's Primo Beef. But aside from these, The Mess Hall offers its own selection of food as well that includes pasta dishes like Pancit Palabok and Canton Special, and Filipino food staples like sinigang, adobo, and silog specials.

📍 2316 Karrivin Plaza, Chino Roces Ave. Ext., Makati City
 ☎ 10 am to 5 pm (Mon to Fri)
 ☎ 02-8869-9284 loc. 114 / 0919-084-5719
 🌐 momentgroup.ph/brands/show/the-mess-hall
 📘 Mess Hall



Toyo Eatery

Toyo Eatery molds and presents their dishes past the infusion of twists to the classic Filipino fare. Instead, they hold onto the essence of the country's flavors, traditions, and techniques and subsequently instill them in their dishes. What they offer may not outwardly look typically Filipino, but its core is anything but. And in case you need more reasons to go, Toyo Eatery made it to the list of 50 Best Restaurants in Asia in 2018.

📍 The Alley at Karrivin, Karrivin Plaza, Chino Roces Ave. Ext., Makati City
 ☎ 6 pm to 11:30 pm
 ☎ 0917-720-8630
 📘 Toyo Eatery



Via Mare

Contrary to its meek name, Via Mare holds an enormous scope of brands that have ceaselessly been at the forefront of the F&B industry in the country: Café Via Mare, Via Mare Oyster Bar, and Via Mare Catering. Although serving different purposes, they meet at the center of things that is elevating the Filipino dining scene into one that's readily able to compete with the world's best.

📍 1/F, Greenbelt 3, Ayala Center, Makati City
 ☎ 10 am to 11 pm
 ☎ 02-8815-1918
 🌐 viamare.com.ph
 📘 Via Mare



Pancake House

Pancake House was founded on the desire to introduce pancakes and waffles to the Philippine market. From that time in 1974 to now, it was able to do so successfully, along with the introduction of other dishes apart from the signature ones. These include comfort food like chicken, spaghetti, garlic bread, and the undeniably Filipino, Smoked Golden Tinapa (P325).

📍 1/F, Greenbelt 1, Ayala Center, Makati City
 ☎ 11 am to 10 pm
 ☎ 02-8819-0453
 🌐 pancakehouse.com.ph
 📘 Pancake House



Rico's Lechon

When Cebu's favorite spicy lechon roaster graced the land of Metro Manila, they brought with them Cebuano chefs, their roasting team, Cebu pigs, and their Roasting Pit to serve the same taste and experience you would get at Rico's Lechon in the Queen City of the South. Now, all you have to do is visit their stores sans the flying and you can already enjoy a good spicy lechon alongside other Filipino favorites.

📍 The Fort Entertainment Complex, BGC, Taguig City
 ☎ 10 am to 10 pm
 ☎ 0917-844-7067
 📘 RICO'S LECHON



Romulo Café

Embodying the memories of the heart-warming past and the old-fashioned Filipino cuisine, Romulo Café is set to treat diners to a dining experience embedded with a hint of elegance and reminiscent of the beauty of nostalgia. Experience this for yourself when you relish Lola Virginia's Chicken Relleno (P740/half chicken), a flavorful roasted chicken stuffed with ground pork, raisins, chorizo, and peas that is the very first meal that the owners' grandmother served to her guests in Washington, DC, introducing Filipino cuisine across the continent.

📍 148 Jupiter St. cor. Comet St., Bel-Air, Makati City
 ☎ 11 am to 3 pm and 6 pm to 10 pm
 ☎ 02-8478-6406 / 02-8691-9069
 🌐 romulocafe.com 📘 Romulo Café



Seafood Island

In most large-scale get-togethers, Filipinos opt for the banana leaves instead of ceramic or disposable plates—they are efficient and sustainable, after all. This way of utmost casual dining is adapted by Seafood Island, who serve their food selection not only on banana leaves but some on bamboo skewers as well. What's more, you can be sure that you will be relishing only the freshest of eats as the restaurant features the live seafood in the aquarium for you to personally take your pick.

📍 Fiesta Market, Market! Market! BGC, Taguig City
 ☎ 11 am to 10 pm (Sun to Thu);
 11 am to 11 pm (Fri to Sat)
 ☎ 02-8886-7692 / 02-8889-7321
 📘 Blackbeard's Seafood Island





Poqui-Poqui (P195)



PPP

Victorino's

Victorino's carries the heart of Ilocos region's cuisine all the way to the land of Quezon City, cutting down the travel time and expenses for the city folks who desire for the flavors exclusively emitted by the said gastronomy. Of course, these include Poqui-Poqui (P195) that is a combination of crushed grilled eggplant, tomatoes, beaten egg, and onion sautéed altogether, and Ilocos' signature diced pork Bagnet (P475). Apart from the food, Victorino's also sells specialty items from the Ilocos region such as folk crafts and souvenirs.

📍 114 Sct. Rallos St. cor. 11th Jamboree St., Diliman, Quezon City

🕒 7 am to 10 pm

☎ 02-3414-7465

📱 Victorino's Restaurant



Crab Pansit (P229)



PP

Wooden Spoon

Inheriting his mom's love and talent in cooking and eventually wanting to continue her legacy, Celebrity Chef Sandy Daza decided to open his own restaurant that has since been offering Filipino dishes that he brainstormed and experimented on with her. One of such is the current best-seller, Crab Pansit (P229), which is a deep-fried crispy noodle dish with egg and crabs. It's a dish created by Sandy's mom for a famous Filipino restaurant she built in Paris, Aux Iles Philippines, back in the day.

📍 Level 1, Power Plant Mall, Rockwell, Makati City

🕒 11 am to 9 pm (Mon to Fri); 10 am to 10 pm (Sat to Sun)

☎ 0917-882-7594

📱 Wooden Spoon



Lechon Sample - 3 Ways (P990)



Sinigang Lechon (P365)

PPP

Zubuchon

Zubuchon draws its name from the earliest 16th-century maps of the archipelago that refer to the island of Cebu as "Zubu" or "Zzubu" where it originally came from, together with the word lechon. Its version of the roasted suckling pig is said to have been different from others by means of its natural preparation. This encompasses the utilization of fresh coconut water and natural sea salt to achieve that local taste and deep mahogany brown lechon skin. Order yours boneless if you so desire.

📍 G/F, Assembly Grounds at The Rise, Malugay St., Makati City

🕒 10 am to 10 pm

☎ 02-7728-3931

🌐 zubuchon.com

📱 Zubuchon

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based on number of branches



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Max's Restaurant

127 branches in the Philippines
With branches in UAE (7), Qatar (2), USA (11), and Canada (6)



Gerry's Grill

120 branches in the Philippines
With branches in USA (4), UAE (1), Singapore (1), and Qatar (3)



Kuya J Restaurant

Over 100 stores in the Philippines



Classic Savory

Over 100 stores in the Philippines

Sources: manginasal.com, maxschicken.com, philstar.com

Filipino Fast Food and Restaurants with International Presence



Jollibee

234 overseas branches
With branches in countries like USA, Kuwait, Qatar, UAE, Bahrain, Vietnam, Hongkong, Brunei, Singapore, and London



Max's Restaurant

26 overseas branches
With branches in UAE, Qatar, USA, and Canada



Gerry's Grill

9 overseas branches
With branches in the USA, UAE, Singapore, and Qatar



Cabalen Restaurant

One branch in California



Romulo Café

One branch in London

Sources: cabalen.ph, gerrysgrill.com, maxsrestaurantme.com, romulocafe.com, scmp.com



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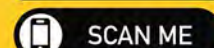


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MAP Makati G-3

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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)

MAP Makati A-3

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P289

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P199

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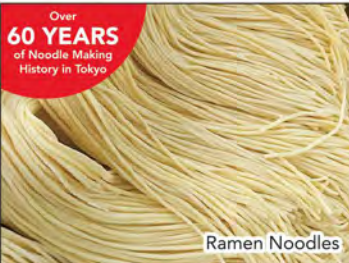
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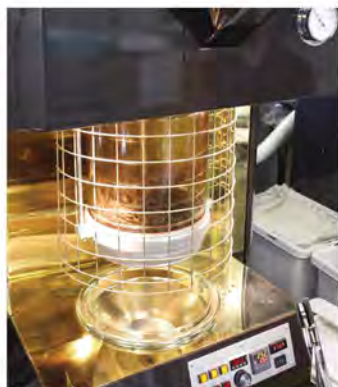


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Restaurant Guide

MAKATI

Azuthai

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 📍 G/F, Milkyway Building, 900 Arnaiz Avenue cor. Paseo de Roxas, Makati City

Caruso Ristorante Italiano

☎ 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

Corner Tree Cafe

☎ 02-8897-0295
 📍 150 Jupiter St., Bel-Air, 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

Single Origin

☎ 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

☎ 02-7728-2072
 📍 G/F, Makati Cinema Square, Amorsolo St., Makati City

Yokohama Meat Kitchen

☎ 02-8831-6546 / 0916-377-3655
 📍 16 Jupiter cor. Antares St., Bel-Air, Makati City

Yoshinoya

☎ 02-8288-2888
 📍 2/F Glorietta 1, 125 Ayala Center, Makati City

Isla Sugbu

☎ 0998-966-2990
 📍 2/F Venice Grand Canal Mall, Mckinley Hill, Taguig City

Miyazaki Gyu

☎ 02-8829-6167/0917-168-6673
 📍 Podium Level, One McKinley Place, 26th St. cor. 4th Ave., BGC, Taguig City

L'entrecôte Bistro and Upper Room

☎ 02-8856-4858
 📍 Unit A Bellagio, Forbes Rd., Forbes Town Center, BGC, Taguig City

NIU by Vikings

☎ 02-8478-3888/0917-586-6888
 📍 6/F SM Aura Premier, 26th St., BGC, Taguig City

Single Origin

☎ 02-8894-4042 / 0906-268-8902
 📍 2/F, C3 Building, Bonifacio High Street Central, BGC, Taguig City

OTHERS

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 Pinas

La Vita Ristorante Italiano

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

Putien

☎ 02-8282-1888/02-8282-6888/0918-919-3888
 📍 5/F The SM KL Podium ADB Ave., Julia Vargas, 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
 📍 UG/F City of Dreams Manila

BGC

Fukudaya

☎ 0927-264-0171 / 0998-805-6859
 📍 Unit 7 The Plaza, Arya Residences, Mckinley Parkway cor. 8th Ave., BGC, Taguig City

HOKKAIDO

Feature by Denisse Tenorio / Design by Janina Torres

Hokkaido culture and tradition, despite it being the northernmost prefecture, bring us closer to the distant and different periods of history even in today's modern Japan. Nestled against the backdrop of volcanoes, mountains, lakes, and hot springs, which Hokkaido is known for, are historical locations and cultural experiences that await eager wanderers.

Travel back in time and experience Japanese culture firsthand. Try making your own sushi or dress up in traditional kimonos and ninja costumes that will bring you back to Japan's Edo period. Experience living like a local by visiting the morning markets and trying out public transportation. Stay at a *ryokan*, a traditional Japanese inn with hot springs and traditional *kaiseki* (multi-course) meals for dinner. Even Hokkaido's soul food transports us back to different periods of time.

Existing in harmony with nature, Hokkaido's colorful culture makes it the most beautiful island in Japan.

Access

By air:

Recommended airline: Japan Airlines (JAL)
Manila to Tokyo Haneda (4 hrs)
Tokyo Haneda to Hakodate (80 mins)

By train:

Covered by JR East-South Hokkaido Rail Pass and Japan Rail Pass.

Tokyo to Hakodate: 4 hrs. 15 mins.

Tokyo Station (Tohoku Shinkansen) • Shin-Aomori (Hokkaido Shinkansen) • Shin-Hakodate-Hokuto • Hakodate Station (Hakodate Liner)

Hakodate to Noboribetsu: 2.5 hrs.

JR Hakodate Station (express train) • Noboribetsu Station

Getting around

Hakodate's main mode of public transportation is the tram, with fares ranging from ¥210 to ¥260 (adult). If renting a car, it takes 3.5 hrs from Hakodate to Noboribetsu via National Route 5 and Hokkaido Expressway and exiting to Noboribetsu- Higashi Interchange. Expressway toll fees are usually about ¥4,360+/one way (Onumakoen- Noboribetsu-Higashi).



JAL Sakura Lounge



The warm and earthy colors of JAL Sakura Lounge exudes luxury and comfort while providing guests nothing but world-class Japanese hospitality. Relax at a spacious lounge area with big windows opening up to a magnificent view of the runway and planes, or enjoy a variety of Japanese and Western meals at the buffet are.

Guests can also take advantage of the free WiFi service and USB ports. At Tokyo Narita Airport, JAL Sakura Lounge also has a kids' area, phone call booth, massage chairs, shower, and sleeping areas.



Eligibility: JMB Diamond, Sapphire, JGC Premier and JAL Global Club member (+1 companion), First Class, Business Class, Premium Economy Class and Economy Class (Flex Y Fare) passengers
@www.jal.co.jp/en/inter/service/lounge/

Note: JAL lounges around the world may have limited service due to COVID-19. As of March 20, 2020, JAL Manila Sakura Lounge is temporarily closed. For updates and changes in schedule, visit www.jal.com

Hakodate Ishou

Dress up in a Japanese kimono at Hakodate Ishou, with over 400 rental costumes to choose from, such as classic gowns, traditional kimonos, and colored uchikake or bridal kimonos.

Hakodate Ishou is known not just for its kimono rentals but also for its professional beauticians transforming and dressing up its guests carefully. For example, a kimono makeover includes a hair and accessory arrangement, typically tied in braids or up-do hairstyles. Beauticians can also pair your hair arrangement with an accessory that matches your chosen color of kimono. The transformation takes about 10 minutes, without the need to remove your inner clothes.

Those who would want some photo souvenirs can take advantage of the one-hour rental policy. Guests can roam around the complex and take Instagram-worthy photos of the experience. The makeover is not only offered to adults but is also available for children and



infants. The price for an hour of rental for adults is ¥3,500, and then ¥2,000 for children and ¥1,500 for infants. Those who want to avail of other accessories such as footwear, sword or bags will just have to add ¥1,000.

Hakodate Ishou is located inside Hakodate Ekimae Yokocho, at the gate side of the commercial complex of Hakoviva.

- 🚶 1-minute walk from JR Hakodate Station
- 📍 Wakamatsu-cho 12-8, Hakodate City, Hokkaido
- 🕒 10 am to 8:30 pm (closed every 3rd Wednesday of the month)
- 💎 ¥3,500 (adult); ¥2,000 (children); ¥1,500 (infants); additional ¥1,000 for other accessories



Sakura Michi

Sakura Michi is a traditional private house turned restaurant near the old port town of Motomachi in Hakodate. It offers authentic sushi-making experience using the freshest catch of the day. Upon entering the old home, guests will be greeted by a professional sommelier and instructor who will guide you in perfecting a nigiri, or the popular hand-shaped sushi in Japan.

You will be presented with 10 slices of raw seafood and a cup of rice. The sushi chef will explain the 7 steps of making a perfect nigiri until all ten slices are done. Afterwards, you will get to enjoy your own plate of sushi for lunch. Lunch usually comes with a soup and a chawanmushi that is popular in Japan.



Apart from the experience of making your own sushi and trying it out yourself, you will also get to wear a chef's hat to complete the experience. You can take it home with you after the course. The experience usually lasts for 1.5 hours depending on the participants. They can accommodate up to 10 guests per course.



- 🚶 5-minute walk from Horai-cho or Aoyagicho Station (tram)
- 📍 24-1 Aoyagicho, Hakodate City, Hokkaido
- 🕒 11 am to 12:30 pm
- 🌐 sakura-michi2016.com/en/
- 💎 ¥5,400 (adult, 12 y/o & above); ¥2,700 (child, 5-12 y/o)



Hakodate Station



Hakodate Station is the main railway station and point of access from Hakodate to the other parts of Hokkaido. It connects Hokkaido's two major cities: Hakodate, and Sapporo. Hourly trains connect Sapporo Station to Hakodate Station with a travel time of 3 hrs. and 30 mins.

The Hakodate Main Line also connects Nanae, Onuma- Koen, Mori, and Oshamanbe. Those who will go to Aomori, Morioka, Sendai, and Tokyo can take the Hokkaido Shinkansen at Shin-Hakodate-Hokuto Station on the Hakodate Main Line.



There are several food stalls, kiosks, convenience stores and souvenir shops inside Hakodate Station. Those who want to skip the lines can also use the ticket vending machines inside. You can also find a terminal for taxis as well as car rentals around the station.

📍 Wakamatsu-cho 12-8, Hakodate City, Hokkaido

Noboribetsu Date Jidaimura

Experience the historical life that was once lived by the Japanese at the historic village of Noboribetsu Date Jidaimura. Also known as Edo Wonderland, the park resembles the era's old Japanese town, from its carefully structured architecture, down to its townspeople wearing traditional clothing. The village is composed of historical shops and areas for activities, games and theater shows.



One of the highlights is the Ninja Show where they showcase a thrilling battle between ninjas, breaking out in a house full of tricks. This takes place at Kasumi Ninja House and runs for about 20 mins. They also have the Oiran Show, which recreates the glamorous life of the wealthy people in Edo.

🚗 5 minutes by Taxi from the JR Noboribetsu Station

📍 53-1 Naka-Noboribetsu-cho, Noboribetsu City, Hokkaido

🕒 Apr 1 to Oct 31 - 9 am to 5 pm;

Nov 1 to Mar 31 - 9 am to 4 pm

💎 ¥2,900 (12 y/o & older); ¥1,600 (6 to 11 y/o); ¥600 (toddlers)



Hakodate Morning Market

If you're looking for the best place to find fresh produce and experience vibrant local life, explore the wide expanse of Hakodate Morning Market. There is an abundant supply of fresh seafood like squid and king crabs, the most well-known seafood around Hakodate. You can even enjoy a delectable treat with a seafood flavor like Hokkaido Farm's Squid Ink Soft Ice Cream.



One major establishment to visit is the Hakodate Morning Market Square. It is divided into wet and dry sections, where you can find different kinds of products from meats and seafood to dry goods such as condiments, fruits, and vegetables. You can even catch a live squid and have it prepared into fresh squid sashimi or order a seafood rice bowl at the food court area.

🚶 1-minute walk from Hakodate Station

📍 9-19 Wakamatsucho, Hakodate City, Hokkaido

🕒 Jan to Apr - 6 am to 2 pm;

May to Dec - 5 am to 2 pm

🌐 hakodate-asaichi.com (Japanese) / uu-hokkaido.com/corporate/hakodate-asaichi.shtml (English)



Shinshin-Tei

Shinshin-Tei is a popular soba noodle restaurant near Noboribetsu Higashi Interchange, a common stop for those going to Noboribetsu Date Jidai Village. Inside the quaint restaurant, you'll find two dining options: tables and tatami seats. The tatami seats can only accommodate up to two pairs.

The restaurant's best-selling bowls are soba with unique servings like scallops and sea urchins. They also have the Tempura Soba, a big simmering bowl filled with the crunchiness of tempura, enough to fill you up. It has the perfect balance of sweet and salty flavors because of its sauce.

During spring, one of the main attractions of Shinshin-Tei is its Japanese garden, located on the left side of the restaurant. It also has a huge parking space.



📍 138-4 Naka-Noboribetsucho, Noboribetsu City, Hokkaido
 ⌚ 11 am to 4 pm (Mon to Fri); 11:30 am to 6 pm (Sat, Sun & hol.); closed every Wed



Jingisukan Monogatari Ramuwaka

Jingisukan Monogatari Ramuwaka serves one of the well-loved soul foods of Hokkaido—Genghis Khan, also known as Mongolian barbecue. This local dish is similar to a Japanese yakiniku but has different types of meat including Suffolk-cross lamb and mutton. The meats are then grilled together with vegetables on a metal skillet that is said to resemble a Mongolian soldier's helmet.

Each table has its own metal skillets, giving the customers a chance to grill their own meats. Each serving is carefully seasoned and marinated and is guaranteed to be tender and easy to chew. You also have an option to dip the meat in a sauce for extra flavor.

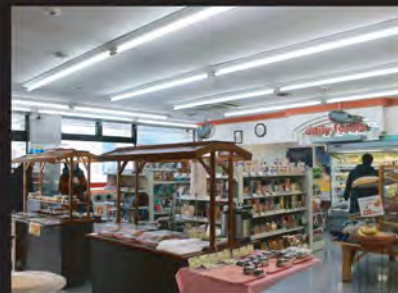
The meats are often paired with a bowl of rice and a Hokkaido beer on the side.



🚶 Hakodate Ekimae (tram)
 📍 18-19 Wakamatsucho, Hakodate City, Hokkaido
 ⌚ 11:30 am to 2:30 pm; 5 pm to 1 am
 🌐 ramuwaka.com



Hasegawa Store, Chiyogadai Shop



Japanese convenience stores are popular across Japan, with major outlets like 7-Eleven, Lawson and Family Mart. But in Hakodate, apart from these, they have Hasegawa Store, a place to get one of Hakodate's soul food—yakitori bento!

Inside, you'll find cashiers located in the middle of the store. You can ask them for the menu with Japanese and English versions. Then, you'll have to fill out an order form and hand it to them before your order gets grilled.

🚶 Horikawa-cho and Chiyogadai (Tram)
 📍 11-5 Chiyogadaicho, Hakodate City, Hokkaido
 ⌚ 6 am to 12 am

TRAVEL TIPS:

- Hokkaido's weather during winter can drop up to -4°C (25°F). Bring and wear enough layers of clothes like sweaters, fleece jackets, and coats, as well as gloves and scarves to survive the freezing cold weather. You can also buy heat packs at convenience stores.
- Secure a Japan Rail Pass/Hokkaido Rail Pass (¥29,650/ adult for 7 days) if you plan to explore the prefecture without a private tour. If you're traveling with family or a big group, it is advisable to rent a car.
- Learn and practice proper Japanese etiquette. For instance, some establishments expect customers to take off their shoes before entering.



Special Promo Rate for Walk-in and Telephone Booking

ROOM TYPE	NO. OF PAX	STANDARD RATE
ECO DUO	2 PAX	PHP 2,998
ECO TRIO	3 PAX	PHP 3,498
ECO QUAD	4 PAX	PHP 4,098
ECO DORM	6 TO 8 PAX	PHP 788 / PAX
ECO TENT	2 TO 6 PAX	PHP 500 / PAX

Lakeside Cottage Rate

ROOM TYPE	NO. OF PAX	STANDARD RATE
LAKESIDE COTTAGE	2 PAX	PHP 3,498
	3 PAX	PHP 4,098
	4 PAX	PHP 4,898

Inclusions

Overnight Accommodation
 Complimentary Ala Cart Breakfast (except Ecotent)
 Free Use of Swimming Pool
 Fishing (Fishing Equipment not Included)
 Standard Check-in: 2:00 pm
 Standard Check-out: 12:00 pm

Contact Us:

GLOBE: 0906-470-3916

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EMAIL: CALIRAYA.INQUIRY@GMAIL.COM

WEBSITE: WWW.CALIRAYAECOVILLE.COM



✈️ Travel Guide

Airlines

Air Asia Philippines

☎ 02-8722-2742

✈ Level 2, Mezzanine Area, NAIA Terminal 3, Pasay City

All Nippon Airways

☎ 02-8553-8000/02-8553-7000

✈ 15/F, Tower 2, RCBC PLAZA, 6819 Ayala Ave. cor. Sen Gil Puyat Ave., Makati City

Cathay Pacific

☎ 02-8271-3622

✈ 22/F, LKG Tower, 6801 Ayala Ave., Makati City

Cebu Pacific

☎ 02-8802-7000

✈ NAIA Terminal 4, Domestic Rd., Pasay City

Ethiopian Airlines

☎ 02-8848-0978 to 79

✈ 12/F, Frabelle Business Center, 111 Rada St., Village, Makati City

Etihad Airways

☎ 02-7792-6044

✈ 22/F, Tower 1, The Enterprise Center, 6766 Ayala Ave., Makati City

EVA Air

☎ 02-7753-1380 to 82

✈ 23/F, LKG Tower, 6801 Ayala Ave., Makati City

Japan Airlines

☎ 02-8403-2486

✈ 2/F, 6788 Ayala Ave., Oledan Sq., Makati City

Korean Air

☎ 02-8789-3714 to 16

✈ G/F, LPL Plaza Bldg., 124 Leviste St., Salcedo Village, Makati City

Philippine Airlines

☎ 02-8855-8888

✈ Mezzanine Floor, PNB Financial Center, President Diosdado Macapagal Ave., CCP Complex, Pasay City

Qatar Airways

☎ 02-8519-1888

✈ G/F, One Global Place, Fifth Ave. cor. 25th St., BGC, Taguig City

Royal Air Charter

☎ 02-8863-2880

✈ Unit 707-5, Columbia Complex Bldg., Ninoy Aquino Ave., Parañaque City

Singapore Airlines

☎ 02-7756-8888

✈ 33/F, LKG Tower, 6801 Ayala Ave., Makati City

SkyJet Airlines

☎ 02-8875-9538

✈ MIAA Property 4-02-114 G, 5 Domestic Rd., Pasay City

Turkish Airlines

☎ 02-8864-0600/02-8894-5416/
02-8894-5421

✈ 14/F, Unit 1401, BDO Equitable Tower, 8751 Paseo De Roxas, Makati City

Local Tour Agencies

Aboex Travel & Tours

☎ 02-8695-1006

✈ UG14 Globe Tower 1 Bldg., Madison St. cor. Pioneer St., Mandaluyong City

Access Travel

☎ 02-8536-0116/0917-679-5338

✈ 2/F, Unit 8, Cifra Bldg., Boni Ave., Mandaluyong City

Airscape Travels, Inc.

☎ 02-8894-3357

✈ Unit 203, 16 President's Ave. cor. Adelfa St., Tahanan Village, Brgy. BF Homes, Parañaque City

Attic Tours Philippines, Inc.

☎ 02-8556-6301 to 05

✈ Unit 203 COKO Building 1, Patio Madrigal 2550 Roxas Blvd., Pasay City

Baron Travel Corporation

☎ 02-8817-4926

✈ 3/F, PCCI Corporate Center, 118 L.P. Leviste St., Salcedo Village, Makati City

Corazon Travel & Tours

☎ 0998-970-8790/0977-843-3339/
0927-685-5534/048-433-0508

✈ G/F PC Arcade Bldg., Junction 1, Brgy. San Miguel, Puerto Princesa City, Palawan

Philippine Primer Luxe Travel, Inc.

☎ 0920-949-7950/0915-404-8367/
02-8805-3616

✈ 7/F, Unit 807, Greenbelt Mansion, 106 Perea St., Legaspi Village, Makati City

Rakso Travel & Tours

☎ 02-8651-9000

✈ 3/F, Rico Bldg., 112 Aguirre St., Legaspi Village, Makati City

Universal Holidays, Inc.

☎ 02-8859-3827 to 39

✈ Mezzanine Floor, Dusit Thani Manila, Makati City

Travel & Visa

Attic Tours Philippines, Inc.

☎ 02-8556-6301 to 05

✈ Unit 203, COKO Bldg. 1, Patio Madrigal, 2550 Roxas Blvd., Pasay City

Constellation Travels, Inc.

☎ 02-3224-1758/0956-660-0693

✈ 5/F, Merry Land Plaza, 1157 Chino Rocas Ave., San Antonio Village, Makati City

Discovery Tour, Inc.

☎ 02-8892-2849/0915-320-0780

✈ G/F, Unit 301, Sagittarius Bldg., H.V. Dela Costa St., Salcedo Village, Makati City

Friendship Tours

☎ 02-8819-5644/02-8810-9622

✈ 3/F, Dusit Thani Manila, Ayala Center, Makati City

PHILSWORLD Documentation Services

☎ 0906-464-0395 / 0961-288-7340 /
02-8546-3095

✈ Unit 2B, 2/F Gonzales Bldg., 9554 Kalayaan Ave., Guadalupe Nuevo, Makati City

Rajah Travel Corporation

☎ 02-8894-0886

✈ 3/F, 331 Bldg., Sen. Gil Puyat Ave., Makati City

Swire Travel Philippines, Inc.

☎ 02-8817-1082

✈ 6/F, Units C & D, Country Space I Bldg., Sen. Gil Puyat Ave., Salcedo Village, Makati City

Hotels & Resorts

Club Paradise

☎ 02-7719-6971 to 74

✈ Dimakaya Island, Coron, Northern Palawan

Discovery Shores

☎ 02-7720-8888

✈ Boracay Highway Central, Malay, Aklan

Hotel Céleste

☎ 02-8887-8080

✈ 02 San Lorenzo Dr. cor. A. Arnaiz Ave., San Lorenzo Village, Makati City

Hotel Jen

☎ 02-7795-8888

✈ 3001 Roxas Blvd., Pasay City

KL Tower Serviced Residences

☎ 02-8845-0084

✈ 17 Gamboa St., Legaspi Village, Makati City

La Chevrerie Resort and Spa

☎ 0998-556-7357/0917-703-3320

✈ Ligaya, Anilao, Mabini, Batangas

Makati Diamond Residences

☎ 02-5317-0999/02-8878-9699

✈ 118 Legaspi St., Legaspi Village, Makati City

Makati Shangri-La

☎ 02-8813-8888

✈ Ayala Ave. cor. Makati Ave., Makati City

Network Hotel Spa and Casino

☎ 02-8536-5828/02-8536-7777

✈ Jipang Bldg. cor. Sen Gil Puyat Ave., Roxas Blvd., Pasay City

New World Makati Hotel

☎ 02-8811-6888

✈ Esperanza St. cor. Makati Ave., Ayala Center, Makati City

Raffles Makati

☎ 02-8555-9777

✈ 1 Raffles Drive, Makati Ave., Makati City

Seda BGC

☎ 02-7945-8888/02-8588-5700

✈ 30th St. cor. 11th Ave., BGC, Taguig City

The Alpha Suites

☎ 02-8737-0088/02-7752-3625

✈ 7232 Ayala Ave. Ext., 1209 Makati City

The Henry Hotel Manila

☎ 02-8807-8888

✈ 2680 FB Harrison St., Pasay City

Car Rentals

Able Car Rental

☎ 02-7505-8743

✈ 189f 28th Ave., East Rembo, Makati City

AccessTrip Transport Service

☎ 0917-536-6969/0917-598-0291

✈ 2744-A Faraday St., Brgy. San Isidro, Makati City

ANIS Transport

☎ 02-8519-8186/0917-774-5448/
0921-600-5318

✈ 906 Pantaleon St., Mandaluyong City

Avis

☎ 02-8551-5584

✈ NAIA Terminal 1. Arrival, Andrews Ave., Pasay City

Car Rental Manila

☎ 02-8843-8561/0977-817-1690

✈ Zapote St. cor. Blak na Bato St., Brgy. Olympia, Makati City

Diamond Rent-a-Car

☎ 02-8821 1081/0917-597-8744/
0920-914-0194

✈ Km. 16.2, West Service Rd., South Superhighway, Parañaque City

Hertz

☎ 02-8892-0274

✈ NAIA Terminals 1, 2 & 3, Pasay City

Nissan Rent a Car

☎ 02-8886-9931/0917-808-2144

✈ 2317 Aurora Blvd., Pasay City



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.

Emmerson Gale Vista, MD, FPDS, DPVS **Dermatology and Venereology**

Talking to Dr. Emmerson Vista, one will realize that dermatology is indeed more than what meets the eye. Coming from a family of doctors, Dr. Vista has always been on track to becoming one, mentioning that his dad is one of his biggest inspirations. He finished medicine at the University of Sto. Tomas and had his residency at Research Institute for Tropical Medicine (RITM), then proceeded to Singapore and Germany for further training in his chosen specialties. Dr. Vista specializes in sexually transmitted infections (STI). His subspecialty in venereology is also because of dermatology. According to Dr. Vista, most STIs will manifest in varied skin conditions, and if one doesn't have the clinical eye of a dermatologist, chances are it's going to be misdiagnosed. Since he is catering to sensitive cases, Dr. Vista makes sure to establish rapport with his patients for them to be able to open up about their symptoms. His advice to aspiring doctors is simple: be resilient because medicine is not for the weak-hearted.

Make an appointment:

- ✓ 1102 Medical Arts Bldg., St. Luke's Medical Center Global City
Mondays to Wednesdays, Fridays to Saturdays: 1 pm to 5 pm
Contact Nos.: 02-8789-7700 loc 7102 / 0905-682-3204 (Ms. Sheila)



Evan Glenn Vista, MD

Internal Medicine - Rheumatology and Clinical Immunology

At a young age, Dr. Vista was already exposed to and fascinated with the art of healing as he came from a family of physicians. He took up medicine at the University of Sto. Tomas, did further training at St. Luke's Medical Center and Oklahoma Medical Research Foundation, and started his professional practice in 2010. Aside from being a medical practitioner, he is also a professor in the medical college of St. Luke's Medical Center. As a rheumatologist, Dr. Vista sees patients with rheumatic conditions including all forms of arthritis and systemic autoimmune diseases like lupus. He credits the ever-evolving knowledge and technology in medicine, which give more options for better health outcomes nowadays. He cites the then five-year survival rates for systemic lupus that could now approximate the normal life span of a healthy individual if treated properly. Dr. Vista advises aspiring medical practitioners two things: to remain pro-active and curious with the boundless future of medicine and to be a vessel for positive change to your patients' lives.



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- ✓ 1116 Medical Arts Bldg., St. Luke's Medical Center Global City
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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
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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.



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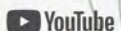


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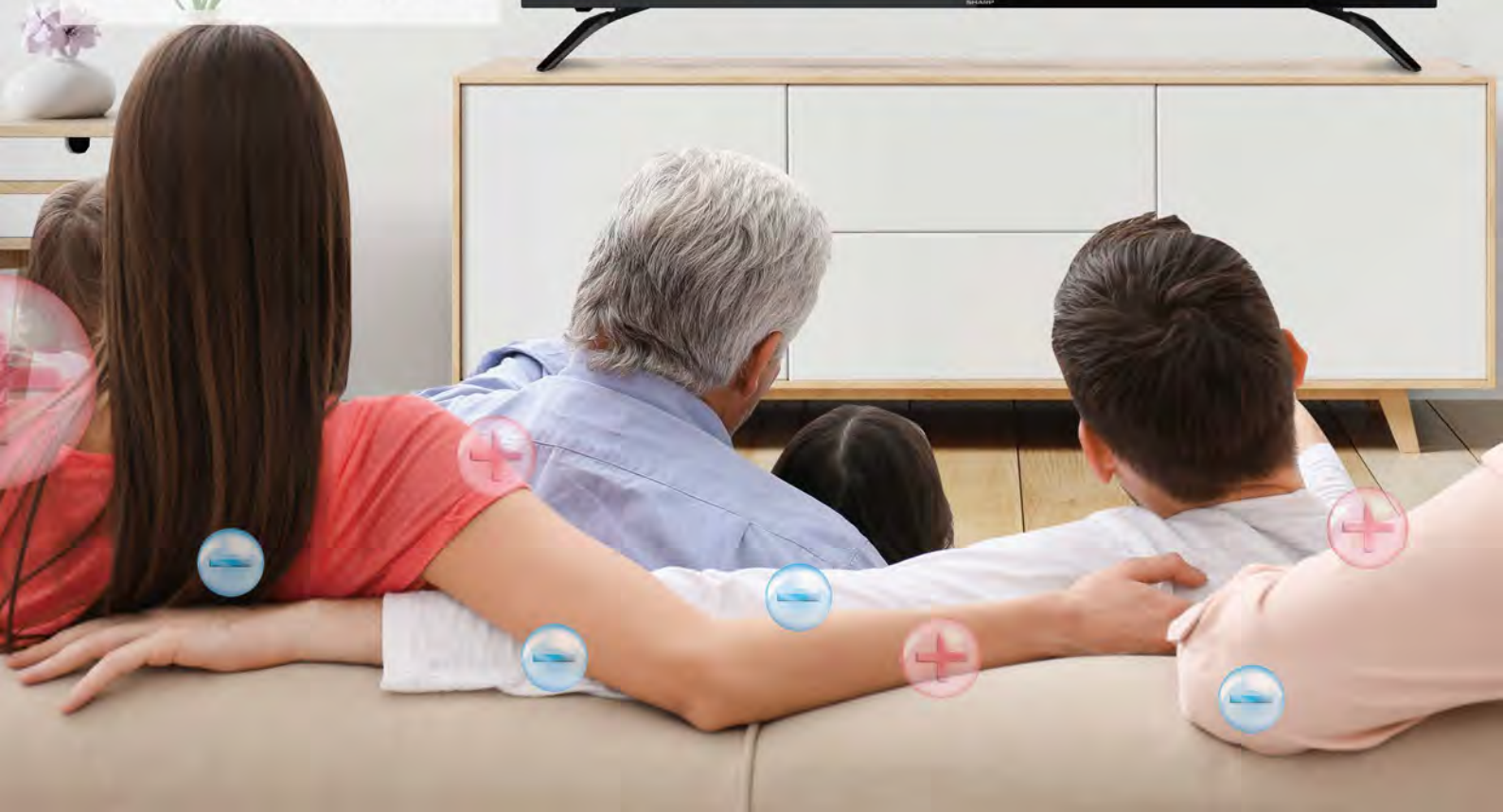
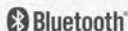


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Business Talk

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



Kazuo Kito
President and General Manager
of Sharp Philippines

Kazuo Kito is the President and General Manager of Sharp Philippines, one of the leading Japanese electronics companies. He first joined Sharp in 1983 as an engineer and worked at a base in Yao City, Osaka Prefecture, Japan. Subsequently, he was assigned to Malaysia for technical support, to Mexico for launching a new factory, and then in the Philippines in 2007. With the country's economic development, their sales have tripled over the past decade by focusing on regional sales strategies and several marketing events. The Philippines is one of the most important markets for Sharp, which has aimed to make foreign divisions as pillars of their growth. He attempts to expand business in the Philippines with his extensive experiences and faithful attitude.

Could you tell us about your business in the Philippines?

We produce and sell a wide range of home appliances, including LCD TVs, karaoke machines, washing machines, electric fans, and so on. Sharp products are designed to make everyday life more enjoyable and convenient.

We have been operating in the Philippines since 1982 and have around 570 employees. Our sales offices have expanded to 11 locations nationwide, and service locations have expanded to 24 locations. In 2019, fortunately, Sharp Philippines achieved two remarkable milestones: the production of its four-millionth TV unit in February and its nine-millionth washing machine in May. Sales have tripled over the past decade, and I feel the Philippines is a market with great potential as the economy grows. Our goal is to raise our company as the number one brand in ASEAN.

How would you describe these remarkable sales?

We have two strategies that helped us achieve these sales records.

The first point is that we are focusing on product proposals and sales strategies tailored to the lifestyles of the local people. For instance, we change the products that we introduce by area. In the Philippines, there is still a large regional gap in the whole country. That's why the attitude of "selling everything to everyone" does not work well. For example, in some areas where agriculture is thriving, the harvest season starts from April to May and ends around October to November. That's also the season when the income of the local people temporarily increases. At such times, we focus on selling some products that ranked up a little.

Since the water pressure in the Philippines is weak, we have introduced fully automatic washing machines that can handle low water pressure. By adding one-point features this way, we have taken market share in regions such as Visayas and Mindanao. We are looking forward to future growth in those regions as well.

We give highlight also to E-Commerce Business to give way to our Japan Domestic Unique Product like health-related products, Integrated Display Panel, Integrated White Board, and others.

The second strategy is we focus on sales event. In 2019 we tripled the number of our events from 2017 and held not only in Manila but also in local stores and malls. Here in these events we also strengthen our after-sales service.

What are the challenges you have encountered?

One of the challenges for us is the lower market share in Metro Manila than in rural areas. We would like to propose new categories and launch products for the younger generation so that we

can differentiate from other manufacturers from countries such as China and Korea. We are currently focusing on PR, sports marketing like marathon sponsorship activities, event booths, and social media activities.

We also started selling products online in 2019. It focuses on consumers who are conscious about health. In the Philippines, there is also a bad impression that low-quality products are sold on e-commerce. So we have scrutinized the sites that sell our products. Although it is a mature market, smartphones and tablet devices are one of the products that we consider in the near future.

Another challenge is infrastructure development throughout the Philippines is way beyond. I think there is a big gap between economic development and the speed of infrastructure development. I would like to expect effective actions from the government.

How would you describe the Philippine market?

The economy in the Philippines is growing steadily. There is also data that the population will increase until 2050, and it is also attracting attention as a treasure trove of human resources. It was generally said that the economy will change drastically when GDP exceeds \$3,500 and now is the time in the Philippines. I think various markets will develop in the future for sure.

Sharp became a subsidiary of Hon Hai Precision Industry in Taiwan following a restructuring in 2016. Analyzing our sales, the markets in ASEAN and China are particularly strong. We are focusing on expanding overseas business sales, targeting to increase 80% of total sales by 2020. Now we need to be more aggressive than before and I would like to firmly excite the market in the Philippines.

How do you spend your private time?

I play golf and also like walking. I usually walk for about 30 minutes after the dinner. I don't think of anything while walking, so I can really relax.

What words do you live by?

I value the quote, "Don't forget your first resolution."

Trying to do new things without focusing on the basics will not help you reach your high goals. I always remember my first resolution and I am conscious of my attitude: stick to the basics.



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

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

OCS

☎ 02-817-8282
First Cityland Condominium Bldg., Rada St., Legaspi Village, Makati City

Philippine Retirement Authority

☎ 02-848-1412
29/F Citibank Tower, 8741 Paseo de Roxas, Makati City

Safety Service Kindness

Philippines Incorporated
☎ 911-6154/02-911-6154
Unit G, 189 Katipunan Ave., Project 4, Quezon City

Sagawa

☎ 02-822-9911 to 15
Suite 102, CTC Bldg., 2232 Roxas Blvd., Pasay City

Sharp

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

Spectrum Investment

☎ 0917-823-2612/02-217-3034
Unit 1031-10A, The Net Lima Tower, 5th Ave., cor. 26th St., Crescent Oak West, BGC, Taguig City

Transtech

☎ 02-772-2705
Unit 2204 Tower 1 Entrata Urban Complex, 2609 Civic Dr., Filinvest City, Muntinlupa City

Value Asia

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

BANKS

Asia Development Bank

☎ 02-632-2444
6 ADB Ave., Mandaluyong City

BDO

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

BPI

☎ 02-818-5541 to 48
BPI Head Office, 6768 Ayala Ave., Makati City

Deutsche Bank

☎ 02-894-6900
Deutsche Bank AG, Manila Branch, Tower One, Ayala Triangle, 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

World Bank

☎ 02-465-2500
26/F, One Global Place 5th Ave., Cor. 25th St., BGC, Taguig City

RECRUITMENT

Dencom

☎ 0919-6775-493/02-813-6977
Unit 3009, 30/F, Cityland Pasong Tamo Tower, 2210 Don Chino Rocas Ave., Makati City

J-K Manpower

☎ 02-245-2829
Unit 3 JKL 3/F, Crissant Plaza Bldg. No. 272, Commonwealth Ave., Old Balara, Quezon City

NDSPHIL Consultancy & Manpower Systems

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

Reeracoen Recruitment Co., Ltd

☎ 02-893-7282/02-843-2986/
0942-462-4174
Unit 6A, 6/F Sotto Wing, First Life Center, Salcedo St., Legaspi Village, Makati City

Sagass

☎ 02-893-8815/0932-893-8815
139 Valero St., Salcedo Village, Makati City

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Baker & McKenzie

☎ 02-819-4700
12/F, Net One Center, 26th S. cor. 3rd Ave., Crescent Park West, BGC, Taguig City

Ingles Laurel Calderon Law office

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

Quasha, Ancheta, Peña & Nolasco

☎ 02-892-3020
Don Pablo Building, 114 Amorsolo St., Makati City

Puyat Jacinto & Santos Law Office

☎ 02-840-5025 to 28
10/F, 8 Rockwell, Hidalgo cor. Plaza Dr. Rockwell Center, Makati City

Sicangco & Sicangco Law Office

☎ 02-813-4967/02-856-4658
1205 Security Bank Centre, 6776 Ayala Ave., Makati City

Venture Hub

☎ 02-789-9001
40/F, PBCom Tower, 6795 Ayala Ave., V.A. Rufino St., Bel-Air, Makati City

OTHERS

Signal

☎ 02-888-5555

Destiny Cable Inc.

☎ 02-728-2168
Solid House, Pasong Tamo Ext., Makati City

Dream Cable

☎ 02-889-8292
11/F, DPC Place Office Bldg., 2322, Chino Rocas Ave., Makati City

Globe

☎ 02-730-1000/0915-895-9923
2/F, Greenbelt 4, Ayala Center, Makati City

Globe Telecom DSL

☎ 02-919-8888
2/F, Greenbelt 4, Makati City

PLDT

☎ 02-888-8171
RC Bldg., 7895 Makati Ave., cor. Dela Rosa St., Makati City

Sky Cable

☎ 02-636-7591
G/F, Benpres Building, Meralco Ave., Pasig City

Smart

☎ 02-888-1111
6799 Ayala Ave., Makati City

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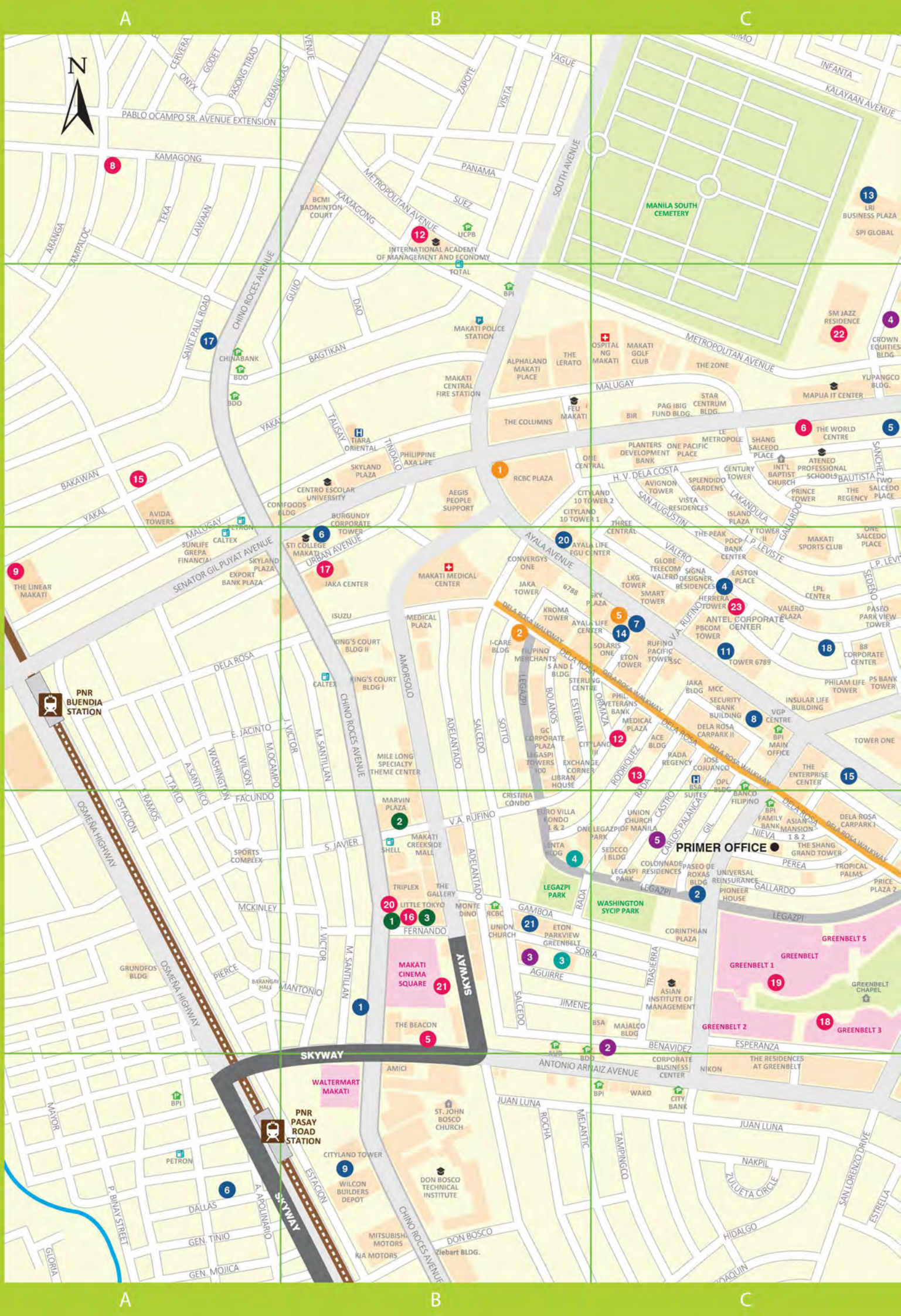


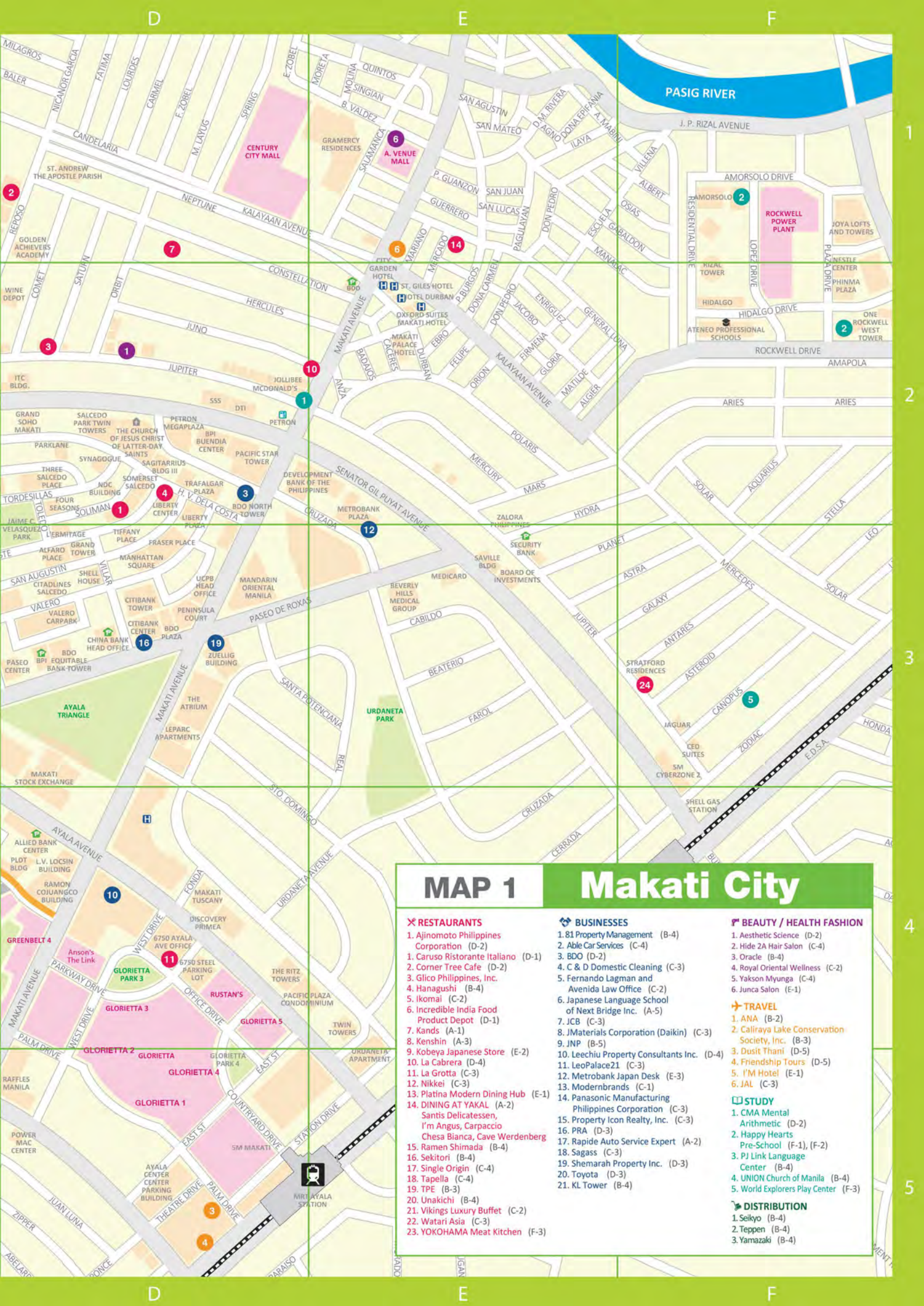
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<https://jobprimer.com.ph/how-to-use>







MAP 1

Makati City

✂ RESTAURANTS

1. Ajinomoto Philippines Corporation (D-2)
1. Caruso Ristorante Italiano (D-1)
2. Corner Tree Cafe (D-2)
3. Glico Philippines, Inc. (B-4)
4. Hanagushi (B-4)
5. Ikoma (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. Santis Delicatessen, I'm Angus, Carpaccio Chesa Bianca, Cave Werdenberg
15. Ramen Shimada (B-4)
16. Sekitori (B-4)
17. Single Origin (C-4)
17. Tapella (C-4)
19. TPE (B-3)
20. Unakichi (B-4)
21. Vikings Luxury Buffet (C-2)
22. Watari Asia (C-3)
23. 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. Modernbrands (C-1)
14. Panasonic Manufacturing Philippines Corporation (C-3)
15. Property Icon Realty, Inc. (C-3)
16. PRA (D-3)
17. Rapide Auto Service Expert (A-2)
18. Sagass (C-3)
19. Shemarah Property Inc. (D-3)
20. Toyota (D-3)
21. KL Tower (B-4)

✂ BEAUTY / HEALTH FASHION

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

✂ TRAVEL

1. ANA (B-2)
2. Caliraya Lake Conservation Society, Inc. (B-3)
3. Dusit Thani (D-5)
4. Friendship Tours (D-5)
5. I'M Hotel (E-1)
6. 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. SANTS 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 (I-3)
12. Va Bene Pasta Deli (J-3)
13. Monkeyspeak Coffee (J-3)
14. The Alley by Vikings (J-3)
15. Niu by Vikings (K-4)

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)



P2P / UBE

P2P BUS ROUTES

MAKATI

Routes	Fare
Greenbelt 1 to Alabang Town Center	(P100.00)
Greenbelt 5 to Ayala Malls South Park	(P100.00)
Glorietta 3 to Robinsons Galleria	(P30.00)
Glorietta 3 to Robinsons Novaliches	(P100.00)
Glorietta 3 to UP Town Center	(P80.00)
Ayala Center - SM Megamall - Trinoma - SM North (Saturdays)	(P100.00)
Makati Circuit Lane to Nuvali Transport Terminal	(P150.00)
Park Square to Trinoma	(P95.00)
Greenbelt 5 to SM City Masinag	(P80.00)
Makati to Eastwood	(P100.00)
Greenbelt 3 to Sucat interchange	(P100.00)
Greenbelt 5 - SM Cherry Antipolo	(P80.00)

QUEZON CITY

Routes	Fare
Robinsons Galleria to Clark International Airport	(P250.00)
Araneta Cubao - NAIA	(P100)

ORTIGAS

Routes	Fare
Robinsons Galleria to Antipolo Triangle Mall	(P50.00)

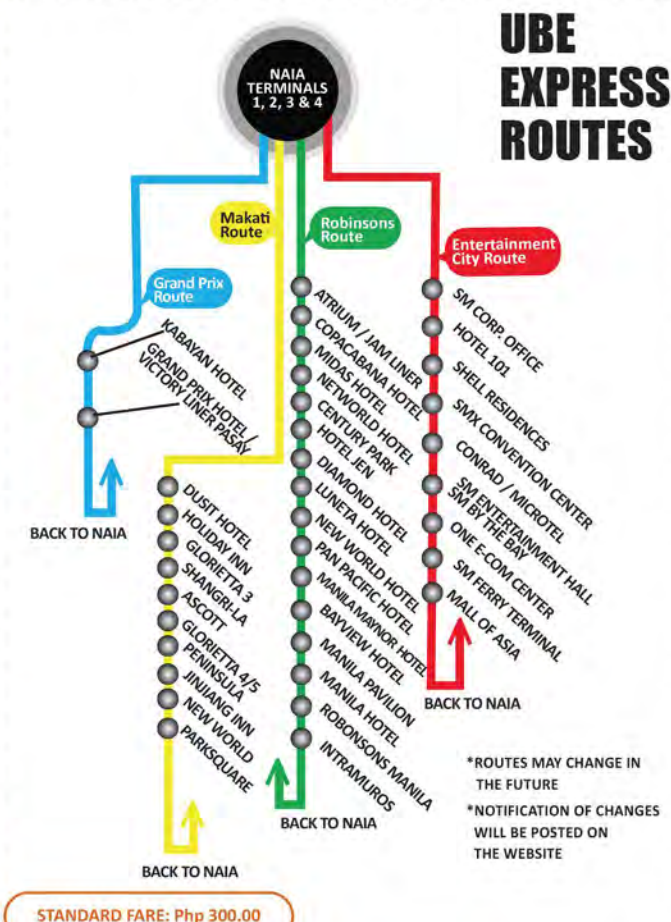
- Robinsons Galleria to Robinsons Place Antipolo (P60.00)
- SM Megamall to SM North EDSA (P65.00)

ALABANG

Routes	Fare
Alabang Town Center to Market! Market!	(P100.00)
Starmall Alabang - Central Mall Dasmariñas	(P50.00)
Starmall Alabang to Robinsons Galleria - Starmall Shaw	(P80.00)
Starmall Alabang to Vista Mall Daang Hari, Bacoor	(P35.00)
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)

LRT / MRT ROUTES

QUEZON CITY



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

Tips on Health and Productivity

6 Simple Tips to Boost Your Immune System

As the weather becomes more unpredictable these days coupled with the emergence of new viruses and diseases, making sure that we are at the pink of health should be a priority. Good thing our bodies are equipped with a first-line defense—our immune system.

By practicing a healthy lifestyle, one can help strengthen their immune system and have it functioning in an optimal state. Take note, however, that not all immune systems are the same so it is always best to consult your doctor if you feel that something is out of normal.

On that note, here are easy and simple six ways to boost your immune system:

1. Eat a balanced diet
2. Get adequate sleep
3. Exercise regularly
4. Manage stress
5. Lessen alcohol intake and smoking
6. Practice proper hand hygiene

7 Tips for Making a Productive Work from Home Environment

The COVID-19 situation has drastically changed the corporate world with companies temporarily closing their doors for the safety of their employees and thus, many employees are now urged to work from home to prevent the further spread of the virus.

While working at home can be advantageous in a couple of ways, it also has a couple of downsides if you don't set your mind straight. With that, here are a few tips to help you get some work done and to maintain a productive environment as you work from the comforts of your home:

1. Get up and get ready
2. Have a dedicated workspace
3. Create a To-Do List
4. Communicate with your peers
5. Put your gadgets down
6. Take a break
7. Establish a routine

For health-related concerns:

- Department of Health (DOH)
Website: doh.gov.ph
Contact: 0918-888-8364 / 02-8651-7800
loc. 5003-5004 / 02-8651-7800
- World Health Organization (WHO)
Website: who.int

For traveling-related concerns:

- Department of Transportation (DOTr)
Website: dotr.gov.ph
Contact: 02-8726-7125 / 02-8654-7727
- Department of Tourism (DOT)
Website: tourism.gov.ph
Contact: 02-9459-5200 to 5230 loc. 102



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