

# METRO YUMMY PICKS

## ICONIC DISHES & RESTAURANTS OF METRO MANILA

# FOREWORD

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Writer & Editor
Metro Yummy Picks

As a food writer of 15 years, I thought that I had explored most of the culinary nooks and crannies of the Philippines, especially Metro Manila. I prided myself in knowing what Filipino restaurant and food recommendations to give anyone asking, my list ranging from high-end restaurants and luxurious food indulgences to the best of ghetto gustatory pleasures.

After joining the Department of Tourism – National Capital Region (DOT-NCR) team, though, in inspecting and experiencing the food and restaurants recommended by the local tourism office of each of the 16 cities and the 1 municipality of Metro Manila, I realized that there is so much more – so much, much more - in the Philippine culinary landscape to explore!

In the past few years, in the spirit of #ItsMoreFunInThePhilippines, the DOT had highlighted "rock star chefs" – either celebrity or award-winning chefs from abroad who were welcomed to the Philippines or our own celebrity or award-winning chefs making a name for themselves in the international scene.

Writing this guide under the mandate and guidance of the DOT-NCR has made me discover a lot of LOCAL rock stars in their own right whom we should also celebrate: the simple but hardworking and diligent cooks and entrepreneurs who have kept local delicacies and specialties alive generation after generation.

In Valenzuela, it is Mang Delfin, maker of the Putong Polo – that heavenly little rice cake ball - who has kept the recipe and business of his grandparents from Polo, Bulacan, which started in 1944, alive and thriving.

In Marikina, it is Lourdes Diguangco, who used to simply sell bangus in the public market but her rellenong bangus and everlasting are so delicious, the demand forced her to open her own take-out store which she called Mama Ting's. This is now a culinary landmark of Marikina.

In Muntinlupa, it is Malou Enriquez, who created suman (glutinous rice sticks) stuffed with other delicacies like ube, out of a desire to give the traditional suman added value. Her Suman ng Munti is now a signature product of the city.

In Quezon City, aside from the historical Kamuning Bakery, which opened in 1939, and the iconic lechon row of La Loma, there is Estrel's of the late Estrella Ylagan, whose nieces continue to make her very popular caramel cakes, staying true to the recipe she used in 1946 when she used a palayok oven, complete with rose and lace icing design.

And there are many more.

Highlighting each city's local culinary treasures, the DOT-NCR team led by Regional Director Woodrow Maquiling Jr., Chief Tourism Operations Officer Catherine Agustin and Senior Tourism Operations Officer Ernesto Teston has really been able to show that there is more fun in Metro Manila in terms of food!

It was also "more fun" exploring the culinary heritage of each place: the balut houses of Pateros, the panciterias of Malabon, the karinderyas in Manila's Chinatown - the oldest Chinatown in the world, among others.

These are all documented in this one-of-a-kind guide that will surely enlighten food adventurers on Metro Manila's rich food scene and show that there are more culinary treasures around Metro Manila than what one may find in the commercial business districts.

I hope this guide encourages you to experience Metro Manila's iconic dishes and to explore the National Capital Region's many restaurants. Eating is really more fun in the Philippines!



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# METRO MANILA

Metropolitan Manila (also called Metro Manila) is the National Capital Region of the Republic of the Philippines, home to the City of Manila, the country's capital.

It is comprised of 16 cities and 1 municipality, each with its own unique personality:

**Caloocan.** The Cradle of the Katipunan.
**Las Piñas.** Home of the Bamboo Organ.
**Makati.** The Financial Capital of the Philippines.
**Malabon.** City of Taste and Heritage.
**Mandaluyong.** The Tiger City.
**Manila.** The Pearl of the Orient.
**Marikina.** The Shoe Capital of the Philippines.
**Muntinlupa.** The Emerald City.
**Navotas.** The Fishing Capital of the Philippines.
**Parañaque.** Entertainment City.
**Pasay.** The Gateway to the Philippine Islands.
**Pasig.** The Green City.
**Pateros.** Balut Capital of the Philippines.
**Quezon City.** The Largest City in Metro Manila.
**San Juan.** The Heart of Metro Manila.
**Taguig.** The Rising Office Kingdom.
**Valenzuela.** The Vibrant City.

With an area of 619.57 square kilometers and a population of almost 13 million Filipinos, it is one of three metropolitan areas in the Philippines, the other two being Metropolitan Cebu and Metropolitan Davao.

Metro Manila is the country's center of government, where you will find Malacañan Palace, the official residence of the President of the Philippines; the Senate and House of Representatives; the Central Bank, also called the Bangko Sentral ng Pilipinas; and the Supreme Court.

It is a center of culture, where you will find the country's most noted museums, cultural centers, theaters, parks, galleries, and food hubs.

Metro Manila is also Asia's best kept foodie secret. Each city boasts of delicious delicacies and memorable restaurants.

The following chapters will help visitors, whether foreign or local, navigate their way to the most delicious spots of Metro Manila.


NAVOT
MAL
DIVIS
MAR
CRAZY
SHOPP
OH EM
GEE!
MANILA
BAY
METRO
MANILA,
PHILIPPINES


ALENZUELA
AS
ABON
CALOOCAN
TORIA
KET
CHEAP
ING!!!
CITY HALL
MANILA
INTRAMUROS
KALESA (HORSE-DRAWN CARRIAGE)
HOME OF THE DELICIOUS PANCIT MALABON
MAGINHAWA FOOD STRIP
QUEZON CITY
"CITY OF THE STARS" (ALL THE TV NETWORKS ARE HERE)
QUIAPO CHURCH
SHOPPING MALLS:
• NORTH EDSA
• TRINOMA
MARIKINA
THE SHOE CAPITAL OF THE PHILIPPINES
7 FT.
17 FT.
PREVIOUS GUINNESS RECORD HOLDER, WORLD'S LARGEST PAIR OF SHOES
GREENHILLS SHOPPING CENTER
SAN JUAN
PHILIPPINE JEEPNEY
QUIAPO-DAPITAN-CUBAO
MANDALUYONG
PASIG RIVER
SHOPPING MALLS:
• MEGAMALL
• GALLERIA
• PODIUM
PASIG
KILOMETER ZERO
RIZAL MONUMENT
SHOPPING MALLS:
• GREENBELT
• GLORIETTA
MAKATI
THE CENTRAL BUSINESS DISTRICT
BALUT:
AN EXOTIC DELICACY OF FERTILIZED, PARTIALLY-DEVELOPED DUCK EMBRYO
PATEROS
THE BALUT CAPITAL OF THE PHILIPPINES
MALL OF ASIA
PASAY
MORE SHOPPING
WALK YOUR PAMPERED DOG IN UPSCALE BONIFACIO HIGH STREET
AIRPORT
BACLARAN CHURCH
TAGUIG
BAYWALK
PARAÑAQUE
BF HOMES
GO ON A FOOD TRIP IN AGUIRRE AVE. FOOD STRIP
LAS PIÑAS
SOUTHMALL
MUNTINLUPA
LAGUNA BAY



# CALOOCAN
## THE CRADLE OF THE KATIPUNAN



Caloocan is a first class highly-urbanized city with the lowest cost of living in Metro Manila. It is part of the CAMANAVA area, a cluster of cities that also includes Malabon, Navotas and Valenzuela.

Caloocan is also called the Cradle of the Katipunan, marked by the Bonifacio Monument which pays tribute to Andres Bonifacio, founder of the Katipunan, the revolutionary group that fought against colonial rule by Spain, and pays homage to the historic Cry of Balintawak, which marked the beginning of the Philippine revolution for independence.

YUMMY PICKS

### DREAM PUFF
### Mabini Home Bakeshop

585 A. Mabini Street, Caloocan
+63 2 8287 3965
Facebook: Mabini Home Bakeshop

The Dream Puff is a creation of octogenarian Virgie Ignacio, who created the Mabini Home Bakeshop over 50 years ago, starting out with celebration cakes. It is her version of a profiterole, a French choux pastry ball stuffed with a cream filling and topped with caramelized sugar. The pastry is really dreamy as it is so light. It is also served frozen so it is recommended that you let it sit for a minute before eating it, so that the cream filling will literally melt in your mouth when you eat it. Most people order this by the box for takeaway.

## CRISPY KARE KARE
## LECHON POBLACION
## HALO-HALO
### Café Poblacion

G/F Vizione Plaza Bldg., 505 A. Mabini Avenue, Caloocan City
+63 2 8366 4961
Facebook: Café Poblacion
Open daily 10:00 a.m. to 10:00 pm; Sundays from 8:00 a.m.

Kare kare, whose name was derived from 'curry', is an ox tail and ox tripe stew with a rich and thick peanut sauce made from crushed and ground peanuts and, sometimes, toasted rice. Bagnet is pork belly seasoned with garlic, black peppercorn, bay leaves and salt that is simmered until very tender then deep-fried until the skin is golden and crisp.



At Café Poblacion, a coffee shop cum resto near the San Roque Cathedral, the chef marries these two favorites to create a unique specialty: Crispy Kare Kare. Presented on a bed of peanut sauce, like kare kare, the star of the plate is in fact the bagnet, with its moist pork meat and the thick crackling of blistered pork skin. Beside the pork are string beans and a side of salted shrimp paste (bagoong) that is the characteristic condiment for kare kare. Other favorites at the café are their halo-halo, chocolate milk tea and choco peppermint frappe, which locals love even more than their coffee!

## LECHON KAWALI
### Rafael Restaurant and Catering Services

98 A. Bato Street (near La Consolacion College), Caloocan
+63 8285 4968
+63 915 300 6134
Facebook: Rafael Restaurant & Catering Services, Inc.

Lechon kawali is a popular Filipino dish of deep fried pork belly, most loved for the crackling skin. This is the specialty of Rafael Restaurant, which started out as a garage operation by Caloocan long-time residents Cecilio and Evelyn Rafael in 1967 but, because of its popularity, expanded to occupy the entire ground floor of their ancestral home. Now run by their children, led by siblings Virgilio and Cely Rafael, the restaurant remains a popular lunch hangout of City Hall employees and other locals, serving a variety of Filipino food turo-turo style.



# LAS PIÑAS

## HOME OF THE BAMBOO ORGAN



Las Piñas is a first class highly urbanized coastal city that has been recognized as Metro Manila's cleanest and most peaceful city three years in a row. It was once known as the Salt Center of Manila for the hundreds of hectares of land made into salt beds and for the production of *primera* or first class salt, legendary for its snow-white color. The city is also home to a national cultural treasure, the Bamboo Organ.




### PORK BARBECUE
### ISAW
### Mang Raul's Barbecue

CRM Avenue (near Holy Family Parish), Almanza, Las Piñas City
+63 920 612 2150
Open daily from 2:30 p.m. to 9:30 p.m.

Mang Raul's Barbecue is a Las Piñas institution, with locals raving that this is "the best barbecue in the south" for its tasty and smokey flavor. The restaurant is recommended for cleaning the barbecue well and for cooking the barbecue over hot charcoal right before your eyes. Even if it is tucked inside the BF Almanza Village, near the church, the line is usually long but patrons don't mind the wait, although they recommend ordering for take-out instead of dining right there. Aside from the pork barbecue, locals love the restaurant's isaw (pork or chicken intestines) and tenga (crispy pig ears). Make sure to dip the barbecue in Mang Raul's signature sauce.

# MAKATI
## THE FINANCIAL CAPITAL OF THE PHILIPPINES



Makati City is the country's financial capital, the chosen location of top financial and multinational companies, embassies and major hotels. The Central Business District houses a plethora of iconic structures creating a notable skyline, chic shopping malls, first-class restaurants, distinctive art scenes and a pulsating nightlife.




### LIBERICA COFFEE
### Commune
36 Polaris corner Durban Streets, Poblacion, Makati
+632 8275 6324
+63 919 859 5848

Located in the heart of Poblacion, Makati's hip district, Commune is a gathering place for coffee connoisseurs, culture buffs, expats and advocates. As owner Ros Juan is an advocate for the promotion of Philippine coffee, the cafe offers coffee selections from all over the country - from Benguet in the north to Basilan in the south. Most intriguing on the coffee menu is the Liberica from Batangas, roasted in-house in a manner that brings out its unique jackfruit aroma.

### MUSCOVADO BEEF BELLY AVOCADO PIE
### Grace Park
G/F One Rockwell, Makati
+63 939 934 7223

A Filipino bistro serving dishes such as Kadyos, Baboy, Langka & Cotechino; Negros Lechon Sisig; and Avocado Pie.

## DUCK ADOBO WITH GOOSE LIVER
## TIGER PRAWNS WITH LAING

### Chef Jessie's

G/F Amorsolo Square, Amorsolo Drive, Rockwell, Makati
+63 2 8890 6543; +63 2 8890 7630
Reservations recommended

Makati is known for its fine dining restaurants, one of the finest being Chef Jessie at the Rockwell Club. Here, award-winning chef Jessie Sincioco presents Filipino food using French techniques of cooking, e.g. her adobo uses duck instead of chicken and pork and is topped with pan fried goose liver. For seafood lovers, experience her Prawns with Laing (dried taro leaves in coconut milk), a truly elegant interpretation of the humble laing. For dessert, which the restaurant is known for, Chef Jessie offers a unique Halo Halo Souffle, a startling interpretation incorporating all the elements of the famous shaved ice dessert except for the ice: jackfruit, macapuno, red and white beans, sweet potato, leche flan and ube halaya. Modern without losing the real flavors of Filipino food, this restaurant truly elevates local cuisine to the internationally accepted fine dining standard.





Chef Jessie's
Prawns with Laing

## KARE KARE
## HALO HALO
### Milky Way
2/F 900 A. Arnaiz Avenue cor. Paseo De Roxas, San Lorenzo, Makati
+63 2 8843 4124; +63 2 8843 7124

Milky Way is known for its well-executed Filipino dishes, prepared by the original cooks who have been with the restaurant since the 1960s. Favorites include crispy hito with bagoong and mustasa, baby crispy pata, and their award-winning Milky Way kare-kare. Locals also love their famous halo-halo, considered to be the best in the country.

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## LUGAW WITH LECHON KAWALI
### Lugawan sa Tejeros
1066 Chino Roces Ave., Brgy Tejeros, Makati
+63 920 455 4887

Lugaw is Filipino porridge. When served with ox tripe, it is called goto. At Lugawan sa Tejeros, a popular diner for over 40 years, the new generation of owners replaced the ox tripe with deep fried pork, creating their most popular dish today: Lugaw with Lechon Kawali. Enjoy the lugaw with tokwa't baboy (fried tofu and pork, dipped in soy sauce, vinegar and chili) and fried lumpiang toge, a golden, crunchy, fried spring roll filled with bean sprouts, carrots and pork.



# MALABON
## CITY OF TASTE AND HERITAGE



Malabon is called the City of Taste and Heritage because of the city's excellent local delicacies such as the Pancit Malabon, as well as colonial houses and hundred-year old churches. The city was under the Province of Tondo in the 17th century then later became part of the Province of Rizal. In 1975, it was decreed to be under Metro Manila and in 2001, it was declared a highly urbanized city. Traversed by three major rivers – Malabon, Tinajeros and Tullahan - Malabon was once a fishing village, with abundant seafood and bamboo shoots. The name Malabon is said to be a shortcut of "maraming labong" meaning, "plenty of bamboo shoots".




### PANCIT MALABON KAMACHILE

Pancit Malabon is a variety of pancit using fat bihon or rice noodles boiled with chicken or meat broth then topped with an orange sauce that uses achuete (annatto seeds), shrimp broth and crab fat. Traditionally, it also has fresh seafood toppings such as shrimp, squid, smoked bangus (milkfish), mussels, and/or oysters. Other optional garnishes include pork, hard-boiled eggs and crushed chicharon or pork rinds. There are several Pancit Malabon "houses" in this city, each considered "the best" in its own right.

Kamachile are biscuits that are paired with Pancit Malabon. The dry, hard biscuits come in the shape of the fruit of the camachile tree, hence its name. Usually available at Malabon panciterias, they are meant to temper the richness of the pancit sauce.



**Belen's Kitchenette**
Pancit Malabon

## Belen's Kitchenette (formerly Rosy's Pancit Malabon)

Cuatro Cantos, C. Arellano cor. A. Bonifacio Sts., Malabon
+63 2 8351 0150
+63 2 351 0150

Formerly Rosy's, Belen's Kitchenette is primarily a space for takeaway orders. Its Pancit Malabon is unique as they add lengua (ox tongue) on top. This was reportedly a favorite of former First Lady Imelda Marcos. Aling Rosy was hailed the Queen of Pancit Malabon.

## Nanay's Pancit Malabon

37 Gov. Pascual Ave., Malabon
+63 2 8281 0449
+63 922 226 8202
Open daily from 8:00 a.m. to 7:00 p.m.

Nanay's Pancit Malabon is one of the more revered panciterias, serving the delicacy since 1984 and now being run by the fourth generation. It won the Battle of the Best Pancit Malabon contest of a popular television show.

## M Flores Pancit Malabon

151 Gen Luna St, Ibaba, Malabon
+63 2 8373 0979

This panciteria is unique because founder Mia Flores uses thin noodles instead to create M Flores' signature Pancit Malabon.

# SOFT BROAS

## Betsy's Cake Center

10 Rizal Ave Ext, Malabon
+63 2 8281 1131
+63 2 8281 1127

Broas biscuits are considered the Filipino version of the ladyfinger. The light yet crunchy biscuits were named after the Spanish broa, a kind of bread from Galicia. In Malabon, they have been traditionally used to make ice-box cakes.

Betsy's Cake Center, founded by Blesilda Serna David around 1962, specializes in cakes but she created her own version of the broas, injecting a cream filling. This unique creation can now be called a Malabon sweet delicacy. Another unique creation of theirs is their buko pie, which has a streusel topping.

## PUTO
### Hazel's Special Puto
107 Gen. Luna St, San Agustin, Malabon
+63 8281 2298
+63 922 880 2090

Puto is a fluffy steamed rice cake using slightly fermented rice dough, traditionally topped with salted eggs or cheese. In Malabon, Hazel's is known for her special puto.

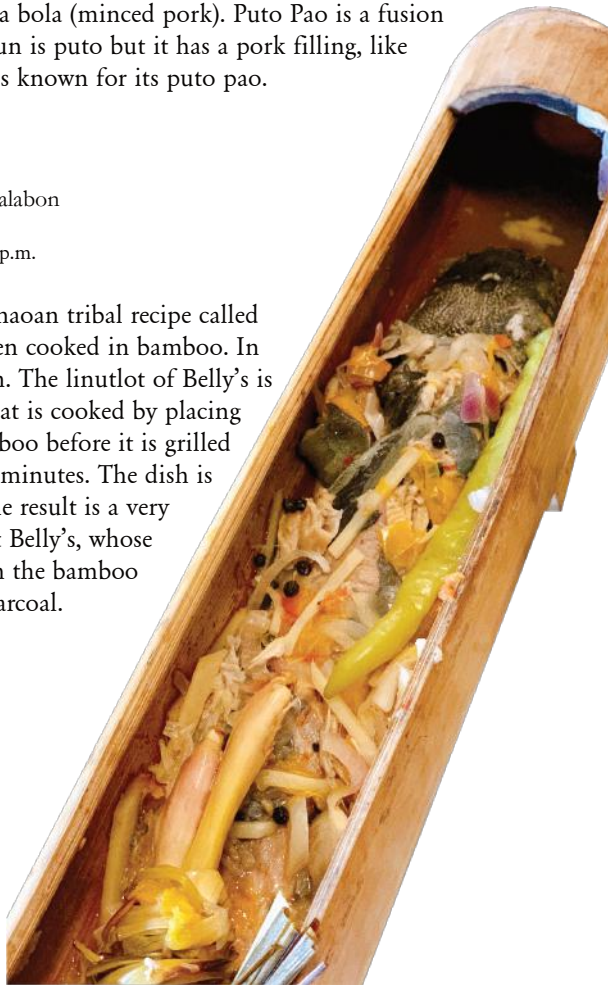
## PUTO PAO
### Benjie Puto Pao
56 Sanciango St, Tonsuya, Malabon
+63 2 8441 8840
Facebook: Benjie Putopao @theoriginalbenjieputopao



Siopao is the Filipino version of the Chinese pork bun, with a filling of asado (sweetened pork) or bola bola (minced pork). Puto Pao is a fusion of Puto and Siopao, i.e. the bun is puto but it has a pork filling, like siopao. In Malabon, Benjie's is known for its puto pao.

## LINUTLOT
### Belly's
Elias Street cor Basilio, Acacia, Malabon
+63 2 8287 0982
Open daily from 10:00 a.m. to 11:00 p.m.

This is derived from a Mindanaoan tribal recipe called Linotlot nga Manok or chicken cooked in bamboo. In Malabon, the version uses fish. The linutlot of Belly's is a Mindanaon-inspired dish that is cooked by placing fish and herbs inside the bamboo before it is grilled on charcoal for around 10-15 minutes. The dish is served still in the bamboo. The result is a very aromatic hito, the fish used at Belly's, whose flavors have earthy notes from the bamboo and smoky notes from the charcoal.



## TAPANG KABAYO
### Cups and Cones Café
+63 2 8294 2194
247 Gen Luna, Malabon
Open daily from 3:00 p.m. to 11:00 p.m.

Tapa is dried or cured thin slices of beef, traditionally using cow's meat, although occasionally, you will find a restaurant that uses horse meat. This is usually served with fried egg and garlic fried rice, becoming Tapsilog, which is short for Tapa (dried meat), Sinangag (fried rice), Itlog (egg).

At the very cute Cups and Cones Café, the owner wanted to serve something unique alongside the coffee they offer, so they added Tapang Kabayo to the menu. Locals love the deeper flavor from horse meat and flock to this café just for that!



## SAPIN SAPIN
### Original Dolor's Kakanin
13 Escanilla St, Concepcion, Malabon
+ 63 2 8927 9975; +63 2 8281 2739
Facebook: Original Dolor's Kakanin @originaldolors

Sapin-sapin is a colorful, layered glutinous rice cake. Soft and chewy, with a depth of sweetness from coconut milk and a sprinkling of toasted desiccated coconut flakes on top, it is a favorite dessert given as a gift or enjoyed at fiestas and other special occasions.

One of the biggest kakanin specialty shops in the Philippines is Dolor's, with branches around the country. Its original branch is in Malabon. Aside from the sapin-sapin, they have a dozen other rice delicacies to choose from such as ube kutchinta, biko, kalamay de mais, putong puti, and pichi-pichi. Try the the kamoteng kahoy, whose soft and pillowy texture contrasts beautifully with its grainy outer layer; the bukong pinipig, a sticky rice cake with pinipig on top; or get a tray of assorted kakanins to try one of each!





## CRISPY PATA

Crispy pata is the Filipino version of pork knuckles. A whole pork leg including the pig trotters or knuckles, boiled until tender then deep fried until the skin is golden and crisp. You hear the crunch of the skin when you crack it; the fat underneath the skin sticks to your teeth when you bite into it; and the meat is fork-tender when you slice into it. This is an unbeatable savory indulgence that Filipinos love to enjoy with steamed white rice and a bottle of cold beer.

### Jamico's / Home of Judy Ann's Crispy Pata

201 Gen Luna, Malabon
+63 2 8281 9945



This restaurant is known for their crispy pata served with pickles. According to owner Judy Ann Antonio-Francisco, the recipe is by her father Remigio Antonio, who wanted a version of crispy pata that resembled the flavors of the Chinese sweet and sour fish. It's a brilliant tweak to the original recipe and a version that is unique to Malabon.

### Mary Jay Restaurant

224 Gen Luna, Malabon
+63 2 8281 4189

Mary Jay is one of the older and larger restaurants in Malabon with a following from locals who reminisce about having celebrated milestone events here – weddings, baptisms, and other family gatherings. They have an extensive Chinese food menu but they are also known for their classic crispy pata.



Mary Jay's
Crispy Pata

# MANDALUYONG
## THE TIGER CITY



Mandaluyong is referred to as "Metro Manila's Heart" because it lies in the middle of the "Golden Triangle" of Makati, Manila and Quezon City. It is home to institutions such as the Asian Development Bank and large corporations such as San Miguel Corporation.

Mandaluyong underwent unprecedented growth and progress during the last decade. From a once sleepy town, it has transformed into an important industrial and residential area. It is now also called the "Shopping Mall Capital of the Philippines" as the Ortigas Center has a cluster of large malls.




### BULALO
### R&J Bulalohan
600 Maysilo Circle cor Boni Avenue, Plainview, Mandaluyong City
+63 2 8533 4811
Open 24 hours

Bulalo is beef shank and marrow soup that is rich from the collagen and fat of the beef that melts from the bones due to the long hours of cooking. Tagaytay City just outside Metro Manila is known for the bulalo houses in the area but one of the best in Metro Manila is at R&J Bulalohan, a simple eatery near the Mandaluyong circle.

### DOUBLE JUMBO SIOPAO
### PVL Restaurant
1 Lopez St, Brgy New Zaniga, Mandaluyong
+63 2 8534 3815
+63 916 775 2895
Open daily, 10 a.m. to 10 p.m.

Siopao is steamed bun with a sweet pork filling. But the attraction at PVL restaurant is their giant siopao that is 12 inches in diameter, weighs 2 kilos and can be consumed by 15 persons! It is packed with pork, chicken, salted egg, and Chinese longganisa.

## STREET-STYLE BBQ PLATTER
### Chef Arch's Lime
160 San Rafael Street, Plainview, Mandaluyong City
+63 2 8775 5428
Open daily 6:00 p.m. to 2:00 a.m.

A garage restaurant near Mandaluyong Circle, this is a neighborhood hangout that has drawn street food lovers for their "street food na pinasosyal" (elevated/upgraded street food). Filipino street food includes kwek kwek (deep fried quail eggs), balut (fermented duck egg) and skewers of various parts of pig or chicken - meat, intestines, blood, feet. At Chef Arch's, instead of the simple kwek kwek, he serves a Quail Egg Tempura; instead of plain balut, he offers Balut in Red Wine Sauce; and for those who love street food, he has the street-style barbecue platter.

## WHOLE BONE-IN HAM
### Adelina's Ham
G/F Unit 2 Gomega 1 Condominium , 353 P. Martinez St., Mandaluyong
+63 2 8706 3772
Facebook: Adelina's Ham @adelinashamofficial
Instagram: @adelinasham
Open daily: 7:00 a.m to 8:00 p.m.

A Chinese-style honey-cured ham that has the perfect balance of salty and sweet, this iconic ham has been a favorite of families not only in Mandaluyong but all over the Philippines since 1955 when it was established by Vicente and Adelina Uy. Today, their children continue the tradition of making this sumptuous ham. They offer whole bone-in hams as well as boneless hams. Come early as the lines at the shop get really long, especially during holidays.



## Adelina's Ham

PHOTO: DOT



**Barbara's**
Intramuros

# MANILA
## THE PEARL OF THE ORIENT



Manila is the capital of the Philippines, the nation's center of government, education and business. It is where you will find the Malacañan Palace, the office of the President of the Philippines; the Bangko Sentral ng Pilipinas or Central Bank; and the Supreme Court. It has 16 administrative districts and was declared the most densely populated city proper in the world as of 2018.

Settled in around the 13th century but founded in 1571 by Spanish conquistador Miguel Lopez de Legazpi, it is also home to the world's oldest Chinatown, established in 1594.

Designed by American architect and urban planner Daniel Burnham in 1905, it faces the eastern shores of Manila Bay, where one can experience the incomparable Manila Bay sunset.

YUMMY PICKS

## INTRAMUROS

### KALDERETA
### Barbara's Heritage Restaurant

Plaza San Luis Complex, General Luna Street, Intramuros, Manila
+63 2 8527 4086; +63 2 8527 3893
Open daily 11:00 a.m. to 9:00 p.m.
Museum open to the public daily with entrance fee of P100

Barbara's is often recommended for tourists, thanks to the complete package they offer: a welcome from guards dressed as Spanish era Guardia Civil, a museum on their top floor, cultural performances by folk dancers, the enchanting ambiance of the heritage home with antique furniture of owner Barbara Gordon de los Reyes, and a buffet of Filipino food. One wing of the home is for fine dining while another is for buffet. Barbara's most recommended dish at the buffet is the kaldereta, a tomato-based goat meat stew with liver paste, although there are many specialties to choose

from, including pancit de Cebu, ensalada surtidas, ginataang halo-halo, and salad with a guyabano vinaigrette.

### CARDINAL TAGLE'S SILVANAS
### Ristorante delle Mitre
CBCP Building, 470 General Luna St., Intramuros, Manila
+63 2 8559 5220
Open 8:00 a.m. to 8:00 p.m.

Located across the San Agustin Church in Intramuros, this restaurant reeks of the Catholic faith: on the walls are a photo of Saint Lorenzo Ruiz, the first canonized Filipino martyr; empty ciboriums; mitre or bishops' hats; and a plethora of other Catholic-inspired deco. The menu itself is a long tribute to bishops and cardinals, with dishes named after them, such as Archbishop Angel Lagdameo's Chicken Adobo or the late Cardinal Vidal's Okoy na Kalabasa (deep fried squash) and Saging na Pinaypay (a banana delicacy). The bestseller today is named after the Archbishop of Manila: Cardinal Tagle's Homemade Silvanas, a delectable frozen cookie with a layer of buttercream sandwiched between two meringue wafers coated with cookie crumbs. This heavenly dessert is usually sold out by noon. Frequent patrons also recommend the paella, crispy pata and lumpiang sariwa



## CHINATOWN
### HOPIA

Hopia is the quintessential Filipino-Chinese snack. It is a cylindrical pastry with a thin, flaky crust, filled with mung bean paste or, in the case of Hopia Baboy, mung bean paste and pork.



### Polland Hopia
925 Benavidez St, Binondo, Manila, Metro Manila
Tel. +63 2 8255 7285

### Ho-Land Hopia
551 Yuchengco St, Binondo, Manila, Metro Manila
+63 2 8242 9709

### Eng Bee Tin
628 Ongpin St, Binondo, Manila, Metro Manila
+63 2 8241 9999

## CHINESE LUMPIA
### New Po Heng
+63 2 7753 1891
627 Carvajal St, Binondo, Manila

Chinese lumpia is a Filipino-Chinese delicacy of vegetables and chopped meat, usually pork and shrimp, wrapped in lettuce and a rice paper. There is also hoti or fried bihon with seaweed that is added for texture and saltiness, as well as chopped peanuts and sugar to add crunch and sweetness to the freshly steamed vegetables. New Po Heng makes arguably the best Chinese lumpia in Metro Manila. All ingredients are cooked and wrapped right before your very eyes.

## KIKIAM
### Quik Snak
637 Carvajal St, Binondo, Manila
+63 2 8242 9572; +63 2 8242 9589

Kikiam or que-kiam is a Chinese sausage made of fried ground pork, shrimps and vegetables. It is seasoned with a five-spice powder then wrapped in bean curd sheets and deep fried until golden brown. This is the specialty of Quik Snak, a Chinatown local favorite since 1967. Patrons also love their satay misua guisado, whose satay sauce recipe is by founder Pilar Ferrero Lim Giok Ki or Amah Pilar herself.



**Quik Snack**
Kikiam

# MALATE

## TSOKOLATE EH
## LOLA ISING'S ADOBO
## CLAUDE'S DREAM
### Café Adriatico

1790 Adriatico Street, Remedios Circle, Malate, Manila
+63 2 8523 7924

Tsokolate Eh is thick Spanish hot chocolate, usually paired with a stick of deep fried churros. Café Adriatico in Malate is known to serve one of the best. But the Malate institution, which pioneered the "café culture" in the Philippines and used to be a hangout of Manila society in the 1980s, is also known for Lola Ising's Adobo, an indulgent interpretation of the classic chicken and pork stew using pork belly. Another favorite is Claude's Dream, a heavenly dessert introduced by Capampangan artist cum chef Claude Tayag that is essentially a colorful gelatin of mango, watermelon and pandan on a bed of macapuno cream with young coconut and a light vanilla ice cream with drizzles of pinipig on top.









# MARIKINA
## SHOE CAPITAL OF THE PHILIPPINES



Founded by the Jesuits in 1630, Marikina was the provincial capital of the Province of Manila under the First Philippine Republic, from 1898 to 1899, or during the Philippine Revolution. After the American occupation, it became a municipality of Rizal Province, until the formation of Metro Manila in 1975.

Today, Marikina continues to be home to a thriving shoe industry, hence called the Shoe Capital of the Philippines. The city recognizes Don Laureano Guevara or Kapitan Moy, as the Father of the Shoe Industry, the pioneer of shoe-making in the area.

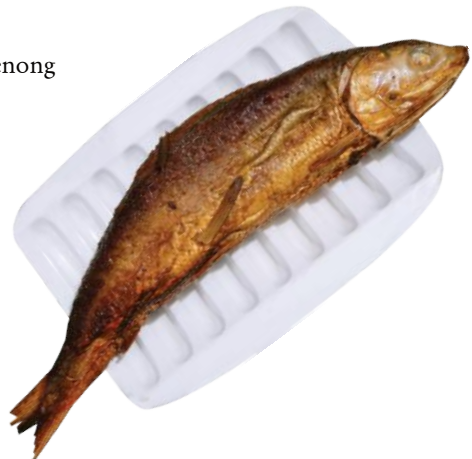
YUMMY PICKS

### EVERLASTING
### RELLENONG BANGUS
### Mama Ting's

246 J.P. Rizal St. Marikina City
+63 917 820 1190; +63 917 511 0208
Facebook: Mama Ting's

Everlasting is similar to embutido but in the shape of a llanera (an oval-shaped tin mould). It is Marikina's version of the meatloaf, made with pork, hard-boiled eggs, red bell pepper strips and chorizo. The most highly recommended restaurant for everlasting in Marikina is Mama Ting's, a small take-out shop.

Mama Ting's is also known for her Rellenong Bangus: deep fried milkfish stuffed with minced milkfish meat, carrots, potato, raisins, capsicum, pickles and spices. It comes in three sizes: regular, medium and jumbo. Generously stuffed and full of flavor, this is arguably the best rellenong bangus in Marikina if not Metro Manila.



## WAKNATOY
## LAOYA
### Pan de Amerikana
#92 General Ordoñez Ave, Marikina City
+63 2 8475 2398
Facebook: Pan de Amerikana Bakery & Restaurant
Open daily at 5:00 am (bakery) and 6:00 am (restaurant) to 7:00 pm

Waknatoy is Marikina's version of Menudo, a pork and liver stew in tomato sauce with potatoes, carrots and peas. Aside from the ingredients of Menudo, this dish has pickles, giving it a sweet and sour dimension. According to folklore, Waknatoy derived its name from how the Chinese pronounced the Filipino words "Huwag na toy!" (Wak na toy!) because it is served generously on almost all occasions such as fiestas, birthdays, wedding banquets, to the point guests could no longer oblige.



Laoyang Marikina is similar to Nilagang Baka (Filipino beef soup with vegetables) but sweeter and with atsuete, sweet potatoes and saba banana. This is distinguished from Laoyang Iloilo which uses pork leg, Laoyang Samar which uses pork bones, or Laoyang Negros which uses ground pork.

At Pan de Amerikana, a restaurant with incredible interiors such as a life-sized chess set, they serve Laoya as well as Waknatoy and Everlasting – another Marikina specialty - with their signature Pan de Amerikana bread.

## MIKI BIHON CON LECHON KAWALI
### Luyong
801 JP Rizal Avenue, Concepcion Uno, Marikina City
+63 2 8941 1694

Established in the 1950s by the couple Luyong and Luisa Fong, Luyong Restaurant (Concepcion) is considered by locals a "Marikina tradition". One of the favorites on the menu is the miki bihon with lechon kawali.

Pancit Bihon is stir-fried noodles topped with sliced meat, Chinese sausages and vegetables. As its name implies, it traditionally uses bihon or thin rice noodles similar to vermicelli. At Luyong, which has been around since the 1950s and is now run by its third generation of owners, they use miki or Shanghai noodles which are thicker than bihon. They also add lechon kawali or deep fried pork belly on top. They use the "pinagulong" (rolled) style of cooking wherein all the ingredients are cooked together, instead of the noodles being cooked separately.

# MUNTINLUPA
## THE EMERALD CITY



Promulgated in 1901, Muntinlupa used to be under the Province of Rizal as part of Taguig and Pateros. It became an independent municipality in 1918 and part of Metro Manila in 1975. It also became the location of the national penitentiary, also known as the New Bilibid Prison, in 1941.

Today a highly urbanized city, it is known for its upscale residential villages and commercial complexes. It was awarded as the Most Business Friendly City by the Philippine Chamber of Commerce and Industry two years in a row.

YUMMY PICKS

### HONEY WINE
### Dielle's Apiary and Meadery
23 Lavander St, Victoria Homes, Tunasan, Muntinlupa
+63 917 866 0545
Facebook: Dielle's Apiary and Meadery @honeywinephilippines

Dielle's Apiary and Meadery is the first to create honey wine. Raw honey is produced right in the backyard of this Muntinlupa home which is then used to produce honey wine by fermenting the honey. The result is a wine that is sweet as honey! If you travel all the way to Muntinlupa to visit Dielle's, they allow visitors to watch how they produce the honey and honey wine. For convenience, Dielle's Honey Wine is also available in various branches of SM Kultura, Cash & Carry in Makati, Landmark Makati, Trinoma, Robinsons Ermita, and online via Lazada and Food Choice PH.

## TURONES DE MANI
### Armie's Turones De Mani
+63 975 886 0790
Facebook: Armie's Turones De Mani

This is a roll using lumpia wrapper, deep fried with brown sugar, and stuffed with ground peanuts inside. It is a perfect combination of nutty and sweet flavors! The products are available by direct order or through the Muntinlupa tourism office (visit their Facebook page Likhang Munti).

## STUFFED SUMAN
### Suman ng Munti
Tunasan, Muntinlupa
+63 920 361 1941
+63 939 723 9155
Facebook: Suman ng Munti

Suman is a stick-shaped Filipino dessert made with glutinous rice and coconut milk then steamed in banana leaves. Entrepreneur Malou Enriquez brilliantly created stuffed suman: a larger size of suman but stuffed with different flavors such as pineapple, ube or coconut. When sliced, the cuts resemble Japanese maki. She also has a savory version with chicken that she calls Arroz Valenciana as it has the elements of that dish although it is cooked like a suman so you can eat it on the go, as you just



peel off the banana leaf cover. This new take on the traditional suman is an original recipe proudly made in Muntinlupa.

## PICKLED MANGO POWDERED BAGOONG
### Juanito's

145 San Guillermo St., Putatan, Muntinlupa City
+63 948 877 8228; +63 927 891 0613
Facebook. Likhang Munti

Green mango is a favorite snack of Filipinos, usually paired with shrimp paste or bagoong. To cater to those who do not like the strong smell of shrimp paste or would like the benefit of shrimp paste as flavoring without having to use the actual paste, entrepreneur Juliet Arciaga created powdered bagoong. She also bottles green mangoes. The products are available by direct order or through the Muntinlupa tourism office (visit their Facebook page Likhang Munti).



## SINIGANG PAELLA WITH PORK BELLY BAGOONG PAELLA WITH KARE KARE PUTO BUMBONG WITH BUCO JELLY
### Neil's Kitchen

Lot C 701 - 704, Westgate Filinvest City, Alabang, Muntinlupa
+63 2 8710 8962, +63 2 8771 1334, +63 2 8810 5017
+63 948 877 8228
Open daily 11:00 a.m. to 9:00 p.m.
Facebook: Neil's Kitchen @neilskitchenph

Paella is a savory and nourishing Spanish dish of rice, saffron, and other toppings such as chorizo or chicken, cooked in a paellera or large shallow pan. At Neil's Kitchen, Chef Neil Ramos creates Filipino-inspired paellas such as Bagoong Paella, a paella with shrimp paste mixed into it, that he pairs with Kare Kare, an ox tail stew in peanut sauce that traditionally has shrimp paste as a condiment. Another unique creation is their Sinigang Paella, which incorporates the flavors of Sinigang, a sour tamarind soup, which is then paired with grilled pork belly. The restaurant has an extensive menu of modern Filipino cuisine, showcasing the chef's creative takes on traditional Filipino dishes.

For dessert, have the puto bumbong - steamed black glutinous rice (pirurutong) cooked in bamboo (bumbong). This is traditionally served with margarine, grated coconut and palm sugar granules but here it is made indulgent with a heavenly coconut jelly resembling a panna cotta on top plus toasted and freshly grated coconut.



**Neil's Kitchen**
Sinigang Paella



# NAVOTAS

## THE FISHING CAPITAL OF THE PHILIPPINES



The City of Navotas is a highly-urbanized city driven by its fishing and related industries such as fish trading, fish net mending, as well as fish paste and fish sauce production. The Navotas Fish Port Complex (NFPC), where one can find an abundance of fresh, quality seafood, is the second largest fish port facility in Asia with traditional shipyards still in operation throughout the 2-kilometer stretch of the Navotas River.




### BOODLE FIGHT

**Pia's**

786 M. Naval St., Navotas East, Navotas City
+63 2 8281 9427
+63 943 813 3787
Facebook: PIA's @piasph

This restaurant specializes in the boodle fight, a military style of eating where a long table is covered with banana leaves and this serves as a communal plate, filled with viands and rice from which guests eat directly using their bare hands. The concept promotes the Filipino culture of eating together. At Pia's, however, you have the option to use utensils. The food is also stylized so it looks like a beautiful grazing table instead.

The restaurant, having the advantage of being located in Navotas, where the fish port is, takes pride in offering fresh seafood, down to their bagoong, which uses fresh alamang (tiny shrimp or krill). For the boodle fight, they serve bangus (milkfish) and pusit (squid) and there are also options for grilled pork (liempo) and chicken (inasal) on top of a mound of rice with achara (picked green papaya) and salted eggs on the side. They also offer classic Filipino fare such as kare-kare (ox tail stew in a peanut sauce), tinolang manok (boiled chicken), beef steak and mechado as well as fiesta fare such as lengua estofado and beef mechado. For large groups,

note that they have a beautiful high-ceiling adjoining space that is made purely of bamboo.

## PANCIT LUGLOG
### Norma's Special Pancit Lug-log
24 L.R. Yangco St. Navotas East, Navotas
+63 2 8282 4740
Open daily 9:00 a.m. to 9:00 p.m.

Pancit luglog is a variety of pancit that earned its name from the process of dunking ('luglog' means 'dunk') the rice noodles in hot water. It uses thicker noodles than vermicelli-like noodles of Pancit Bihon and, as distinguished from Pancit Palabok, is topped with slices of pork. As with both Bihon and Palabok, it offers a taste of umami with its thick orange sauce topped with shrimps, crushed chicharon or pork rind, tinapa or smoked fish flakes, minced green onions, and slices of hard boiled egg. Norma's Special Pancit Lug-Log was ranked No. 1 in a national guide's list of best pancit luglog in the Philippines.



## CRISPY SPICY DILIS
## CRISPY PUSIT
### SeaKid
7 Santan St. Merville Tanza Navotas City
+ 63 2 8281 5848; +63 2 703 8251
+63 998 999 2455
info@seakidonline.com

Sweet and spicy dilis is a popular snack of dried anchovies glazed with sugar. Pusit is squid that is deep fried to a crisp. SeaKid produces these snacks commercially with a variety of flavors: Crispy Regular Dilis, Mixed Pusit & Dilis, Crispy Pusit, and Crispy Spicy Dilis. They are a great pasalubong or souvenir especially for Filipinos living abroad.

## CRISPY PATA
### Baby's Crispy Pata
1239 M. Naval St., Daanghari, Navotas

Crispy pata is whole pork leg boiled until tender then deep fried until the skin is golden and crispy. This is specialty of Baby's since 1983, serving the crispy pata in two sizes: medium and large.

# PARAÑAQUE
## ENTERTAINMENT CITY



Parañaque is the city where you will find many gaming establishments and hotels, hence the nickname Entertainment City. Bay City, where four large integrated resorts with gaming establishment are based, and the Entertainment City of the Philippine Amusements and Gaming Corporation (PAGCOR) are located here.

### YUMMY PICKS

**TAPSILOG**
**Maty's Tapsilog and Barbecue**
Quirino Avenue, Don Galo, Parañaque
+63 2 8854 0889
Open daily from 7:00 a.m. to 3:00 a.m.

Tapsilog is a savory, hearty and greasy combination of tapa (dried beef), sinangag (fried rice), and itlog (egg). This is the specialty of Maty's Tapsilog, a popular dive for both early risers who need a quick, hearty breakfast, as well as late night partygoers who need to grease their stomachs after partying hard. Even better than the tapsilog is their pork barbecue, whose chunks of pork are round, plump and juicy, and better than many barbecues in other cities of Metro Manila.

**EMPANADA**
**BAKED SALMON**
**MANGO BRAVO**
**Conti's**
Commercial Center, 61 President's Avenue, BF Homes, Parañaque City
Other branches: see contis.ph/our-stores.
+63 2 8807 3388; +63 2 8842 5265

This restaurant now has several branches but its original - and for many years its only branch - is in BF Homes in Parañaque. Conti's is most loved



for a cake called Mango Bravo: a tall, layered cake of chocolate mousse, cashew, and cream topped with generous chunks of fresh mango with a chocolate dripping around the cake. For the main course, they are most known for their baked salmon with its beautiful crust of cheese on top and side of paella rice. Others also rave about their roast beef, salpicao, and especially their empanadas, with its thin crust and savory filling.

# PASAY

## THE GATEWAY TO THE PHILIPPINE ISLANDS



Pasay is nicknamed the Gateway to the Philippine Islands as this is where you will find the Civil Aeronautics Administration (CAA) complex, which includes the Ninoy Aquino International Airport (NAIA) and NAIA Terminals 2, 3 and 4, as well as the Villamor Airbase of the Philippine Air Force. It is also home to SM Mall of Asia, one of the biggest malls in the country; the Senate of the Philippines; as well as a portion of the Cultural Center of the Philippines (CCP) Complex.




### CASSAVA CAKE
### PANCIT CABAGAN
### Islas Pinas

G/F Double Dragon Plaza, Macapagal Avenue, Pasay
+63 2 8403 1588
+63 917 319 1041
Open weekdays 8:00 a.m. to 12 midnight
Open weekends and holidays 10:00 a.m. to 12 midnight

A large, festive space at the ground floor of a new mall that showcases cuisines from all regions of the Philippines. The interiors present Filipino culture through a jeepney that visitors can ride in for photos, a bahay kubo (nipa hut) that guests can climb in, and a sari store; as well as landmarks such as the Banawe rice terraces. At the center of the hall is the buffet whose menu changes daily.

Among the buffet specialties are the pancit cabagan and cassava cake, available during the merienda buffet. Pancit Cabagan is a noodle dish from the province of Isabela that is distinctly topped with quail eggs and lechon carajay - smoked roast pork that is like lechon kawali but whose meat is smoked and then roasted instead of just deep fried. Cassava cake is a local dessert found in many provinces across the country made with grated cassava and coconut milk, and often topped with a caramelized flan.

## ADOBONG PUSIT
## BUTTERED SHRIMP
### Aling Tonya's Seafood Palutuan

Dampa, Diosdado Macapagal Blvd, Pasay
+63 2 8889 2504
Open daily 10:00 a.m. to 2:00 a.m.

Dampa is a wet market where you can buy fresh seafood and immediately have these cooked at a "palutuan" or cookery. Aling Tonya's comes highly recommended for being clean and most accessible to the market vendors. The house specialties are the adobong pusit (black squid) and buttered shrimp, outstanding for their freshness. Dampa patrons, however, love to come here to order lobsters and crabs which may be cooked at any of the palutuans as well.





# PASIG
## THE GREEN CITY



Pasig shares its name with the Pasig River which runs through it and forms its southwestern and southeastern borders with Makati and Taguig respectively, while the Marikina River forms its western border with Quezon City.

Formerly a rural settlement, Pasig is now a first class highly urbanized city dubbed as the "Green City" as it maintains a rainforest park - The Rainforest Adventure Experience (RAVE) and Pasig Central Park - where residents can engage in nature-centered activities, aside from the pocket parks in the city that are open to the public 24/7. It was also one of the first cities in the country to ban the use of plastic.




### DINUGUAN
### Café Juanita

19 West Capitol Drive, Kapitolyo, Pasig City
+63 2 8632 0357
Open daily 11:00 a.m. to 2:00 p.m., 5:30 p.m. to 10:00 p.m.

Dinuguan is a stew of pork blood. It is traditionally cooked with offal, i.e., lungs, kidneys, intestines, ears, heart and snout, but more conservative eaters just use pork meat. Pork blood and vinegar are simmered to become a slightly sour, thick black sauce. It is usually paired with puto (steamed white rice cakes). This dish is seemingly easy to execute but in fact few achieve that perfect level of sourness and acidity. Café Juanita in Kapitolyo, however, gets it right. They also add chicharon or pork rind on top for added texture.

The iconic Café Juanita has been around for almost 30 years, although originally situated on another street. It is known for its kitschy interiors and whimsical décor, personally designed by owner Dr. Boy Vasquez, with his own antique and furniture collection on display. Other hits at this

restaurant are the Kare Kare, the fried squash flowers filled with seasoned minced meat, and for dessert, the leche flan with carabao milk.

## ASIM BULL
### Bull Chef
4 San Rafael Street, Kapitolyo, Pasig City
+63 2 7617 2133
+63 977 847 1120
Open daily 12:00 noon to 6:00 a.m.

The Asim Bull is a sour soup that merges two great Filipino soups: the sinigang, which is sour (asim), and the bulalo. Sinigang is a sour soup cooked with pork or fish while bulalo, the specialty of Bull Chef, is a beef shank and bone marrow soup. The result is an interesting combination of sour and savory: a sour soup with the gloriously tender beef shank and rich bone marrow. This is a unique concoction of Bull Chef. If you want the traditional bulalo, they also offer a Bulalo Special. Note that the place itself is casual bordering on shoddy but bulalo lovers come to satisfy their cravings.



## PANDESAL
## DI KO AKALAIN
## BRAZO DE MERCEDES
### Panaderia Dimas-Alang
52 A. Mabini, Pasig
+63 2 8641-0408; +63 2 8463 5645
Open 24 hours

This is a 100-year old bakery, founded in 1919 by Ambrosio Lozada, the father of the internationally known violinist Carmencita Lozada and painter-printmaker and singer Manolo Lozada. The bakery's name – which means "untouchable" - was the pen name of Philippine hero Jose Rizal in the publication La Solidaridad.

Pasig's first known panaderia continues to sell well-loved Filipino breads made the traditional way, using a pugon or wood-fired oven, such as pandesal, bicho bicho, pan de coco, monay, and Spanish breads. Today, they have also become known for their giant Brazo de Mercedez – a rolled cake made from a sheet of soft meringue with custard filling. They also invented a square biscuit called Di Ko Akalain (translated means "I did not expect this"), a recipe that their bakers stumbled upon when they made a mistake with one of their recipes but unexpectedly found it delicious.


1919
DIMAS-ALANG
1919


HINDI KO AKALAIN
ENSAIMADA
REGULAR

# PATEROS

## BALUT CAPITAL OF THE PHILIPPINES



Pateros, located between the cities of Pasig, Taguig and Makati, is the lone municipality in Metro Manila. In the 1800s, it was the location of the main seaport for Malay, Indian, and Chinese traders who introduced duck-raising to the community, making the town known as Pateros, the local word for duck raisers, from the root word "pato" which means "duck". Meanwhile it earned the nickname Balut Capital of the Philippines because its native duck, the Pateros Itik or Mallard duck, is the species of duck that is best for egg-laying, allowing residents to produce balut or fertilized duck eggs, a local delicacy with a reputation for being an aphrodisiac.




### BALUT

Balut is a duck embryo incubated for 14 to 21 days, traditionally by being buried in the sand, under the sun, and then stored in baskets to retain warmth. The ideal balut is 17 days old. It is best eaten fresh and warm. Enjoying balut in Pateros is the most ideal because this is where the "balut houses" are, especially those who still make balut the traditional way.

Enjoying this delicacy is as much a cultural as it is a culinary experience. Outside of Pateros, it is sold by cottage industry vendors who roam the streets carrying a basket of balut at night, bellowing "Baluuuuuttt!!!" with their beautiful baritone voices. Eating balut is also an art: After cracking a hole into the egg shell, one must first slurp out the warm, flavorful, umami-filled broth. Then enjoy the three parts: the soft, yellow part with the texture of foie gras, which is in fact the egg yolk; a very hard white part that is the egg white or albumen; and the duck fetus itself. Some pop the whole egg in their mouth; the less adventurous eat only the yellow portion. It is best eaten with a generous sprinkling of rock salt.



## R&M Balut Industry
951 P. Herrera St., Pateros

## Sta. Marta Balut Industry
953 P. Herrera St., Pateros

## BIBINGKANG ABNOY
## KALDERETANG ITIK
## INUTAK
## GINATAANG BILO-BILO
## M&E Catering
Block 3 Lot 11 E. Ragas Street, Brgy. Sta Ana, Pateros,
+63 2 875 7331 +63 917 574 4818
Facebook: M & E Catering Services @mefoodservices



**Kaldereta** is a Filipino beef stew using cow's meat, tomato sauce and liver spread. In Pateros, the meat is duck, specifically itik, a smaller-than-usual brown duck, not the white variety which is called pato. Unlike other kaldereta recipes, the duck meat here is fried first until golden brown, creating an even more flavorful meat for the stew. Using itik also makes for a very aromatic kaldereta with very flavorful meat whose soup is almost like a sauce, thanks to the incorporation of liver spread. It is an excellent savory dish that is popular both during town festivities called fiestas and simply as home-cooked dinner fare.



**Inutak** is a delicacy that is known to both Pateros and neighboring Taguig City. It is sticky rice (galapong) mixed with coconut milk (gata) and coconut cream that is baked over charcoal fire. It is similar to pancake-shaped rice cakes but even creamier, with the subtle sweetness of coconut. In Pateros, however, they take this dessert to another dimension with the addition of cheese-flavored "dirty" (a colloquial term referring to ice cream that sold in the street) ice cream. In Pateros, the coconut-sweet inutak is served warm to contrast with the cold cheese-flavored ice cream on top and this is truly the best way to enjoy it.

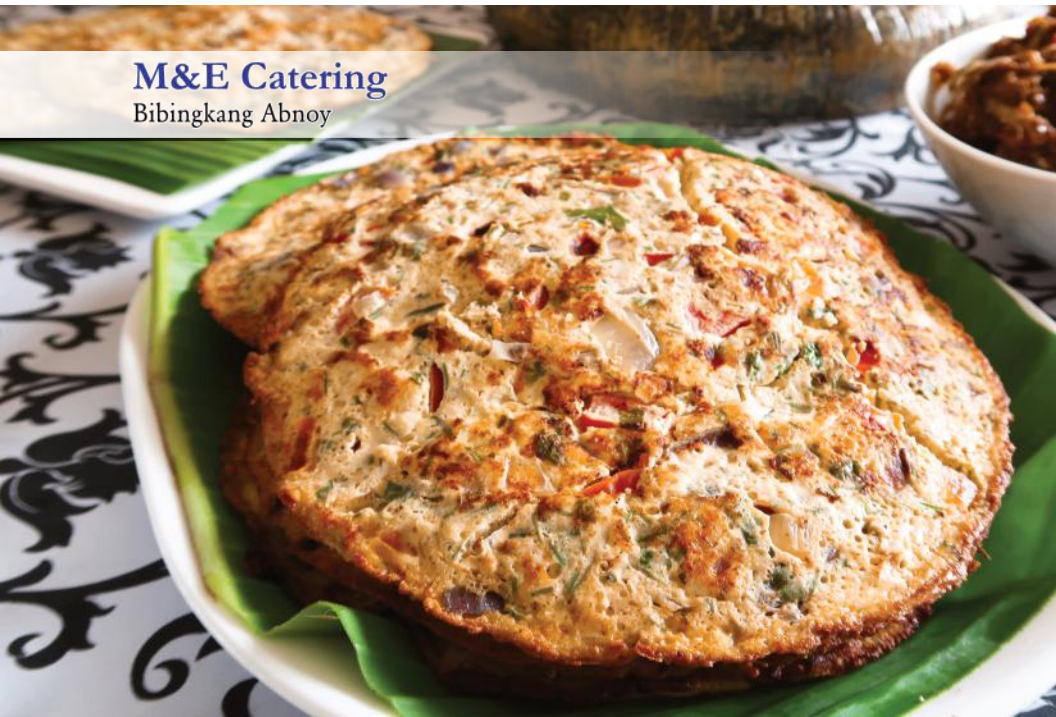
**Ginataang Bilo Bilo** is a bowl of sticky rice balls formed from a mixture

of glutinous rice flour and water that is cooked in sweet coconut milk with plantain bananas, sweet potatoes, tapioca pearls and, on special occasions, jackfruit. A versatile dish, it may be served hot or cold, and may be enjoyed as snack or dessert, and even as breakfast.

These delicacies are prepared in homes and balut houses around Pateros that may be difficult to locate if you are not with a local. However, these are all served by M&E, a catering service that can either set up and serve the delicacies at your requested location or at their second floor showroom in Pateros.

**Bibingkang Abnoy** is a dish that is created from abnoy (short for abnormal), a variant of balut, i.e., duck eggs that failed in the incubation process to become balut due to too much heat or cold. The dish is similar to torta, a Filipino omelet made with eggs, tomatoes, onions and either ground beef, eggplant, or fish meat; except that this dish uses the abnoy instead of chicken eggs. The texture is reminiscent of liver pate although the dish is shaped like a pancake. It is rich, savory, strong, and for some, highly addictive. It is pungent so it is appreciated with spicy vinegar although those who love it say that once you get past the smell, there is something exotically attractive with its flavors that you cannot help but love it, especially when paired with steamed white rice and ice cold beer. Eat this in moderation, though, as it is very high in cholesterol!







# QUEZON CITY

## THE LARGEST CITY IN METRO MANILA



Quezon City - not to be confused with Quezon Province - is the largest city in Metro Manila in terms of population and land area. Founded by and named after Manuel L. Quezon, the 2nd President of the Philippines, it was the national capital from 1948 to 1976. Here you will find the Quezon City Reception House, the seat of the Vice President; the Batasang Pambansa Complex, the seat of the House of Representatives; Camp Emilio Aguinaldo, the general headquarters of the Armed Forces of the Philippines; the headquarters of the Philippine Coast Guard Auxillary; the University of the Philippines, the national university; and major television networks.

YUMMY PICKS

### LECHON

Lechon is spit-roasted pig, with the entire pig roasted. This slow cooking technique results in very tasty meat and super crunchy skin with glistening fat underneath. It is a must-have at town fiestas and grand family gatherings as a symbol of prosperity.

In La Loma, Quezon City, specifically across the cockpit, there is a lechon district where you will find streets and streets of these spit-roasted pigs. In the year 2000, former Mayor Feliciano Belmonte, Jr. supported the initiative for an annual Parada ng mga Lechon (a festival with a parade of lechon) and declared La Loma the official Lechon Capital of the Philippines.

## Mang Tomas Native Lechon

9 N.S. Amoranto St. cor. Calavite, La Loma, Quezon City
+63 2 741 6871

Tomas delos Reyes opened the first lechon restaurant in La Loma in 1954, jumpstarting the lechon industry. Today, Mang Tomas is also famous for his eponymous dark sweet liver lechon sauce.

## Mila's Lechon

69 Calavite St, La Loma, Quezon City
+63 2 8781 4406; +63 2 8781 4117
milaslechon.com.ph
Open daily 6:00 a.m. to midnight



Another iconic brand that started in the 1960s, Mila's Lechon was founded by Serafin and Antonina Cesario, who named the lechon after their youngest daughter Mila, born in 1968.

## Ping Ping's Native Lechon & Restaurant

14 A. Bonifacio Avenue, La Loma, Quezon City
+63 2 8740 2111; +63 2 8740 2175
Open daily 11:00 a.m. to 11:00 p.m.

Also founded in the 1960s, William Chua and his brothers started Ping Ping's Native Lechon, named after their only sister.

## Monchie's Lechon

16 Amoranto cor. Calavite, La Loma, Quezon City
+63 917 847 3945

Another lechon house that started in the 1960s, it was Monchie Ferreros, president of the La Loma Lechoneros Association in the year 2000, who started the very first Parada ng mga Lechon that led to La Loma being declared the Lechon Capital of the Philippines.

## PARES
## Original Pares and Mami House

N.S Amoranto Street, La Loma, Quezon City
+63 2 8741 2637

Pares is a meal that consists of beef asado (beef stewed in a sweet soy sauce), garlic fried rice and a bowl of beef broth soup. The soup is traditionally made from the broth in which the meat is simmered in until tender then seasoned with onion, garlic, peppercorns, chives, and onion

leeks. Some Filipino restaurants also offer the option to serve the dish with an accompaniment of noodles; in the case of the Original Pares and Mami House, they offer a bowl of mami, which is noodle soup made with wheat flour noodles and topped with chicken, beef, pork or wonton dumplings.

The Original Pares and Mami House has been around for decades and, for Quezon City locals, is home to the best pares in the city. Similar in set up to a Japanese noodle house, service is counter-style. Open from 6:30 a.m. to midnight, the place is always full, with customers not only from Quezon City but from all over the metro flocking over and lining up for their mouth-watering pares.



## PANDESAL
## EGG PIE
## Kamuning Bakery

42 Judge Jimenez cor K-1st, Kamuning, Quezon City
+63 917 520 2756

First opened in 1939, this is the oldest bakery in Quezon City. They are known for their pandesal or Filipino bread roll; pan de suelo, the precursor to the pandesal, made with wheat bread and a little crustier than pandesal; and eggpie - a favorite of actors from the Golden Age of Philippine Cinema such as Susan Roces.

Today, through its energetic new owner, the journalist Wilson Lee Flores, Kamuning Bakery has also become a venue for press conferences, talks, and other wonderful gatherings. It is not uncommon to see not only celebrities but also politicians and even the President of the Philippines visiting this space.



## CARAMEL CAKES

### Estrel's Caramel Cakes Bakery

54 Scout Tobias cor. Scout Limbaga, Laging Handa, Quezon City
+63 2 8372 2965
Facebook: Estrel's Caramel Cakes

Estrel's is practically a staple at every special family gathering, their made-to-order chiffon cake covered with caramel icing now an iconic cake. An original recipe by founder Estrella Ylagan, the cakes are known for their signature broken line stroke and lace icing designs, and for their intricate roses. Founded in 1946 with its original shop in Azcarraga in Manila, the cakes today use exactly the same recipe and are made exactly the same way that its founder made them. While cakes here are predominantly made-to-order, they have recently allowed walk-ins, offering their 8-inch round caramel cake with sampaguita design. Other Estrel's specialties are the sans rival, food for the gods, baked leche flan, and chocolate chip walnut cookies.





# SAN JUAN

## THE HEART OF METRO MANILA



San Juan is the smallest city in Metro Manila, with a total area of only 595 hectares. It is called The Heart of Metro Manila as it is geographically located at the National Capital Region's approximate center. It is officially called Dakilang Lungsód ng San Juan or The Heroic City of San Juan as it was the site of the first battle of the Katipunan, the organization which led the 1896 Philippine Revolution against the Spanish Empire; although it was initially called San Juan del Monte or Saint John of the Mountain, after the city's patron saint, St. John the Baptist, and the town's hilly terrain.

YUMMY PICKS

### CALUMPIT LONGGANISA
### CAPAMPANGAN CALDERETA
### Café Ysabel

175 M.Paterno Street, Barangay Pasadena, San Juan City
+63 995 590 5515

Café Ysabel is practically an institution in San Juan, having been the place for fine dining and romantic dates for 36 years. It was one of the first restaurants to introduce French cuisine to Filipinos. At their new location, they have an extensive menu that includes specialties from different provinces of the Philippines. Try the Capampangan Caldereta, a strong-flavored beef stew that is made the traditional way, using goat meat, but served with saffron rice. Another bestseller is the Calumpit Longganisa, a Filipino pork sausage hailing from Calumpit in Bulacan, with visible chunks of fat and a strong garlic flavor.

## CRISPY BACON BAGNET
### Guevarra's

387 P. Guevarra Street, San Juan
+63 917 311 2222

Guevarra's, once an ancestral home in San Juan with a grand garden and festive energy, offers a daily lunch and dinner buffet with choices such as balamban or herb-stuffed roast pork belly, beef kare kare, callos, and pork humba. One of their bestsellers, though is the chef's Crispy Bacon Bagnet. Bagnet is pork belly that is boiled then deep fried until crispy but at Guevarra's, this is sliced thinly to resemble bacon. Slightly salty and savory as bacon should be, this is even more sinful as it is thicker and crunchier from the deep fried pork skin.





# TAGUIG
## THE RISING OFFICE KINGDOM



Taguig was originally populated by fishermen called "taga-giik" or rice threshers so the settlement became known as "pook ng mga taga-giik" or place of the rice threshers. Eventually the name developed into the similar-sounding Taguig.

Following the sale of the former main Philippine Army camp and its development into what is now Bonifacio Global City, Taguig has become a first class highly urbanized city. Today, it is one of the leading financial and lifestyle districts in the country.

YUMMY PICKS

### BINUKADKAD NA PLAPLA
### BALO BALO
### Abe

Ground Floor, Serendra, Bonifacio Global City, Taguig
+63 2 8856 0526
Open daily 11:00 a.m. to 3:00 p.m., 6:00 p.m. to 11:00 p.m.

Abe is another restaurant by the Larry J. Cruz (LJC) Group, which also created Café Adriatico. This restaurant, whose original branch is in Serendra, Bonifacio Global City, Taguig, is dedicated to the memory of artist-writer, gourmet and bon vivant Emilio “Abe” Aguilar Cruz, father of LJC Group founder Larry J. Cruz. The restaurant serves Filipio food but specializes in Kapampangan cuisine. Try the Binukadkad na Pla-Pla, described as a larger tilapia, fried and appreciated with another Kapampangan specialty, the balo balo, which is fermented rice with fresh live shrimp suahe, sautéed in garlic and loads of tomatoes. You are encouraged to put a few slices of Pla-Pla and balo balo on a mustard leaf, then roll the leaf and enjoy.

## INUTAK
### Rowena's Inutak and Special Delicacies
39 N.P. Cruz St., Ususan, Taguig
+63 370 3930
+63 915 413 2394

Inutak is a kind of rice pudding made of sticky rice, coconut milk, and sugar. Baked over charcoal fire, it is a rich-flavored albeit humble dessert. This is the specialty of Rowena's, a garage operation that has, after serving inutak for over 30 years, become a Taguig institution for this delicacy.



## DULCE GATAS & BUNUELOS
## BOODLE FIGHT PLATTERS
## CHIPPY CON CARNE
### Aracama
The Fort Strip, 26th Street, Bonifacio Global City, Taguig
+63 2 8519 6815
+63 917 874 7738

Aracama is a chic restaurant with beautiful interiors and "fun" food. The classic chili con carne is given a spin using iconic local corn chips Chippy while ice cream is made using another popular Filipino chocolate candy called Chocnut. Groups can enjoy the Boodle Fight Platters that include a variety of Filipino dishes all served together, spread on banana leaves: Sinugba na Baka (char-grilled beef that is bold in flavor), Taba ng Talangka Prawns (prawns cooked in crab fat), Crispy Pata (deef fried pork leg) and Kalo-Kalo rice or rice fried with atsuete oil, a Negrense specialty. The chef's knowledge of Filipino food also shines with the fact that the boodle fight comes with 4 different "sawsawan" or sauce condiments as well as achara (shreds of pickled green papaya) and salted red eggs on the side. End the meal on a sweet note with the chef's signature Dulce Gatas & Bunuelos - a light, doughy ball that is fried til golden that you dip in a very thick sweet cream traditionally made with carabao milk and muscovado sugar.



**Aracama**
Dulce Gatas & Bunuelos

## HOPIA TIPAS
## D' Original Tipas Bakery

340 Dinguin Bayan, Ibaya Tipas, Taguig
+63 2 8640 5480
Open 24 hours

D' Original Tipas Bakery, while they were originally known for their breads, in 1988 became very popular for their hopia, with its plain, flaky crust and simple bean filling. Hopia is a Filipino-Chinese pastry inspired by the mooncake, with a bean filling, usually of monggo (mung bean) or kundol (white gourd cooked in lard to pass off as pork), but with a plain-tasting, flaky crust. The first Tipas hopia was the Hopia Monggo. Today, they also sell hopia with fillings of ube (purple yam), pandan, buko (coconut) and baboy (pork).





# VALENZUELA
## THE VIBRANT CITY



Valenzuela, formerly a rural agricultural area, is a first class highly urbanized city between Metro Manila and the province of Bulacan. Formed in 1621 after separating from Meycauayan, Bulacan, it was originally called Polo. Later, it was renamed after Pío Valenzuela, a physician member of the Katipunan, the secret society that led the revolution against the colonial government of Spain.

YUMMY PICKS

### PUTONG POLO

Mang Delfin's Putong Polo
South Supermarket Food Court, Karuhatan Valenzuela City
+63 2 8861 4835
Facebook: Mang Delfin's Putong Polo @MangDelfinsPutongPolo

A delectable steamed rice cake the size of a golf ball, mixed with achuete to give it a distinctive reddish-brown color, and topped with a small, thin slice of cheese. There is also a white version.



# FILIPINO RESTAURANTS AROUND METRO MANILA

**The following are Filipino restaurants that Filipinos love. They serve a wide array of local food and each restaurant can give the visitor a great introduction to Philippine cuisine.**

## Aristocrat

The Aristocrat Restaurant, with its original branch on Roxas Boulevard, is known as the Home of the Best Barbecue in town but they also serve good bulalo, dinuguan, and a range of Filipino home-cooked dishes.

**Branches:** Roxas Boulevard, Manila; Jupiter, Makati; see Aristocrat.com for full list of branches.

## Crisostomo

Named after the lead character in the novel by national hero Jose Rizal, this is a beautiful place to appreciate Filipino food interpreted by Chef Florable Co. Among the hits are Laing with Lechon Kawali, Paella Filipino, Sisig Linares, Salome's Secret (inihaw na pusit), and crab fat rice; and for dessert, their ginataan bilo-bilo and campeaon turon.

**Branches:** See crisostomo.ph.

## Dencio's

Dencio's started out as a simple bar and restaurant in Katipunan in Quezon City that locals loved for the relaxed atmosphere where one can have a hearty meal with rice over a bottle or several bottles of beer. They are most known for their sizzling sisig, also known as the Sizzling Krispy Sisig. They also coined their food "pulutam" - a mix of pulutan (bar chow) and ulam (viands).

**Branches:** See www.dencios.com.ph/store-locator/

## Fely J's

Fely J's Kitchen features the treasured recipes of Felicidad de Jesus-Cruz, mother of founder-restaurateur Larry J. Cruz. The restaurant is famous for its Dilis-cious Rice (rice with anchovies), Bistek ng Kano, Lengua Rendang, Crispy Patang Bawang and Tilapia in Sweet Plum Sauce.



**Branches:** Greenbelt 5, Makati; Uptown Mall, BGC, Taguig; see ljcrestaurants.com.ph/restaurants/fely-js.

## JT's Manukan

JT's Manukan specializes in chicken inasal, a specialty of Bacolod City in the Visayan province of Negros Occidental but they also have other excellent grilled skewers of chicken liver and other chicken parts. The usage of charcoal for grilling and the slow, continuous cooking that liquefies the fat makes for an excellent culinary experience, in spite of the restaurant's humble ambiance.



**Branches:** See jtsmanukangrille.com/outlets.

## Kanin Club

Most popular for their Crispy Dinuguan, there is usually a line at any branch of this restaurant. The ambiance is homey, with interiors designed to resemble a classic Filipino wooden home, accented by stained glass windows. Other hits are their Sinangag na Sinigang, Seafood Kare Kare and Sigarilyas Express.



**Branches:** Ayala Triangle Gardens, Makati; Westgate Center, Filinvest City; UP Ayala Technohub, Diliman; F7 Building, Laging Handa, Scout Rallos cor Tomas Morato, Quezon City; Greenfield District, Highway Hills, Mandaluyong; Mall of Asia Arena Annex.

## Little Quiapo

An iconic Quezon City restaurant, this opened in 1949 and is known for their halo halo that is packed with fresh ingredients as well as for their pancit palabok.



**Branches:** Malakas St., Diliman, Quezon City; Aguirre St., BF Homes, Parañaque

## Locavore Kitchen

What started out as a much raved about dynamic restaurant in Pasig now has several branches in Metro Manila, popular for their modern take on Filipino food such as sizzling sinigang, sizzling oyster sisig, kare kare wings, and duck lugaw. They also have a reputation for adhering to the

sustainable dining concept, sourcing ingredients from local farmers and offering local products like craft beers.



**Branches:** Brixton St, Kapitolyo, Pasig; Burgos Circle, Bonifacio Global City; S Maison at Conrad Manila; Three Central, Salcedo Village; and Eastwood Avenue, Libis.

## Manam

Known as the Home of the Best Sisig in Manila, this restaurant presents Filipino food with a little twist. They are most proud of their House Crispy Sisig but also popular for their Beef Short Rib Sinigang and crispy pancit palabok.



**Branches:** See momentgroup.ph/brands/show/manam.

## Max's

Max's is known as The House that Fried Chicken Built, its signature dish being a fried chicken whose recipe remains a mystery to this day. It started when American occupation troops stationed in Quezon City started eating at the home of Maximo Gimenez, who would serve this fried chicken, prompting him to open a restaurant. As the restaurant expanded, so has its menu, now offering other traditional Filipino dishes such as purple yam, nilagang baka, crispy pata, sinigang and lechon kawali.



**Branches:** See maxschicken.com.

## Mesa

Mesa is known for Crispchon, their rendition of suckling pig, served two ways: wrapped in a malunggay crepe or tossed in chili garlic. Seafood lovers appreciate their baby squid in olive oil and crispy boneless tilapia. Also highly recommended is the Duck Basil Fried Rice, which has duck flakes and chili.

## Romulo Café

Named after diplomat Carlos P. Romulo, this Filipino restaurant that started in Quezon City feels like a classy but cozy home. Dishes served are heirloom or from family recipes, such as their Lola Virginia's chicken relleno, which Lola Virginia learned to cook while playing the role of ambassador's wife. The restaurant has expanded to Makati, Alabang and, in true diplomat fashion, internationally as well, to London.



**Branches:** See romulocafe.com.

## Sarsa

Sarsa Kitchen+Bar specializes in Negrense dishes, done with a contemporary touch. This is where you can try kansi, the Negrense version of bulalo.



**Branches:** sarsa.ph/branches.

## Sentro 1771

Known for their corned beef sinigang, a version of sinigang using a thick slab of home-cured corned beef, this restaurant honors familiar recipes by infusing a cosmopolitan dimension.



**Branches:** See sentro1771.com.

## Via Mare

Via Mare of Chef Glenda Barretto is an institution in Filipino cuisine. Barretto was first to create an upscale version of the balut and called it Balut Surprise, camouflaging the duck egg in a pastry crust and white wine sauce. But Via Mare also serves traditional Filipino food, with exceptional lugaw, dinuguan, pancit luglog, and other home-cooked staples. The restaurant also offers the Christmas favorites bibingka and puto bumbong all year-round.



**Branches:** See viamare.com.ph.

## Wooden Spoon

Chef Sandy Daza, son of culinary legend Nora Daza, who pioneered a cooking show and published cookbooks that became the culinary bible of every household for a generation, has two Filipino restaurants: Wooden Spoon in Powerplant Mall in Rockwell and Casa Daza at the UP Town Center in Katipunan in Quezon City. Daza aims to serve nostalgic flavors of the Filipino home.



**Branches:** Power Plant Mall, Rockwell, Makati

## XO 46 Heritage Bistro

This Filipino bistro seeks to recreate the Filipino home of the 1940s; "46" in the restaurant's name represents 1946, the year when the Philippines gained independence from the United States. Food is slow-cooked and prepared from scratch. Servers don the traditional barong and baro't saya. The menu is explained in the vernacular, almost theatrically.



**Branches:** Salcedo Village, Makati; Century Mall, Makati; Estancia Mall, Pasig; SM Aura, Taguig; S Maison, Conrad, Manila

# RESTAURANTS REDEFINING FILIPINO CUISINE

Traditional Filipino cuisine comes from recipes that have been passed down from generation to generation. Some of these recipes and ways of cooking date back to the time of Spanish colonial rule, as far back as the 1500s. Others are from early Chinese settlers. A few are from truly native Filipinos from other parts of the country.

These dishes are familiar to any Filipino citizen and may be found in almost any Filipino restaurant whether in the Philippines or abroad, such as adobo (chicken and pork stew), nilaga (boiled meat soup), sinigang (sour soup with fish or meat), binagoongan (meat cooked in shrimp paste), or kaldereta (a beef stew), to name a few. There are even variations of these dishes in different parts of the country yet they are ultimately similar and definitely familiar.

These are the dishes that you will find in the restaurants named in the previous chapter – Filipino restaurants around Metro Manila - that will give any visitor an idea of what Philippine cuisine is.

There is, however, a new generation of chefs and restaurateurs who are redefining Filipino cuisine. At their restaurants, the dishes look absolutely unfamiliar! These are cooked and plated using techniques employed by top chefs from around the world. The presentation may range from minimalist to avante garde, sometimes even abstract. The diner will be inclined to ask, What is that?!

The chef will then reply that it is Filipino food, enumerating the many Filipino ingredients used to create the two bites worth on your plate.



At these restaurants, local ingredients are used: local herbs, local produce – local meats, local seafood, local fruits and vegetables. But they are cooked using new techniques, presented in very creative ways.

Is this Filipino food?

Absolutely. It is Philippine cuisine in the language of a new generation.

## GALLERY BY CHELE

5/F Clipp Center, 11th Ave cor. 39th St, Bonifacio Global City, Taguig
+63 917 546 1673
reservations@gallerybychele.com
gallerybychele.com
Reservations recommended; walk-ins welcome

## HAPAG

201 Katipunan Avenue, Quezon City
+63 947 560 1853
hapagprivatedining.com
Reservations recommended; walk-ins welcome

## HELM

Arya Residences, G/F McKinley Pkwy, Taguig
+63 906 234 1900
helm@bistro.com.ph
www.joshboutwood.com.ph/helm

## LAMPARA

5883 Enriquez Street, Makati City
+63 917 173 5883
restaurantlampara@gmail.com

## LINAMNAM

31 Greenvale 2, Marcelo Green Village, Parañaque
+63 917 573 0246

## METIZ

Karrivin Plaza, G/F Building A, 2316 Chino Roces Ave. Ext., Makati
+63 917 898 5751

## PURPLE YAM

603 Julio Nakpil cor Bocobo Sts., Malate, Manila
+63 917 870 5760
By reservation only

## THE TEST KITCHEN

One Rockwell G/F East Tower, Makati
+63 977 288 5751
thetestkitchen.ph

## TOYO EATERY

The Alley, Karrivin Plaza, 2316 Chino Roces Ave. Ext, Makati
+63 917 720 8630

# CITY ATTRACTIONS

There's more fun in Metro Manila! Here are some places of interest in each city and municipality of Metro Manila including parks, churches and temples, shopping destinations, museums and other unique sites!

## Caloocan

- Bonifacio Monument
- Caloocan Nature Park
- San Roque Cathedral Church
- La Mesa Watershed
- Thai To Taoist Temple
- Pajotan de Sto. Nino Festival

## Las Piñas

- Bamboo Organ and Museum
- Sarao Jeepney Factory
- Nature Church / Mary Immaculate Parish / Focolare Church

### AGUIRRE

Aguirre Avenue in BF Homes is the main food strip of those who live in the "south", i.e. the Las Piñas/Muntinlupa/Parañaque residents. Many great chefs and restaurants started here. The current star of the strip is Bamba Bistro by Chef Tina Legarda.

## Makati

- Salcedo Saturday Market
- Legazpi Sunday Market
- Poblacion
- Ayala Museum

### POBLACION

The nightlife district of Makati. At Agimat, try Philippine-made Sirena Blue Pea Gin, Sirena dry gin and Kanto vodka.

## Malabon

- San Bartolome Church
- Hispanic Houses

## Mandaluyong

- San Felipe Neri Church
- Greenfield Weekend Market
- Bantayog ng Kabataan
- Plaza Tatlong Bayani

## Manila

- Chinatown
- Divisoria Market
- Quinta Market
- University Belt
- Malacañan Palace
- Intramuros
- Rizal Park
- Cultural Center of the Philippines
- Sunset at Manila Bay
- National Museum of Anthropology
- National Museum of Fine Arts
- National Museum of Natural History

### BINONDO

Binondo is home to the world's oldest Chinatown, established in 1594.

## Marikina

- Marikina Shoe Museum
- Kapitan Moy Residence
- Marikina River Park

## Muntinlupa
Jamboree Lake
Memorial Hill

## Navotas
Navotas Fish Port Complex
San Jose Church

## Parañaque
Baclaran Market
Las Piñas – Parañaque Critical Habitat Eco-Tourism Area (LPPCHEA)

## Pasay
Philippine Air Force Aerospace Museum

### KAPITOLYO

Once the capital of Rizal - hence the name Kapitolyo - this area in Pasig has been a foodie destination for decades. Visit the iconic Cafe Juanita or the legendary Three Sisters Restaurant that has been serving fine Filipino food for over 70 years.

## Pasig
Rainforest Park (RAVE)

## Pateros
Balut & Salted Egg Making Showcase

## Quezon City
Quezon Memorial Circle
Bantayog ng mga Bayani
Our Lady of Edsa Shrine
La Mesa Eco Park
Cubao Expo
Banawe
Maginhawa
Pan de Amerikana's Upside Down Restaurant

### BANAWE

Quezon City's response to Manila's Chinatown. While it is known for its car repair and spare parts shops, restaurants and cafes have mushroomed in the area through the years, making it a food destination as well.

## San Juan
Pinaglabanan Church / Saint John the Baptist Parish
Pinaglabanan Memorial Complex
Museo ng Katipunan
Greenhills Shopping Center

## Taguig
The Mind Museum
Parola Shrine
Veterans Museum

## Valenzuela
Valenzuela Museum
National Shrine of Our Lady of Fatima

### MAGINHAWA

Maginhawa is another food destination in Quezon City. Rows of houses were converted into restaurants and cafes. Check out StrEAT: Maginhawa Food Park.

## Weather

25 - 30° C on average and humid with unpredictable typhoons.

## Getting Around

**Grab.** Easiest way. Get the app.

**Taxi.** Make sure the driver puts the meter down.

**Bus.** Regular bus + Point to Point bus going to and from Ayala Malls.

**MRT and LRT.** Light rail trains traversing EDSA and Taft Avenue.

**Jeepney.** Wave and shout, "Para!" (Stop!) and driver will stop for you. Prepare coins for payment.

**Tricyle and/or Pedicab/Padyak.** Useful when going around within a village or small barangay.

## Tipping

Customary but not obligatory at around 10% of the bill. Most restaurants already add on a service charge of 10 to 12% to the bill.

## Currency

Philippine Peso. There are money changers at major malls.

## Useful Phrases

**Mabuhay!** Long live! Cheers!

**Magandang araw/gabi.** Good day/evening.

**Magkano?** How much?

**Maganda!** Beautiful

**Salamat!** Thank you

**Inom!** Let's drink!

**Kain na!** Let's eat!