

Beverage MENU

HEALTHY BLENDS 270

Apple-Carrot
Cherry-Cabbage
Banana-Papaya
Pineapple-Spinach
Green Juice

FRESH FRUITS SHAKES AND JUICES 275

Mango/Water Melon/Papaya/Banana/Pineapple
Coconut Juice 150

SPECIALTY SHAKES 290

Oreo-Chocolate / Choco Banana / Peanut Kisses

MILK SHAKES 290

Vanilla / Coconut / Strawberry

COFFEE AND TEA (HOT OR COLD)

Tea / Espresso 130
Cafe Latte / Cappucino / Americano/ Cafe Mocha 198

SODA & WATER

Distilled Water 70
Ginger Ale 270
Soda Water 198
San Pellegrino 250ml 390
Tonic Water Schweppes 170
Perrier Sparkling Water 290
Soda (Can / Bottled) 170 / 70
Coca Cola, Sprite, Royal

MOCKTAILS

Glass 298, Pitcher 1488

VIRGIN MOJITO
SHIRLEY TEMPLE
VIRGIN COLADA
BLUE TERNATE

OUR OWN ZEN COCKTAILS 440 PITCHER 2,088 (1L)

ZEN MANGO MINT Tequila, Mint Leaves, Fresh Mango,
Calamansi Juice, Simple Syrup, Aroma & Herbs

MIXED GREEN VODKA House-blend Vodka, Calamansi Juice,
Melon Liqueur, Ginger Ale, Mint Leaves, Simple Syrup

SEADS LEMONGRASS RHUM Rum, Calamansi Juice, Lemon
Grass Syrup, Aromatic Bitters, Simple Syrup

NORTH SAPPHIRE Gin, Calamansi Juice, Soda Water, Blue
Ternate, Simple Syrup

BOHOL SANDUGO MIXED Whiskey bourbon white, cala-
manshi juice, simmered wine syrup, aromatic bitters, over proof
rum

COCKTAILS 440

MARGARITA Tequila, calamansi juice, Triple Sec, Simple Syrup
MOJITO Rum, Soda, calamansi juice, Mint, Simple Syrup
DAIQUIRI Rum, calamansi juice can be flavored with any fruit
PIÑACOLADA Rum, Coco Milk, Pineapple Juice, Malibu, Simple Syrup
LONG ISLAND ICED TEA Vodka, Rum, Tequila Gin, Triple Sec Cola
BLOODY MARY Vodka, Tomato Juice, Worcestershire Sauce, Herbs,
Celery, Simple Syrup
AMARETTO SOUR Amaretto Liqueur, Syrup with Fresh Lemon
GIN TONIC Gin, Tonic Water with sliced Lemon and Cucumber
ESPRESSO MARTINI Vodka, Espresso, Syrup, Kahlua, Coffee Beans

WINES

House Red or White

GLASS
398

BOTTLED
988

BEERS

SAN MIGUEL BEER (LIGHT, PILSEN, RED HORSE) 210
SAN MIGUEL BEER SUPER DRY 330
HEINEKEN 350
CORONA 420
CRAFT BEER CRAZY CARABAO 398
(INDIA PALE, PALE ALE, PILSNER)

WHISKEY

	SHOT	BOTTLED
Jim Beam White	340	2588
Cutty Sark	370	2990
J&B Rare	370	2950
Jim Beam Black	550	4500
Johnnie Walker Black	540	4250
Johnnie Walker Red	350	2880
Jack Daniels	590	4800
Chivas Regal	490	3990
Jameson	520	4600
Jobhnnie Walker D. Black	760	5950

RUM

	SHOT	BOTTLED
Tanduy 15 Years	270	2100
Bacardi Superior	360	2850
Captain Morgan	230	1900
Don Papa 7 Years		6990

BRANDY

	SHOT	BOTTLED
Napoleon VSOP	170	1350
Fundador Solera	210	1800
Carlos 1 Solera	530	4500
Fundador Excusivo	690	5900

VODKA

	SHOT	BOTTLED
Smirnoff	250	2200
Stolichnaya	250	2600
Absolute	350	2400
Grey Goose	788	6700

TEQUILA

	SHOT	BOTTLED
Jose Cuervo	550	4200
Patron Silver		11800
Patron Anejo		10800

GIN

	SHOT	BOTTLED
Bombay Sapphire	490	4200
Tanqueray	490	3900

OTHER LIQUORS

	SHOT	BOTTLED
Martini Bianco or Martini Rosso	290	2850
Kahlua or Bailey's or Martini Extra Dry		



Breakfast Options

498

HOME-MADE STEAMED SIOMAI DUMPLINGS

Shitake Mushroom, Pork, & Shrimp

WHOLE MEAL & MILLET BUCKWHEAT HOME-MADE PANCAKES

Mango Alugbati Sauce & Creamy Basil, Scrambled Eggs, Home-Made Ham, Grilled Banana & Honey with Steamed Rice or Bread

FILIPINO HOME-MADE BREAKFAST

Choice of any 2 items (Beef Tapa, Chicken Tocino, Smoked Milk Fish, Garlic Chorizo, Dried Fish) Two (2) Eggs your way (Fried/Scrambled/Poached/Boiled) with Steamed Rice or Garlic Rice

AROMATIC EGG NOODLES SOUP

Chicken, Squid Balls, Shrimps, South Farm Vegetable

TOASTED ROLLED OATS

Mango, Apple, Banana, Raisins, Yogurt, Chia Seeds, Toasted Almonds

OUR FARM FRESH EGGS OMELETTE

Ham, Onions, Tomato, Cheese, Spinach, Herbs served with Steamed Rice or Toasty Grain Bread

FRESH WATER SHRIMP EGG OMELETTE

Spinach, Bell Pepper, Spring Onion, Whole Meal Bread or Steamed Rice

*** DISH COMES WITH FRESH FRUITS AND SOUTH FARM JUICE WITH CHOICE OF: TEA, COFFEE, HOT CHOCOLATE**

STARTERS

YUM CHA SET

Steamed, Pan Fried, Deep fried Dimsum Dishes : Japanese & Pork Shao Mai, Three Mushroom Shark's Fin, Shrimp & scallop, Hargao, Aubergine, Bean Cured Spring Roll, Fried Prawn, Taro, Sesame Balls

SALT & PEPPER SQUID

Deep Fried Squid, Red Bell Pepper, Onions, Spices, Salt & Pepper Sauce

BOHOL EBI TEMPURA

Shrimp, Tempura Sauce, Radish, Ginger

SEADS SALPICAO ORIENTE

Pork Tenderloin, Onions, Ginger, Garlic, Chillies, Red Bell Pepper, Scallions, Sesame Seeds, Crispy Bread, Fresh Coriander

TORI TERIYAKI

Marinated Boneless Grilled Chicken Thigh, Egg, Tropical Fruits served with Teriyaki Sauce, Tofu, Cabbage, Radish

SOUP

QUINOA WITH SOUTH FARM VEGETABLES

Quinoa with Southfarm Vegetables Tomato, Eggplant, Carrots, Squash, Bell Pepper, Malungay, Corn Kernel and Beans

HOT & SOUR SOUP

Thick Soup of Shredded Pork, Shrimp, Mushroom, Bamboo Shoot with Chinese Black Fungus, Vinegar, Egg

CANTONESE STYLE FRESH SHRIMP WANTON AND NOODLES SOUP

Fresh Egg Noodles Soup Topped with Hoisin Shrimp Wonton Dumplings, Shitake Mushrooms, Carrots, Boiled Egg, Cabbage drizzled with sesame oil

SALAD

ASIAN CHICKEN SALAD

Marinated Grilled Chicken, Mesclun Greens, Julienned Vegetables Tossed in Oriental Dressing

CALIFORNIA MAKI MANGO SALAD

Mesclun Greens, Ripe Mango, Maki Rolls, Cucumber, Crispy Vermicelli, Wonton, Carrots, Tomato, Nori with Wasabi Mayo Sesame Dressing

GRILLED SEADS CORN NOODLES SALAD

Grilled Corn, Soba Noodles, Tomato, Tossed in Olive Oil, Local Lime, Feta Cheese, Coriander, Citrus Dressing

PIZZA & PASTA

SEADS TROPICALE PIZZA

Shitake Mushroom, Roast Pumpkin, Baby Spinach, Tomatoes, Pineapple

ZEN GAMBERI PIZZA

Mozarella, Pizza Sauce, Shrimp, Italian Seasoning, Mushrooms, Tomato

JOHNNY'S QUATTRO CON CARNE PIZZA

Local Produce Pepperoni, Ham, Bacon, Sausage, Mozzarella

PASTA MARINO & OLIVES

Spanish Sardines, Aglio Olio, Garlic, Olive oil, Tomatoes, Mushrooms

SPICED SHRIMP VONGOLE PASTA

Clams, Garlic, Extra Virgin Oil, Spaghetti Pasta, Shrimp, C' li, White Wine

BAO BUNS

395

BREAKFAST BAO

Egg, Bacon, Ham, Cheese, Lettuce/Spinach, Cilantro, Hollandaise Sauce

HONG MA (HUMBA) PORK BAO

Carrot, Radish, Cucumber, Scallion, Cilantro, Peanut, Gochujang

CHICKEN ADOBO BAO

Cabbage, Cucumber, Cilantro, Red Pepper, Salsa Verde

GARLIC HERBY SHRIMP BAO

Cabbage, Scallion, Cilantro, Garlic, Aioli

THREE MUSHROOM BAO

Lettuce, Cilantro, Scallion, Mushroom

SWEET BAO

Nutella, Ice Cream, Nuts, Choco Chips



MAINS

SHRIMP BOWL YOUR LIKING

(Steamed, Fried, Sauteed, Grilled)

588

STEAMED MILKFISH WITH SOYA SAUCE

Milkfish, Ginger, Superior Soy, South Farm Veggies, Mushroom, Tofu

698

LEMONGRASS THAI CHICKEN BASIL

Chicken, South Farm Veggies, Coconut Cream, Turmeric Coconut Rice, Green Mango Salad

598

BUTTERFLIED St. PETER'S FISH WITH MANGO SAUCE CILANTRO

SouthFarm Range St.Peter's Fish diced fillet, Mango Puree, Cilantro, Mango Tomato Salsa, Cabbage, Carrots, Capsicum, Rice

698

HOFAN KALBIJIM

Classic Braised Beef, Hofan Rice, Sunny Side-Up Egg

690

SILKEN TOFU WITH TERIYAKI GLAZE

Tofu, Coriander, Onions, Home-made Teriyaki Sauce

425

SOUTH FARM STIR FRY KANGKONG (WATER SPINACH)

Choice of: Crispy Shrimp/ Bohol Cracking Pork, Kangkong, Garlic, Coriander, Rice

458

BOHOL PORK SPARE RIBS WITH CHILI CHU HOU SAUCE

Pork Ribs, Chili Chu Hou Sauce, Cinnamon Stick, Asian Spices, French Fries, Corn Veggie Skewer

780

DESSERT

ZEN FRESH FRUIT HALO-HALO

Young Coconut, Local Fresh Fruit, Leche Flan, Ice Cream

440

MANGO CREPE SAMURAI

Mango, Frothy, Sabayon Sauce, Vanilla Ice Cream

298

SEADS MILK CHEESECAKE

Milk, Cheese, Fresh Fruits Rondelles

325

MANGO MOCHI AND COCONUT

Mango, Glutinous Rice Flour, Coconut

225

KIDDIE MENU

PETITE BURGER STEAK FRIES

Beef Patty, Gravy, Egg, French Fries

398

BOHOL CHICKEN NUGGETS

Chicken Breast, French Fries, Ranch, Barbeque Sauce

498

MEAT BALLS SPAGHETTI

Spaghetti topped with Meat Balls, Sweet Tomato Sauce

435

SOUTH PALMS CLUB STACK

Freshly Baked Three-Layered Sandwich, Smoked Chicken Spread, Seared Home-made Bacon, Ham, Cheddar Cheese Egg, Lettuce, Tomatoes, Potato Chips

589

SIDES

BOHOL STEAMED RICE / GARLIC RICE

55

HOME-MADE BAO BUNS

80

QUINOA WITH SOUTH FARM MIXED VEGETABLES

240

BUTTERED / STEAMED VEGGIES

240

HOMEMADE FRIES

195

PETITE THAI GARLIC BREAD (3 pieces)

155

HOME-MADE MASHED POTATOES

240



SPARKLING WINE

A Nos Amours Demi-sec
Chardonnay-Chenin Blanc
France
1388

Nichollas Feuillate Reserve
Exclusive Brut
Pinot Noir Chardonney
France
3998

ROSE

Richland
Moscato Rosa
Australia
1088

Fat Bastard
Cinsault, Grenache
France
1388

The Beach House Rose
Pinotage, Blanc De Noir
South Africa
1488

WHITE WINE

Housewine
988

Chateau Los Boldos
Chardonnay
Chile
988

Tyrrell's Old Winery
Chardonnay
Australia
1088

770 Miles
Chardonnay
USA
1188

La Chasse
Chardonnay, Viognier
France
1288

The Wolftrap
Viogner, Chenn, Grenache Blanc
South Africa
1488

Wild Rock Malborough
Sauvignon Blanc
New Zealand
1888

RED WINE

Housewine
988

Finca Flichman Misterio
Malbec
Argentina
988

Peppercorn Lane
Shiraz
Australia
1088

Serengeti
Cabernet Sauvignon/Shiraz
South Africa
1188

Bonacchi Chianti Classico DOCG
Sangiovese
Italy
1995

Wild Rock Marlborough
Pinot Noir
New Zealand
2195