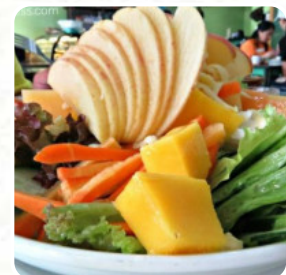




## ***Health 101 Menu***

<https://menulist.menu>

Gladiola Building, La Trinidad, Luzon, Philippines



Here you can find the menu of Health 101 in Trinidad. At the moment, there are 54 meals and drinks on the food list. You can inquire about seasonal or weekly deals via phone. What [User](#) likes about Health 101: Never imagined a [vegetarian](#) meal to be this good, flavorful, and so tasty! The taste isn't compromised though it was made healthy. Definitely, a weekend must-do. [read more](#). What [User](#) doesn't like about Health 101: I haven't eaten here for so long that I forgot how their food tasted like but I hoped they were as delicious as the other branches. I was so disappointed that their Chicken Tenders, the chicken was not as tasty, and their Veggie Sisig was...so dry. I prefer how other branches cook their food. : [read more](#). When the weather is nice you can also eat outside. Traditional meals are prepared in the kitchen of Health 101 in [Trinidad](#) with typical [Asian spices](#) [delicious](#), here they serve a *diverse brunch* for breakfast. Look forward to the enjoyment of **delicious [vegetarian dishes](#)**, Also, the visitors of the restaurant love the extensive selection of various **coffee and tea specialities** that the restaurant has to offer.

# Health 101 Menu



## Non alcoholic drinks

ICED TEA

## 10 most popular

SHAKES

## Extras

SWEET POTATO

## Süßes

MUFFINS

## Side dishes

SWEET POTATO FRIES

## Sweets

CHOCOLATE CAKE

## Chicken dishes

CHICKEN TENDERS

## Indian

CURRY

## Lamm & hähnchen

MUSHROOM

## Soft drinks

JUICE

## French fries

FRENCH FRIES

## Side order

BROWN RICE

## Energydrinks

WHITE

## Beverages

JUICES

## Hot drinks

TEA

## Coffee

COFFEE

## Softs & mixers

FRUIT JUICE

## sauces

SAUCE

## Hash browns and sides

OATMEAL

## Burgers

VEGETARIAN BURGER

VEGGIE BURGER

## Drinks

FRUIT JUICES

DRINKS

# Health 101 Menu



## Restaurant category



DESSERT

VEGAN

VEGETARIAN

## Dessert

MUFFIN

PINEAPPLE PANNA COTTA

CREPES

PANCAKE

## These types of dishes are being served

STEAK

APPETIZER

SOUP

SALAD

BURGER

BREAD

## Dishes are also prepared with these ingredients



RICE

HONEY

FRUIT

POTATO

CHOCOLATE

CHICKEN

PESTO

VEGETABLES

VEGETABLE

MILK

ANANAS CHICKEN

MEAT

POTATOES

CHEESE

STRAWBERRY

EGGS

CORN

# Health 101 Menu



## Health 101

Gladiola Building, La Trinidad,  
Luzon, Philippines

Opening Hours:  
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