

REPUBLIC OF GOOD FOOD · VISAYAS



Food Passport

Visayas Edition

27 dishes to find, taste and stamp, from Cebu lechon to Camiguin
lanzones

EATING PARTNER(S)

Cebu

Part one: the classics

Lechon gets the headlines, but most of Cebu eats from barbecue stalls, carinderias and seafood grills. Start with the roast pig, then keep going.

[Read the full food guide →](#)



STAMP HERE

Lechon ROAST PIG

Whole pig slow-roasted over coals until the skin crackles. Cebu's version is seasoned inside, so it needs no sauce.

TRY IT AT CnT in Guadalupe, Rico's, Zubuchon or House of Lechon

☐ Tried it ★★★★★

Date & place _____



STAMP HERE

Puso HANGING RICE

Rice cooked inside a pouch of woven coconut leaves. Cut it open and eat it beside anything grilled.

TRY IT AT Any barbecue stall in the city

☐ Tried it ★★★★★

Date & place _____



STAMP HERE

Ngohiong FRIED SPRING ROLL

A crisp roll with a seasoned filling and Chinese roots, served with a dipping sauce. A classic merienda.

TRY IT AT Street stalls and carinderias

☐ Tried it ★★★★★

Date & place _____



STAMP HERE

Sutukil SUGBA · TUWA · KILAW

One catch cooked three ways: grilled, in a soup and cured raw in vinegar. Best shared at a big table.

TRY IT AT The seafood grills of Mactan

☐ Tried it ★★★★★

Date & place _____

Cebu

Part two: street level

This is the food you find walking around the city. It's cheap and fast, and every neighbourhood has a favourite stall.

[Read the full food guide →](#)



STAMP HERE

Tuslob buwa "DIP IN THE BUBBLES"

A bubbling pan of pork brain and liver gravy that you dip your puso into. Not for everyone, which is half the fun.

TRY IT AT Pasil and Suba, where it started



Tried it



Date & place _____



STAMP HERE

Siomai sa Tisa STEAMED DUMPLINGS

Pork siomai with chilli-garlic oil and soy, made famous by the stalls of Tisa in Labangon.

TRY IT AT Tisa, Labangon



Tried it



Date & place _____



STAMP HERE

Barbecue & puso GRILLED SKEWERS

Pork, chicken, liver and intestines grilled to order and dipped in spiced vinegar.

TRY IT AT Evening barbecue stalls all over the city



Tried it



Date & place _____



STAMP HERE

Danggit & dried mangoes PASALUBONG

Crisp dried fish fried for breakfast, and the sweet dried mangoes everyone asks you to bring home.

TRY IT AT Taboan Market, or any pasalubong shop



Tried it



Date & place _____

Dumaguete

Negros Oriental

A university town with a sweet tooth. The pace is slow, the boulevard faces the sea, and the pastries are why some people come back.

[Read the full food guide →](#)



STAMP HERE

Puto maya & sikwate BREAKFAST

Sticky rice with coconut, paired with thick, bitter-sweet tablea hot chocolate. Best eaten early.

TRY IT AT The market stalls near the city centre

☐ Tried it ★★★★★

Date & place _____



STAMP HERE

Sans rival LAYERED CAKE

Layers of meringue, buttercream and nuts, crunchy and rich at the same time.

TRY IT AT Sans Rival on Rizal Boulevard

☐ Tried it ★★★★★

Date & place _____



STAMP HERE

Silvanas FROZEN COOKIE

Sans rival in cookie form, served chilled. Dumaguete's best-known pasalubong, so keep the box cold.

TRY IT AT Sans Rival on Rizal Boulevard

☐ Tried it ★★★★★

Date & place _____



STAMP HERE

Budbud kabog MILLET SUMAN

A sticky millet cake wrapped in banana leaf, linked to nearby Tanjay. Goes well with sikwate.

TRY IT AT Markets and pasalubong stalls

☐ Tried it ★★★★★

Date & place _____



STAMP HERE

Seafood by the sea GRILLED CATCH

Fish, squid and shellfish grilled simply. The day's catch decides the menu.

TRY IT AT Restaurants along Rizal Boulevard

☐ Tried it ★★★★★

Date & place _____

Bacolod

Negros Occidental

Bacolod built a whole street around one dish. Come hungry, especially in October when MassKara fills the city.

[Read the full food guide →](#)

BCD
No. 14

STAMP HERE

Chicken inasal GRILLED CHICKEN

Marinated in calamansi, garlic and annatto oil, grilled over coals and served with chicken oil for your rice.

TRY IT AT Manokan Country

☐

Tried it



Date & place _____

BCD
No. 15

STAMP HERE

Piaya MUSCOVADO FLATBREAD

Thin, hand-pressed flatbread filled with dark muscovado sugar and toasted with sesame seeds.

TRY IT AT Bakeries all over the city

☐

Tried it



Date & place _____

BCD
No. 16

STAMP HERE

Napoleones CUSTARD PASTRY

Flaky pastry sheets layered with custard and finished with a sugar glaze. Messy and worth it.

TRY IT AT Bacolod bakeries and pasalubong shops

☐

Tried it



Date & place _____

BCD
No. 17

STAMP HERE

Cansi SOUR BEEF SOUP

Beef shank and marrow in a broth soured with batwan fruit. Also loved across the strait in Iloilo.

TRY IT AT Local restaurants in the city

☐

Tried it



Date & place _____

Iloilo & Guimaras

Western Visayas

In Iloilo the famous bowls are a short ride apart, and Guimaras, the mango island, is a 15-minute boat ride away.

[Read the full food guide →](#)



STAMP HERE

La Paz batchoy NOODLE SOUP

Egg noodles in pork broth with offal, crushed chicharon and often a raw egg stirred in.

TRY IT AT La Paz district, where it started

☐ Tried it ☆☆☆☆☆

Date & place _____



STAMP HERE

Pancit molo DUMPLING SOUP

Clear broth with pork dumplings and shredded chicken, from the old Chinese district of Molo.

TRY IT AT Molo district

☐ Tried it ☆☆☆☆☆

Date & place _____



STAMP HERE

KBL KADYOS · BABOY · LANGKA

Pigeon peas, pork and jackfruit in a broth soured with batwan. A Jaro favourite.

TRY IT AT Jaro district

☐ Tried it ☆☆☆☆☆

Date & place _____



STAMP HERE

Biscocho TWICE-BAKED BREAD

Bread sliced and baked again with butter and sugar until it crunches. The classic Iloilo take-home snack.

TRY IT AT Iloilo bakeries

☐ Tried it ☆☆☆☆☆

Date & place _____



STAMP HERE

Guimaras mango MANGO PIZZA & MORE

Guimaras is known for its mangoes. Try mango pizza, or buy dried mango from the Trappist abbey shop.

TRY IT AT The Pitstop, Jordan, Guimaras

☐ Tried it ☆☆☆☆☆

Date & place _____

Bohol & Camiguin

Sweets of the islands

These are the sweet stops: sticky treats in coconut shells, cookies shaped like the Chocolate Hills, and a fruit with a festival of its own.

[Read the full food guide →](#)



STAMP HERE

Calamay BOHOL

A sticky sweet of glutinous rice, coconut milk and brown sugar, sealed in a coconut shell. Jagna is famous for it.

TRY IT AT Pasalubong shops across Bohol

☐ Tried it ★★★★★

Date & place _____



STAMP HERE

Peanut kisses BOHOL

Small peanut meringue cookies shaped like the Chocolate Hills.

TRY IT AT Tagbilaran and Panglao shops

☐ Tried it ★★★★★

Date & place _____



STAMP HERE

Ube kinampay BOHOL

Bohol's prized purple yam, made into jam, cakes and halaya.

TRY IT AT Bohol bakeries and markets

☐ Tried it ★★★★★

Date & place _____



STAMP HERE

Lanzones CAMIGUIN

Camiguin's lanzones are known as some of the sweetest in the country, and the island holds a festival for them in October.

TRY IT AT Roadside stalls in season

☐ Tried it ★★★★★

Date & place _____



STAMP HERE

Pastel CAMIGUIN

A soft bun filled with sweet yema custard, the island's favourite pasalubong.

TRY IT AT Pasalubong shops in Mambajao

☐ Tried it ★★★★★

Date & place _____

The ones worth *remembering*

1

WHERE

2

WHERE

3

WHERE

I'D FLY BACK JUST FOR...

BRAVEST THING I ATE

BEST STALL NOBODY KNOWS

PASALUBONG I BROUGHT HOME

☐ Dried mangoes

☐ Danggit

☐ Silvanas (keep cold)

☐ Piaya

☐ Biscocho

☐ Peanut kisses

SHARE YOUR STAMPS

Finished a region? Post your passport page and tag Ren Calago Blog. We'd love to see where you ate.

rencalago.com →



KAON TA! LET'S EAT!

Ren Calago

Ren Calago Blog covers Cebu, Dumaguete, Negros Oriental and the islands around them, with food trips, routes and budgets for planning a real trip.

Where to eat lechon in Cebu	→
A first-timer's food trip in Dumaguete	→
Eat like a local at MassKara, Bacolod	→
Iloilo and Guimaras food trip	→

More food trips at rencalago.com →

Shops and stalls are suggestions drawn from Ren Calago Blog guides. Places open, close and change, so ask locals for their current favourite. © 2026 Ren Calago Blog. Free to share, not for resale.