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Best Salads to go in Hong Kong

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Our salad days are here again! Here's our pick of the best grab n' go options in town.

Toss & Turn



This fast-casual salad spot is a godsend for workers on the cusp of Admiralty and Wan Chai.

The deal: Toss & Turn's Design Your Own (DYO) Salad costs \$68 for one base, two proteins and four vege/crunchies options. The salad bar has an extensive selection of toppings, including sautéed mushroom, ham, pumpkin, beetroot and feta cheese along with many homemade dressings.

Must try: Not feeling creative? Try the signature salads such as the Mushroom Garden or Caesar Extra. For something more filling but meat-free, try the beetroot and avocado or grilled veggie pesto sandwiches.

So Healthy: Everything at Toss & Turn is handmade from scratch and is free from trans fats, stabilisers, emulsifiers and preservatives.

Shop 3, B3, Three Pacific Place, Admiralty, 2633-8312, hk.tossnturnsalad.com.

Supafood



The newly launched Supafood, by the same guys behind Locofama, is dedicated to bringing healthy and hearty fast meals at a fair price to the masses.

The deal: Right now it offers four salads: miso eggplant on chickpea and hemp seed mix; wild-caught Atlantic halibut on cous-cous; pulled pork shoulder on roasted pumpkin; and roast chicken with kale, sunflower seeds and lentils. The salad boxes are \$88-\$118 depending on the type and size you choose.

Must try: The grass-fed Aussie beef brisket sandwich has been a huge hit, as have the Supa Powerballs to see off that mid-afternoon energy slump.

So Healthy: Supafood sneaks superfoods into every dish, with plenty of nuts, good fats and beans to round out each salad. All proteins are responsibly sourced.

1 Jervois St., Sheung Wan, supafood.co.

The Restaurant by The Kinnet



The Restaurant by The Kinnet is a casual diner sat on the top floor of The Kinnet, a health centre catering to older people, though everyone, young or old, is welcome to the restaurant.

The deal: Daily salad selections go up on the blackboard; think mushroom salad, kale and tofu, and cous cous to name just a few options. it's \$60 for two choices, and \$28 per additional salad.

Must try: Need something more? Try the shredded chicken or tofu brown rice bowls, topped with leafy greens, corn, and either kimchi or guac.

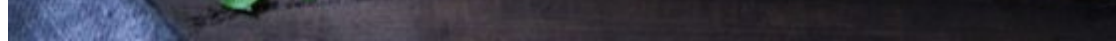
So Healthy: The menu here is extremely health-conscious and everything has been designed by the centre's in-house nutritionist.

3/F, Hillier Building, 33 Hillier St, Sheung Wan, 3968-7600, www.thekinnet.com.

Chicken on the Run







Mid-Levels Stalwart Chicken on the Run has revamped its salad menu and opened up a second branch in The Pulse.

The Deal: Small salads are just \$31, while medium and large are \$55 and \$73 respectively.

Must-try: The Vietnamese chicken salad combines shredded chicken, cabbage and peanuts, while the mixed bean salad contains kidney beans, tri-coloured peppers and big chunks of chook to sate big appetites.

So Healthy: The rotisserie chickens are Australian, naturally reared and never frozen, making them a perfect paleo option.

I Prince's Terrace, Mid-Levels, 2537 4563, chickenontherun.com. www.chickenontherun.com.

Nood Food



You don't have to be a member of Pure's gyms or yoga studios to take advantage of their tasty salad counter.

The deal: Small salad boxes are \$65 for four options, while a large is \$95 and up to six options. Nood has 35 salads, with eight to 10 on offer at any given time. The menu is rotated each week.

Must try: The kale salad with avocado dressing and hemp seeds is a real crowd-pleaser, as is the roasted pumpkin with chia seeds. The wild mushroom salad with pine nuts and tamari dressing is also delish.

So Healthy: There will always be nut-free and paleo-friendly options on the menu, and around 30 of their salads are suitable for vegans. Every ingredient is listed and each salad categorised into carbs, protein or fibre, making it extremely easy to make the right choice for your diet.

2/F, Kinwick Centre, 32 Hollywood Rd., Central. Salad counters also available at Pure Yoga Hutchinson House, Admiralty; and Pure Fitness Lincoln House, Quarry Bay. www.allnood.com.

Corner Kitchen Cafe



Now under new ownership, the cozy Corner Kitchen Cafe sneaks lots of nutritious ingredients into all their dishes, with a newly introduced range of grab n' go salads.

The deal: The salads range from \$58-\$88 – think beef tataki with soba noodles or a more traditional Greek salad.

Must try: everyone loves the Asian chopped salad with chicken; the dressing is addictive.

So Healthy: you'll find kale and quinoa here, as well as clean proteins. The indulgent cake counter is famous, too.

226 Hollywood Rd., Sheung Wan, 2803-2822, www.corner-kitchen.com/

Spicebox Organics



This popular organic health food shop has a cafe serving snacks and vegetarian meals that are raw, vegan, gluten-free and otherwise good for you.

The deal: Their jarred salads are \$78 each. There are five styles, including organic kale and beetroot, gluten-free pasta and kale, quinoa, and their famous curry chickpea. Can't make it to their Sai Ying Pun cafe at lunchtime? They've partnered with Deliveroo so you can get your food straight to your desk.

Must try: The gluten-free and vegan cupcakes and muffins, as well as the raw carrot cake and brownies for dessert.

So Healthy: Tons here for vegans, celiacs and those following a raw diet.

Shop 1, Golden Valley Mansion, 137 Caine Rd., Mid-Levels, 2559-9887, www.spiceboxorganics.com.

Fresca





This friendly vegetarian neighbourhood cafe serves salad, soups, drinks and baked goods to stay or to go. Everything is sourced locally and some of it is grown by the Fresca folks themselves, making it a true farm-to-lunchbox experience.

The deal: \$65 for two salad choices, or \$85 for three. Think Asian-inspired salads, such as tofu with Korean bean paste, raw pad Thai, spicy pumpkin curry, or beetroot, candied apple and walnut. The offerings depend on the harvest, the weather, and how the chef feels that day.

Must-try: The gluten-free steamed muffins are a tasty add-on to any virtuous salad.

So Healthy: Almost everything served at Fresca is vegan and gluten-free, with plenty of chickpeas, tofu, lentils and beans for a protein hit.

54-58 Hollywood Rd., Central, 2770-2282, www.frescahk.com.

Maison Libanese

The restaurant: Life Cafe may be gone, but don't be sad: there's still a takeaway salad bar on Shelley Street. Maison Libanaise is an everyday Lebanese canteen inspired by 1960s Beirut.

The deal: Salads start at \$78, depending on the protein choice. Try the tabouleh, almond falafel or haloumi for vegetarians, and baharat spiced beef brisket or spiced yoghurt roasted lamb if you're a carnivore

Must-try: saffron chlli chicken with Syrian salad is a real crowd-pleaser.

So Healthy: There are tons of protein and paleo options for the gym-goers from next door, as well as vegetarian and gluten-free choices.

10 Shelley St., Central, 2111-2284, www.maisonlibanaise.com.hk.

Urban Bakery Works



A fav among the Central set, Urban Bakery Works at The Landmark has a kick-ass salad bar with new dishes for summer .

The deal: It's \$60 for three toppings in a small salad box, or \$80 for five toppings in a large.

Must try: The sous vide salmon salad with sugar peas and avocado is set to be a new go-to. Or opt for the Spanish corn or feta cheese salad, all of which are new items.

So Healthy: A hugely diverse selection means it's easy to eat your rainbow, while the salmon salad is packed with lean protein and good fats.

Shop 322, Landmark Atrium, 15 Queen's Road Central, 3565-4320.

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