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Healthy Lunch Ideas in Hong Kong

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Cafe Greenprint

With environmental consciousness, health and sustainability at the forefront of their minds, the folks at Cafe Greenprint have come up with a cafe that serves organic, superfood-packed meals, prepared in a way that retains maximum nutritional value. Think sustainably sourced fish such as atlantic salmon teriyaki and sea salt mackerel served with salad; and pumpkin crunch with edamame. There are 12 principles governing everything here, from the use of healthy oils and natural sweeteners, to mixing rice with quinoa and using non-GMO soy.

Shop G016,G/F, Cityplaza, 18 Taikoo Shing Rd., Tai Koo, 2568-2029, www.cafegreenprint.com.

Cali-Mex

Surprisingly healthy Mexican (via California) wraps and salads made with quality proteins and certified sustainable seafood. Their guacamole is made fresh several times per day. The corn-based wraps are gluten-free, and every price point offers a vegetarian

option, from spinach to “Venice Beach Vegan.”

Outlets citywide, including 7 Lan Kwai Fong, Central, 2904-7855, cali-mex.com.

Chicken on the Run

Though best known for its rotisserie, Chicken on the Run also offers a great salad bar. 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.

1 Prince's Terrace, Mid-Levels, 2537 4563, www.chickenontherun.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 ranging from \$58-\$88. Everyone loves the Asian chopped salad with chicken; you'll find kale and quinoa here, as well as clean proteins.

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

Fresca

This friendly vegetarian neighbourhood cafe serves salad, soups, drinks and baked goods to stay or to go. Everything is sourced locally and much of it is grown by the Fresca folks themselves, making it a true farm-to-lunchbox experience. It's \$70 for two salad choices, or \$90 for three. Almost everything served at Fresca is vegan and gluten-free; the gluten-free steamed muffins are a tasty add-on to any virtuous salad.

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

Healthy Chicken

Serves consciously sourced produce and nutritionally balanced meals to go, with a focus on rotisserie chicken and vegetable sides. It's an easy and well-priced way to get a healthy and satisfying meal.

83 Wellington St., Central, 2489-0100. www.healthychicken.com.

Prompt

In Cyberport over lunchtime? Le Meridien's buffet restaurant Prompt does a phenomenal salad bar that's packed with local organic greens. It's just \$88 – a real hidden gem.

100 Cyberport Rd., Cyberport, 2980-7417.

Maison Libanese

Maison Libanaise is an everyday Lebanese canteen inspired by 1960s Beirut with a Mediterranean salad bar on the ground floor. Salads start at \$78, depending on the protein choice. Try the tabouleh, almond falafel or haloumi for vegetarians. There are tons of protein and paleo options for the gym-goers from next door.

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

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. Small salad boxes are \$65 for four options, while a large is \$95 for up to six options. 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.

The Restaurant by The Kinnet

Daily salad selections go up on the blackboard; think mushroom salad, kale and tofu, and couscous to name just a few options. It's \$60 for two choices, and \$28 per additional salad. Need something more? Try the shredded chicken or tofu brown rice bowls, topped with leafy greens, corn, and either kimchi or guac. 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.

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. 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. Try the gluten-free and vegan cupcakes and muffins, as well as the raw carrot cake and brownies for dessert.

Shop 1, Golden Valley Mansion,

137 Caine Rd., Mid-Levels, 2559-9887, www.spiceboxorganics.com.

Toss & Turn

Toss & Turn's Design Your Own Salad costs \$68 for one base, two proteins and four vege/crunchies options. For something more filling but meat-free, try the beetroot and avocado or grilled veggie pesto sandwiches.

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

Urban Bakery Works

A fav among the Central set, Urban Bakery Works at The Landmark has a kick-ass salad bar. It's \$60 for three toppings in a small salad box, or \$80 for five toppings in a large one. The sous vide salmon salad with sugar peas and avocado is a real crowd-pleaser.

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

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