

Health-conscious peeps! Here's your guide to the best health food stores in Hong Kong



Stock up your pantry with all the healthy staple food items, oil-free snacks and vegan chocolates you need at our favourite health food stores in Hong Kong

Hong Kong has seen a growing number of healthy dining options (<http://thehoneycombers.com/hongkong/healthy-eating-hong-kong-vegetarian-vegan-gluten-free-food/>) open up over the past decade, whether it be vegan burgers (<http://thehoneycombers.com/hongkong/we-devoured-delicious-vegan-burgers-at-newly-opened-veggi-monster-in-sheung-wan/>), vegetarian salads (<http://thehoneycombers.com/hongkong/here-are-the-best-places-to-get-salads-that-will-leave-you-full-and-ultra-satisfied-in-hong-kong/>) or organic juices and smoothies (<http://thehoneycombers.com/hongkong/juice-bars-hong-kong-get-cold-pressed-juice-fix/>). But

sometimes we would rather stay in and make a healthy meal ourselves. That's why we've scouted out the best health food stores and grocery shops in Hong Kong, so you can get your quinoa, dehydrated beans, vitamins, vegan chocolate bars and hummus chips with no hustle.

Green Common



Get shopping at Green Common for all your vegan, sugar-free and gluten-free ingredients (Credit: Green Common Nan Fung Place via Facebook)

Since 2012, social enterprise Green Monday has been dedicated to promoting veganism, vegetarianism and healthy eating in Hong Kong and they opened their first plant-based concept store Green Common at Nan Fun Place. With branches across the city, stop by to browse the shelves for the latest international products, including gluten-free and sugar-free lines, or pick up an array of substitute meats and dairy products from companies like Beyond Meat, Gardin and Daiya. It's the best place to get your vegan sausages and yogurt cups. AND you can sit down for a taste of the impressive Beyond Burger at their restaurant/deli section.

Green Common (<http://thehoneycombers.com/hongkong/listing/green-common/>), Shop 1, 1/F, Nan Fun Place, 173 Des Voeux Road Central, Central, Hong Kong, p. 2110 0194, 中環德輔道中173號1樓



(<http://thehoneycombers.com/hongkong/best-fresh-food-delivery-services-in-hong-kong/>)

Best fresh food delivery services in Hong Kong
(<http://thehoneycombers.com/hongkong/best-fresh-food-delivery-services-in-hong-kong/>)

(<http://thehoneycombers.com/hongkong/best-fresh-food-delivery-services-in-hong-kong/>)

JustGreen



JustGreen is a welcoming organic grocery store that attracts vegans, vegetarians and health-conscious omnivores (Credit: JustGreen – Organic Convenience Store via Facebook)

As one of the biggest organic convenience stores in Hong Kong, JustGreen provides a curated selection of over 10,000 organic foods, superfood, vegan snacks, supplements, as well as fresh vegetables and frozen products. It's undoubtedly a great spot to buy daily necessities like organic shampoos, or pantry staples like packed tempeh, frozen bread loaves and taco shells.

JustGreen (<http://thehoneycombers.com/hongkong/listing/justgreen/>), 52 Graham Street, SoHo, Central, Hong Kong, p. 2801 5611, 中環嘉咸街52號

SpiceBox Organics



Stock up on tasty spices and array of hand-selected products for your well-being at SpiceBox Organics

SpiceBox Organics is a cosy health food store and deli with branches across Hong Kong selling an extensive range of superfoods and health products that fulfills the needs of your plant-based pantry. As the name suggests, they are big on spices, so this is a good place to hit if your local supermarket is lacking what you need. They also provide different vegan and vegetarian lunch meals such as vegetarian lasagne, baked samosas, vegan brownies for customers to take away.

Read our food review of SpiceBox Organics here (<http://thehoneycombers.com/hongkong/a-bounty-of-vegetarian-delights-healthy-and-delicious-salads-meals-and-desserts-at-spicebox-organics-in-mid-levels/>)

SpiceBox Organics – Mid-Levels (<http://thehoneycombers.com/hongkong/listing/spicebox-organics-mid-levels/>), Shop 1, 137 Caine Road, Golden Valley Mansion, Caine Road, Mid-Levels, Hong Kong, p. 2559 9887, 半山堅道137號金谷大廈地下1號舖

Food for Life



foodforlifehk

中環海濱活動空間 Central Harbourfront Event S...

[Follow](#)



111 likes

3 comments

And that's a wrap! Thank you [#tasteofhk](#) [#weekendfun](#) [#hkig](#) [#hkfoodie](#) [#hk](#) [#freefromfoods](#) [#feedfeed](#) [#foodfestival](#) [#foodforlifehk](#)

MARCH 19, 2017

Food for Life is a hidden gem in Wan Chai. In this health food grocery store, you can locate a diverse range of vegan snacks, such as Pana Chocolate (which is considered the best vegan chocolate ever made!), jalapeño kale chips, and quinoa hummus puffs. Plus, they have of very affordable prices compared to major supermarkets.

Food for Life (<http://thehoneycombers.com/hongkong/listing/food-for-life/>), 75 Queen's Road East, Wan Chai, Hong Kong, p. 2893 7001, 灣仔皇后大道東75號

One Vegan Shop

ONE VEGAN SHOP



One Vegan Shop is the ultimate destination for vegans (Credit: 一素店 One Vegan Shop via Facebook)

One Vegan Shop is a neighbourly vegan grocery store that offers a wide selection of cruelty-free essentials, including beauty products, pet food and grooming products. Having sourced different snacks and home products directly imported from the USA, United Kingdom and European countries, this convenience store is a life-saver in New Territories area for health-conscious consumers and pet owners.

One Vegan Shop (<http://thehoneycombers.com/hongkong/listing/one-vegan-shop/>), Shop 1, G/F, Transport Plaza, 2-6 Fung Cheung Road, Yuen Long, Hong Kong, p. 3620 2212, 元朗鳳翔路2-6號交通廣場地下1號舖

Looking for places to achieve your fitness goals along with your health goals? Check out these independent fitness studios (<http://thehoneycombers.com/hongkong/independent-fitness-studios-hong-kong/>) in Hong Kong, relieve stress at the best yoga studios (<http://thehoneycombers.com/hongkong/yoga-studio-class-hong-kong-wellness-health-exercise-stress/>) or get to one of these great CrossFit boxes (<http://thehoneycombers.com/hongkong/crossfit-hong-kong-crossfit-studios-classes-gyms-workout-fitness/>).

LATEST STORIES

The best places to get salads in Hong Kong



Are you living your best dim sum life yet?



Our top tips for being vegan in Hong Kong



Celebrate World Vegan Day at Tivo in Central
