

# Healthy eating in Hong Kong: Find tasty healthy meals including vegetarian and gluten-free food



With our guide to healthy eating in Hong Kong, you will never be short of guilt-free places to eat again

Just five years ago, if you were looking for a cafe or restaurant

(<http://thehoneycombers.com/hongkong/cafe-gray-deluxe-upper-house-introduces-revitalising-menu-featuring-healthy-vegetarian-vegan-gluten-free-dishes/>) dedicated to health and well-being in Hong Kong (<http://thehoneycombers.com/hongkong/>) you would have been hard-pressed to find one.

Thankfully, that's no longer the case, with loads of restaurateurs opening up a selection of spots around town where tasty meals (<http://thehoneycombers.com/hongkong/food-news-new-restaurant-openings-happy-hours-special-menus-dining-promotions-hong-kong/>) can be enjoyed without costing you hours

at the gym or yoga studio (<http://thehoneycombers.com/hongkong/yoga-studio-class-hong-kong-wellness-health-exercise-stress/>). We've selected ten such places where you can eat all the organic, gluten-free, vegan and vegetarian fare you can fit in your mouth; go forth and be well.

## Spicebox Organics



***The tandoori roti rolls stuffed with cauliflower brings an aromatic flavour to the table***

Not only is SpiceBox Organics a small beloved health food store in Mid-Levels, it is also a deli that serves delicately made vegan and vegetarian treats. Serving an array of healthy and low fat food items on the menu, including freshly baked tandoori roti rolls, mixed bean chili, kale salad and carrot cupcake, SpiceBox Organics is definitely one of the best lunch spots for health-conscious peeps.



(<http://thehoneycombers.com/hongkong/health-conscious-peeps-heres-your-guide-to-the-best-health-food-stores-in-hong-kong/>)

**Stock your shelves at these health food stores**

(<http://thehoneycombers.com/hongkong/health-conscious-peeps-heres-your-guide-to-the-best-health-food-stores-in-hong-kong/>)

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*Read our full story on 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*

**12Noon**



*The Chicken and Rocket Avocado Wraps are one of the most popular items at 12Noon (Credit: 12NoonOfficial via Facebook)*

Recently opened in Nan Fung Place in Central, 12Noon is a new cafe and deli that offers handcrafted healthy meals and cold-pressed juices, such as Chicken Fajita Cauliflower Rice, Mexi-Cali Salads and Hummus Wraps. We especially adore their vegan coconut yogurt, which is topped with a generous amount of roasted coconut flakes, nuts and dry oats.

*12Noon (<http://thehoneycombers.com/hongkong/listing/12noon/>), Shop No. G7, Nan Fung Place, 173 Des Voeux Road Central, Hong Kong, p. 2487 9098, 香港中環德輔道中173號南豐大廈G7號舖*

**Veggi Monster**



***The Dark Giant burger (formerly called Burger in Black) consists of a homemade bean patty, vegan cheese, truffle sauce and a charcoal bun***

Veggi Monster is the only burger joint in Hong Kong that serves 100 percent plant-based burgers. From their flaming Sichuan-flavoured tofu burger to the refreshing Forest Guardian Burger – which is made of broccoli and potatoes – you’ll be blown away by nutrient-dense deliciousness. Even if you’re not a burger person, they also serve hot penne and healthy salads for a very affordable price. There will always be something for you.

*Read our full story on Veggi Monster here (<http://thehoneycombers.com/hongkong/we-devoured-delicious-vegan-burgers-at-newly-opened-veggi-monster-in-sheung-wan/>)*

*Veggi Monster (<http://thehoneycombers.com/hongkong/listing/veggi-monster/>), Shop 1B, G/F, Cheungs Building, 1 Wing Lok Street, Central, Hong Kong, p. 2886 0325, 中環永樂街世瑛大廈地下B鋪*

## **Ahimsa Buffet**



***Ahimsa Buffet has recently opened its third branch in Mong Kok (Credit: 無肉食 ahimsa buffet via Facebook)***

Ahimsa Buffet is easily one of the best (vegan and vegetarian) all-you-can-eat buffet places in Hong Kong. Costing only \$68 and \$118 for lunch and evening hours, you can indulge as much as you want. They serve an array of delicious food, including steamed dumplings, traditional Chinese turnip cake, healthy stir-fry noodles and vegan dessert.

*Ahimsa Buffet (<http://thehoneycombers.com/hongkong/listing/ahimsa-buffet/>), Shop B, G/F, Wah Hai Mansion, 10-16 Fort Street, North Point, Hong Kong, 北角堡壘街10-16號華曦大廈地下B舖*

**Fresca**



*Fresca serves over ten salad options and the menu varies daily (Credit: Fresca)*

Fresca is a friendly vegetarian eatery located in SoHo, Central. Each day they will prepare a diverse range of warm and cold salads for their customers, with our favourites being their Vietnamese vegetarian noodle salad and marinated spicy tofu. And don't forget to give their steamed gluten-free muffins a try.

Fresca (<http://thehoneycombers.com/hongkong/listing/fresca/>), G/F, 54A Hollywood Road, Soho, Central, Hong Kong, p. 2770 2282, 中環蘇豪荷里活道54A號地舖

## **Grassroots Pantry**



***The menu at Grassroots Pantry is jam-packed full of home-made goodies, including pasta dishes, kimchi and sweet treats***

Grassroots Pantry is the perfect spot for anyone who enjoys great food, great service and great ambience. Using sustainable, organic ingredients, the chefs here create dishes that look and taste amazing; the epitome of healthy eating. Try the soft-shelled maki roll made with cauliflower rice or the beetroot gnocchi for a guaranteed flavour sensation, and the home-fermented kimchi is a must. We love the way that the menu is clearly labeled for those with food allergies and dietary restrictions too.

*Grassroots Pantry (<http://thehoneycombers.com/hongkong/listing/grassroots-pantry/>), 108 Hollywood Road, Sheung Wan, Hong Kong p.2873 3353, 中環荷李活道108號*

## **Pololi**

Pololi keeps poke bowls simple, just choose your base and then select from their variety of tuna, salmon or vegetarian toppings (Credit: Pololi via Facebook)

Pololi was the first poke shack to open up in Hong Kong, and we just can't get enough of their fresh flavours and laid-back vibe. Simply pick your base (rice, salad or half and half), and then choose from their mouth-watering selection of poke. Spicy mayo ahi tuna is always a good option, but they also have salmon versions if you aren't a tuna fan, and there's even a tofu option for vegetarians – what's not to love?



Pololi (<http://thehoneycombers.com/hongkong/listing/pololi/>), G/F, 35-39 Graham Street, Central, Hong Kong, p. 27558099, 中環嘉咸街35-39號地舖

## Oolaa



*Oolaa serves a range of great salads (Credit: Oolaa via Facebook)*

If you fancy something that tastes great, but can't quite make up your mind, then Oolaa is definitely the joint for you. Having made a name for itself in the weekend brunch department, this HK stalwart has one of the most comprehensive menus in town. The set-lunch menu offers a buffet salad bar, choice of main (think pasta, fish or steak) and dessert for just \$158, PLUS they have an outdoor terrace!

Oolaa (<http://thehoneycombers.com/hongkong/listing/oolaa/>), G/F, Bridges Street, CentreStage, Soho, Mid-Levels, Hong Kong, p. 2803-2083, 中環蘇豪必列者士街聚賢居地下舖

## Nood Food



Whether you are grabbing a bite to go or dining in, the counter top salads at Nood Food never disappoint (Credit: Nood Food via Facebook)

With over 20 locations in both Hong Kong and Singapore, you know that Nood is onto something special in the healthy eating department. We can't get enough of their amazing range of freshly pressed juices and especially love the Spring Clean from the Restore Me range. Nood is also the perfect spot for lunch, offering a range of super healthy sandwiches, salads and wraps. And don't miss their selection of sweet and savoury snacks – yes please, fudge brownie!

*Nood Food (<http://thehoneycombers.com/hongkong/listing/nood-food/>), 2/F, Kinwick Centre, 32 Hollywood Road, Central, Hong Kong, p 8199 8189, 中環蘇豪荷李活道32號建業榮基中心2樓*

**Cedele**



Cedele serves up a selection of nutritious salads and mains that are both filling and delicious (Credit: Cedele via Facebook)

If you are looking for a healthy fix after a day of shopping in Causeway Bay, then Cedele has you covered. The all-day brunch offers up favourites such as an acai smoothie bowl, smashed avo on rye and good old salmon and eggs. If you are after something slightly more filling, try the selection of quinoa salads or the tofu nori, which comes with edamame and mushrooms. Located on Fashion Walk, Cedele is also a great location for people watching, and you may even spot a celeb.

*Cedele (<http://thehoneycombers.com/hongkong/listing/cedele/>), Shop C, G.F, 58-64 Paterson Street, Fashion Walk, Causeway Bay, Hong Kong, p. 2110 0490, 銅鑼灣Fashion Walk 百德新街58-64號地下C舖*

**Looking for other dining options in Hong Kong? Why not sample delectable desserts (<http://thehoneycombers.com/hongkong/best-desserts-hong-kong/>), get your caffeine fix at these great cafes (<http://thehoneycombers.com/hongkong/cafes-hong-kong-coffee-desserts-smoothies-mong-kok-prince-edward-kowloon/>) or go all out at a luxury restaurant (<http://thehoneycombers.com/hongkong/fine-dining-in-hong-kong-five-must-try-luxury-restaurants-on-hong-kong-island/>).**

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