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10 SEPTEMBER, 2018

EAT & DRINK, LIFESTYLE

## Top Online Grocery Delivery Sites in Hong Kong

Skip your trips to the grocery store with these online grocers, delivering goods to your door at the click of a mouse!

The Hong Kong lifestyle means little time to spend doing groceries, and besides, carrying your body weight in shopping bags up hilly Hong Kong isn't much fun.

**Do your shopping online instead** and check out **our favourite online grocery delivery sites**. No matter what you're after, there's something for everyone here.

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**FEATURED**

## Jett Foods

Jett Foods offers top quality meat and seafood products that have been imported in from various parts of the world, all at highly competitive prices. Along with stocking meat and seafood, the online marketplace also offers superfoods, nuts and other snacks, veggies, wine and condiments, so it can be your one stop shop for everything you need! Same and next day delivery is available to your home or workplace (*with no extra charge!*), and free delivery is offered for all orders of \$600 or above. Jett Foods also has its own HACCP designed food factory and cold storage facilities, and offers customisation services such as cutting and portioning steaks to your own personal liking. Make sure to also check out its [Sale page](#) for even more savings on the already very competitive prices, and be sure to register and become a member for 10% off your first order!

**Sassy perk:** Until 31 August, 2019, Sassy readers can use the code **sassy5perk** to get an extra 5% off your first purchase as a registered customer at Jett Foods! New customers automatically are offered a 10% discount on their first purchases, so first time buyers will be able to save 15%! Existing customers of Jett Foods, can still use the code and get 5% off their next purchase.

**Jett Foods**, 2428 7832 / 2428 7833, [cs@jettfoods.com](mailto:cs@jettfoods.com), [www.jettfoods.com](http://www.jettfoods.com)

## Groceries & More

### The Fresh Supply Company

What makes this shop special is that it delivers freshly baked gluten-free goods (*we're talking some of the Bad Food Gone Good's brownies and breads!*), as well as organic produce, fruits, veggies, meat and seafood and even subscription crates where you can get weekly deliveries of fruits and vegetables straight to your door.

Delivery is free if you spend \$398 or more (*Hong Kong Island, Kowloon and New Territories*), otherwise it's \$80. Deliveries are available on Mondays, Wednesdays and Fridays from 2pm to 6pm and on Tuesdays, Thursdays and Saturdays from 8am to 12pm, 12pm to 6pm and 6pm to 9pm.

***The Fresh Supply Company***, [www.thefreshsupplycompany.com](http://www.thefreshsupplycompany.com)

Jou Sun

Your one-stop, personal online grocer with same-day delivery, this family-run business is located next to Wan Chai's wet market and specialty stores. You can shop by aisle or store, with everything from organic, artisanal, local and brand name food items to personal care and household essentials on offer.

We love that you can choose from organic premium or market fresh daily produce here. There's also a wide range of organic meats, as well as a 'Hot Pot Shop' and a gluten-free aisle, not to mention some of the best sourdough bread in HK from Eric Kayser. The minimum order for free delivery on Hong Kong Island is just \$250, with groceries arriving at your door in your chosen hourly window. Order before 12pm for same-day delivery.

***Jou Sun***, [www.jousun.com](http://www.jousun.com)

honestbee

honestbee allows you to shop from a variety of supermarkets with just several clicks of your mouse, with the likes of fusion, U select, YATA Supermarket, and Taste and others all on offer. It includes specialty stores as well, such as Q-PETS to treat your pups and kittens. Fresh meat and deli are also available from well-known suppliers such as Feather and Bone and My Market. You can also shop for wine, fresh fruits and vegetables, and personalised gifts such as skincare and household products.

Delivery can usually be arranged for the same day as you ordered, with the minimum spend varying from store to store. If your order is below the minimum, a delivery fee of \$70 is automatically applied.

***honestbee***, [www.honestbee.hk](http://www.honestbee.hk)

*Other one-stop grocers to check out:*

[British Essentials](#)

[Ztore](#)

[Health & Organic](#)

iHerb

Health foodies in the 852 can stock up on every they need from this Californian distributor. iHerb offers every natural product under the sun – from well-known branded beauty products, groceries and supplements, all at a cheaper price than in stores. And it even shows you exactly how much you save as you go.

Check out iHerb's Weekly Deals for 20% off Brands of the Week, as well as its Weekend Deals and Shop Clearance, where you can find premium health products at up to 60% off.

***iHerb***, [www.hk.iherb.com](http://www.hk.iherb.com)



### Spicebox Organics

This boutique organic food store can supply all of your organic pantry needs! It has 1,000 products on its e-shop and two physical stores located in Central and Kennedy Town which both have full-service café counters (*and you can also order on Deliveroo for foods from the café menus*).

**Spicebox Organics**, Mid Levels Market & Café, 137 Caine Road, Shop 1, Golden Valley Mansion, Mid Levels, Hong Kong, 2559 9887

Kennedy Town Market & Café, 39-45 Hau Wo Street, Kennedy Town, Hong Kong, 2191 0886, [www.spiceboxorganics.com](http://www.spiceboxorganics.com)

### BIOVEA

Stock up on high-end health and beauty products from all over the world. BIOVEA sells vitamins and supplements targeted to your individual problems, including joint health and anti-aging. You can also shop for fitness accessories such as yoga mats, and fill up your smoothies with coconut milk powders and smoothie boosters to give that extra oomph pre or post workout. Keep yourself groomed with its extensive beauty products and personal care. BIOVEA also has baby, kids and pet sections, so you can stock up on those items, too.

Free standard shipping is available for orders over \$299, and for orders under \$299, delivery is just \$30. Orders take from seven to 10 working days for delivery, but can be delivered to all over Hong Kong.

**BIOVEA**, [www.biovea.com/hk](http://www.biovea.com/hk)

### Foodcraft

Foodcraft specialises in creating healthy foods to accommodate dietary restrictions including raw, wheat-free, vegetarian, vegan, paleo, lactose-free, gluten-free, and keto options. A popular bakery treat includes the organic buckwheat cinnamon roll as well as plenty of snacks from the likes of keto chocolate to

chocolate sponge cake. Foodcraft has a large selection of health drinks: kombucha, frozen wheatgrass, Amazake, and a good selection of wines, coffees, and teas. It also has a personal care category, with items available such as natural and organic toothpaste and shampoo for children. The new loyalty and referral program allows you to earn points by shopping and then redeeming coupons for the next time you shop.

Free delivery is available for orders of \$600 or more, or there is an \$80 delivery fee. Order before 7am for same day delivery (*only on Hong Kong Island*), and deliveries to New Territories are only made on Wednesdays and Fridays. Cheung Chau delivery is only on Fridays.

**Foodcraft**, Flat A, 21/F, Yiuga Factory Building, No. 62 Victoria Road, Kennedy Town, Hong Kong, 2884 1299, [www.foodcraft.hk](http://www.foodcraft.hk)

### iDetox

The name says it all! For those out there who are looking to turn over a new leaf and cut down on the unhealthy foods, click on i-Detox for everything you need. Even if you don't want to fully detox but just want some healthy products, you can stock your home with its supplements, latest medicines, and naturopathy.

Order before 2pm to get next-day delivery; order before 2pm Fridays to get delivery on Saturdays, Sundays, or Mondays. Free delivery is available for orders of \$600 or more, for orders under \$600, the delivery fee is \$50.

**iDetox**, 1/F, V Plus, 68-70 Wellington Street, Central, Hong Kong, 9838 7902, [www.i-detox.com](http://www.i-detox.com)

### Organic Plus

Organic Plus stocks over 1,000 organic foods, including organic oils, grains, pastas, chemical and eco-friendly household products, and supplements. It also has a certified organic foods and snacks for infants and toddlers. If you want to buy in store, Organic Plus has stores all over Hong Kong including locations in North Point, Tsueng Kwan O, Central, Sai Ying Pun, and Yuen Long. Organic Plus also provides specialty products such as gluten-free, non-GMO, dairy-free, non-hydrogenated oils and more.

Minimum order is \$100 with a delivery fee of \$50, and free delivery is available for orders over \$700. If ordering chilled and frozen foods, there is a \$25 extra fee. Organic Plus delivers Monday to Sunday from 8am to 10pm.

**Organic Plus**, [www.organicplus.com.hk](http://www.organicplus.com.hk)



## The Store

Want healthy, eco-friendly foods delivered in recyclable packaging? The Store provides vitamins, superfoods, personal care items, organic groceries and sports supplements to suit your needs. Find postnatal and prenatal supplements, immune system boosts, superfoods (*including tasty snacks such as chocolate bars and protein bars*) and even meal replacements.

The Store is located in Central, but online shopping allows you to get free same day delivery from Monday to Saturday if your order is over \$350 and made before 2pm. The Store delivers only to Hong Kong Island, Kowloon, and some parts of New Territory. To check your location, click [here](#).

**The Store**, 2/F, 38 Cochrane Street, Central, Hong Kong, 2967 7787, [www.thestore.com.hk](http://www.thestore.com.hk)

## NutriAlley

Having a food intolerance in HK can mean shuffling from one store to the next to find all your suitable groceries. Save time online at NutriAlley; a store dedicated to anyone suffering from food intolerances. It offers low allergenic foods that everyone will love, and you can shop by dietary requirement here, with gluten-free, dairy free, egg free and nut free categories, and product prices are often more reasonable than at a supermarket. There's even an MSG- and colour-free aisle, as well as a kosher and vegan section.

Spend \$500 for free delivery, to arrive within two to three days.

**NutriAlley**, 2136 0719, [www.nutrialley.com](http://www.nutrialley.com)

**Read more:** [Organic Food in Hong Kong: Health Shops, Online Stores & Local Markets](#)

## One Vegan Shop

At One Vegan Shop you can stock up on all of your organic needs, and even products for your pooch! Stocking everything from healthy foods, supplements and dairy-free desserts, to organic pet food, a range of vegan skin care and household items, it offers all things vegan, and has free delivery for orders over \$300.

**One Vegan Shop**, Shop 1, G/F, Transport Plaza, 2-6, Fung Cheung Road, Yuen Long, New Territories, Hong Kong, 3620 2212 or 2796 6826 or 9723 1963 (Whatsapp), [www.oneveganshop.com](http://www.oneveganshop.com)

### Veg Hamper

Toying with the idea of going vegan or vegetarian? Veg Hamper is an online store that specialises in vegan and vegetarian “meats” to help make your journey a little easier, and also sells eco-friendly tableware.

A single order worth \$800 can be delivered without charge or else a \$50 delivery fee applies. You can also choose to pick up in Kowloon.

**Veg Hamper**, [www.veghamper.com](http://www.veghamper.com)



### Fruits & Vegetables

#### Frutodor

Frutodor hopes to build a fruit-loving culture in Hong Kong by promoting fruit education. It donates to different charitable organisations and only features the freshest fruits in season. It can deliver fruits weekly to your door. The assorted fruit box comes with at least four different types of fruits which roughly contain 60% of year-round fruits and 40% of seasonal fruits.

**Frutodor**, 2761 1100, [www.frutodor.com](http://www.frutodor.com)

#### Catch Grocery

An organic online food grocery store that may have a small selection of just 50 types of organic produce every week, Catch Grocery is 100% organic and that's non-GMO and almost free of chemicals for you! The subscription boxes come in two sizes- small (\$588) and large (\$888) and you can select what you like inside. Currently there are apples, pears, citruses, tropical fruits, onions, herbs, grasses, sprouts, mushrooms, and root vegetables but items are updated weekly!

You can get your order delivered, collect it from the warehouse at Kwai Bo Building in Wong Chuk Hang, or pick it up at the flagship store at Fortuna Building in Central.

**Catch Grocery**, Kwai Bo Building, 40 Wong Chuk Hang Road, Floor 18, Factory A, Wong Chuk Hang, Hong Kong, 9317 7796 or 2567 9339 or 9317 7796, [www.catchgrocery.com](http://www.catchgrocery.com)

Dragontail Farm Ltd.

Dragontail Farm dedicates itself to harvesting organic foods for locals from locals. Located in Lantau Island, it sells in-season foods and hopes to expose more people to unique and little known veggies like the angled loofahs, silk gourds, and water spinach, but it also has a lot of the common veggies like tomatoes and cabbage. There is a wide variety of herbs such as mint, oregano, parsley, basil, and rosemary depending on the season. Although it has very few fruits available, bananas, mulberries, and passionfruit are occasionally available.

It offers same day deliveries to anyone in the Mui Wo area between the hours of 7am and 6pm, Monday to Saturday. Some parts of Lantau are also eligible for same day delivery. A minimum order of \$100 is required for deliveries outside of Mui Wo and all deliveries have a \$10 delivery fee and need at least one day's notice. Dragontail Farm delivers only to Lantau. Contact by email, phone, or Facebook.

**Dragontail Farm Ltd.** Luk Tei Tong, Mui Wo, Lantau Island, Hong Kong, 5422 2844, [www.leoying.wixsite.com/dragontail-farm](http://www.leoying.wixsite.com/dragontail-farm)

Eat FRESH

Originally created by three mums, Naoko, Annamaria, and Charlotte, Eat FRESH provides organic foods that are all HKORC-certified and undergo annual testing. The produce is farmed in New Territories by organic farmers. Currently, two health coaches help run the organisation and regularly produce articles about health and sustainable healthy living, as well as recipes for dragonfruit vegan gelato, minestrone, homemade sauerkraut, and eggplant parm. There is a subscription plan available as well as a la carte selections.

Eat FRESH delivers twice a week to Hong Kong Island on Tuesday and Friday afternoons, whereas orders to Kowloon and New Territories get delivered once a week on Wednesdays. It also delivers to iDetox as well as the Eat FRESH factory in Wong Chuk Hang where you can pick it up yourself. Free is available for orders of \$360 or more, for delivery to HK Island.

**Eat FRESH**, 9786 9053, [www.eatfresh.com.hk](http://www.eatfresh.com.hk)

Magic Season Organics

Magic Season Organics is dedicated to zero waste packaging, and sends all of its organic vegetables with 100% no plastic. You can choose between a small, medium, and large subscription box that provide you with six to 15 varieties of vegetables, and you can choose the vegetables you like, or let the farmers pick their faves each week. Order by replying to Sunday emails.

Delivery is free for orders that are over \$200; if not, the delivery fee costs \$40. It delivers five days a week from Tuesday to Saturday.

**Magic Season Organics**, 2571 3397, [www.magicseasonorganics.com](http://www.magicseasonorganics.com)

Vegetable Marketing Association

Vegetable Marketing Association is a government-run platform helping local farmers right here in the 85! Ordering vegetables grown locally is the best way to give back to Hong Kong. You can either visit the wholesale vegetable market or choose your order online and wait for it to be delivered. Vegetable Marketing Association changes its selection of vegetables every other season. In winter, the vegetables include flowering Chinese cabbage, pea shoots, radishes, Irish



potatoes, and Chinese kale, amongst others. During the warmer months, you can find an assortment of gourd, cucumbers, string beans and eggplant.

Delivery is free for orders over \$180.

**Vegetable Marketing Association**, 2387 4164, [www.vmo.org](http://www.vmo.org)

#### EcoFarm

EcoFarm offers weekly vegetable and fruit deliveries. No chemicals are used to cultivate the produce, so it is USDA-, EU-, and JAS-certified and grown at a Jiangxi farm in China. You can order various sized boxes including a build-your-own box, big harvest one-offs, and premium boxes (*all prepaid*). Weekly links are sent to your email for selection. Some specialty items include kale, avocados, cactus fruit, blueberries, lemon, kiwi, grapefruits, and pineapple, amongst others. You are also able to specially request items. There are new specialty items every season including Japanese pumpkin or heirloom French tomatoes. Oils and honeys are also available.

Free delivery is available in Hong Kong (*includes Tung Chung, Discovery Bay, and Ma Wan*), but no delivery is available to other locations on outlying islands.

**Ecoform**, 9872 0886 or 5303 0694, [www.ecofarm.com.hk](http://www.ecofarm.com.hk)

#### Green Little Frog

Delivered weekly, Green Little Frog brings mixed seasonal veggie and fruit bags from farm to table. These fruits and veggies have no chemicals, no heavy metals, no GMO, and are 100% organic! The mixed seasonal veggie and fruit bags each come in the following sizes: large with 10 to 12 varieties costing \$800 to \$820, and small bags which contain eight to nine varieties and cost \$500 to \$520. The seasonal tropical fruit bags have five to six types of fruits and are priced at \$600 to \$620. Foods like organic mangos, bananas, papayas, mangosteen, pomelo, aubergine, rocket, potatoes, zucchini, tomatoes, and asparagus are available.

Free delivery to Hong Kong Island and \$65 delivery fee to Kowloon and New Territories. There is no delivery to Lantau, Discovery Bay, and Sai Kung.

**Green Little Frog**, 9256 7189, [www.greenlittlefrog.com](http://www.greenlittlefrog.com)



### *Meat & Seafood*

#### 178 Degrees

178 Degrees takes its sustainable practices and responsible resource management very seriously and, therefore, has a smaller selection than most. But each product has a detailed description to tell you about how and why it's uniquely sustainable or healthy. It offers manuka honey and a selection of meat and seafoods like the 100% organic grass-fed wagyu beef, freshwater salmon and king salmon caviar.

Delivery is free for purchases over \$500. Otherwise, a fixed fee of \$150 applies.

**178 Degrees**, [www.178degrees.com](http://www.178degrees.com)

#### The Fishwives

The Fishwives is available both in Singapore and Hong Kong and seeks to source sustainable, clean foods. Though the selection is not wide, it ticks all of the boxes when it comes to harvesting clean foods. There are two main sections: Shop Fishmonger and Shop Butchery.

**The Fishwives**, [www.hk.thefishwives.com](http://www.hk.thefishwives.com)

#### Fish Market Organization

A government-backed organisation that seeks to bring fresh fish to the local Hong Kong community, promote local fisheries, and enforce actions against illegal fish marketing. You can choose between frozen fish, dried seafood, fish fillets, and fresh fish. It offers seasonal fish.

**Fish Market Organization**, [www.fmo.org.hk](http://www.fmo.org.hk)

## Loi Chan Frozen Meat Co.

Loi Chan Frozen Meat Co. is a local brand that has a selection of beef, lamb, venison, poultry, pork and seafood as well as mass produced delights including nuggets, hamburger patties, and sausages. And vegetarians can browse through the selection of veggie patties and veggies sausages, as well as vegetables and samosas. Loi Chan Frozen Meat Co. also curates a series of gluten-free products, so you can enjoy them exclusively. Organic foods are sourced from the United States.

Order one day in advance for delivery to Discovery Bay and Tung Chung while two days for Hong Kong Island and Kowloon. The minimum delivery to Discovery Bay is \$300 with \$10 delivery fee. Orders over \$1,000 get free delivery. Deliveries to Hong Kong Island and Kowloon are at a minimum \$1,000 and subject to 5% or 10% charge. Cooler bags are an additional \$40.

**Loi Chan Frozen Meat Co.**, 9095 4543 or 2984 8346, [www.loichan.com](http://www.loichan.com)

## M&C Asia

This French company launched in HK in 2009 and has been feeding Hong Kongers wild mackerel, wild cod, and Norwegian lobsters amongst many other seafood ever since. There is a caviar selection in addition to fresh fish, and you can choose whether you want farmed or wild fish. Oysters come from parts of France that are known to have spectacular oysters such as Normandy and Brittany. Tins of fish are also available, as is smoked fish. M&C Asia is sometimes affected by seasonality and weather conditions.

M&C delivers five days a week Monday to Friday. Free delivery for orders above \$1,000 to Hong Kong Island and Kowloon, whilst orders below are subject to a \$100 service charge. \$2,000 minimum for free delivery in New Territories, if not pay about \$200 for delivery charge. Free delivery in Discovery Bay if you pay more than \$1,200 per order. You may also choose to pick up at the warehouse.

**M&C Asia**, 17/F, Unit F, Kwong Ga Factory Building, 64 Victoria Road, Kennedy Town, Hong Kong, 2563 0001, [www.mnc-asia.com](http://www.mnc-asia.com)

## My Meat Man

My Meat Man sources all of its beef and lamb from producers who adhere to Australian Meat Standards. There is a full range of products from diced portions to cutlets.

The minimum order is \$800 or an additional \$100 will be added to you order. No deliveries to Sai Kung Country Park or South Lantau. Order before 12pm to get next-day delivery.

**My Meat Man**, Unit A, 4/F, Yally Industrial Building, No. 6 Yip Fat Street, Wong Chuk Hang, Hong Kong, 2554 5553, [www.mymeatman.com](http://www.mymeatman.com)

## Tenderloin Fine Food

Get your healthy proteins from Tenderloin Fine Food. Servicing Hong Kong with grass-fed meats, organic poultry, sustainably harvest seafoods since 1989, the animals are raised in humane conditions and it has specials monthly.

The cut off time is 2:45pm Monday to Friday and on Saturday, it is 12pm. There is a delivery charge of \$80 with a minimum order of \$600. Orders over \$800 get free delivery in Hong Kong Island. In Kowloon and New Territories, the minimum is \$1,000 with \$80 delivery fee. Orders of \$1,200 or more get free delivery.

**Tenderloin Fine Food**, 2602 Universal Trade Centre, 3 Arbuthnot Road, Central, Hong Kong, 2877 2733, [www.tenderloin.com.hk](http://www.tenderloin.com.hk)

**Read more:** [Your Guide To The Best Butchers In Hong Kong](#)

## Supermarkets

If you're just wanting something from your local supermarket but don't have the time to cruise the aisles, here's a list of those in the city that deliver:

- [City'Super](#)
- [Wellcome](#)
- [Park n' Shop](#)
- [GREAT Food Hall](#)
- [Marketplace by Jasons](#)

**Editor's Note:** This article was originally written by Melissa Fine and published on 11 April, 2016 and was updated on 10 September, 2018.

Featured image via [Getty](#). Image #1 courtesy of [Spice Box Organics](#) via [Instagram](#), image #2 courtesy of [The Store](#) via [Instagram](#), image #3 courtesy of [Unsplash](#), image #4 courtesy of [Unsplash](#)

## ABOUT THE AUTHOR

### Team Sassy

Sassy Hong Kong is the go-to guide for girls in the city that truly never sleeps. From al fresco bars...

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