

Here are the best places to get salads that will leave you full and ultra satisfied in Hong Kong



Salads aren't boring! These cafes and restaurants create scrumptious and diverse healthy salads, and with plenty of vegan and vegetarian options

Following a healthy diet (<http://thehoneycombers.com/hongkong/vegan-restaurants-vegan-makeup-top-tips-for-being-vegan-in-hong-kong/>) doesn't necessarily mean restriction or self-deprivation. It's all about locating the right restaurants or cafes in Hong Kong (<http://thehoneycombers.com/hongkong/>) that offer healthy dining options (<http://thehoneycombers.com/hongkong/healthy-eating-hong-kong-vegetarian-vegan-gluten-free-food/>) or even vegan and vegetarian dishes

(<http://thehoneycombers.com/hongkong/best-vegan-vegetarian-restaurants-wan-chai-hong-kong-food-tasty/>). We've scouted out the best spots for you to grab your takeaway healthy salads, and unlike lettuce and tomato, their menus will delight your palate and fill your belly up!

Fresca



Fresca has over 10 salad options available and the menu varies daily (Credit: Fresca)

Fresca is a welcoming vegetarian cafe located in the heart of SoHo, Central and they're known for their generous portion sizes. They serve an amazing array of cold and warm salad, and their Goi Chay – aka Vietnamese vegetarian noodle salad – is mouthwatering. If you're into healthy sweets, give their gluten-free steamed muffins a try! You'll get a taste of neighbourly love in Fresca that can't be found anywhere else.

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



(<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/>)

MANA! Fast Slow Food



MANA! Fast Slow Food's box of assorted salad is fulfilling and high in protein (Credit: MANA! Fast Slow Food)

MANA! Fast Slow Food is one of the most popular vegan and vegetarian restaurants in Hong Kong. Most known for their oven-baked wraps spread with Za'atar, they also have five sumptuous salad choices every day, from smoky chickpeas to kale with cashew cream and roasted vegetables. Our top tip is to add a big dollop of hummus or baba ganoush on top of their quinoa, it's a perfect balance of smokiness and freshness!

MANA! Fast Slow Food (<http://thehoneycombers.com/hongkong/listing/mana-fast-slow-food/>), 92 Wellington Street, Central, Hong Kong, p. 2851 1611, 中環威靈頓街92號

Urban Bakery Works

Urban Bakery is a lovely cafe situated in Landmark. They offer six salads daily, including mostly vegan and vegetarian options that are all labelled, so you can see what exactly is in each. A small salad of three choices costs only \$60 but will you definitely have you full. We recommend their Spanish corn salad and roasted vegetables.

Urban Bakery Works (<http://thehoneycombers.com/hongkong/listing/urban-bakery-works/>), Shop 322, 3/F, The Landmark, 12-16 Des Voeux Road Central, Central, Hong Kong, p. 3565 4320, 中環皇后大道中15號置地廣場3樓322號舖

Veggi Monster



The quinoa and mushroom salad from Veggie Monster is zesty and satisfying

Veggi Monster is a rising vegan burger joint in Sheung Wan. Even though their burgers and wraps get most of press, their healthy and affordable salad boxes also deserve some recognition. Their salad menu varies every week, but look out for their fusilli salad with pumpkin sauce; it's divine!

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舖

Grassroots Pantry

Grassroots Pantry is the perfect casual dining spot for vegans and vegetarians who are looking for fabulous soul food and great ambience. Using organic and sustainable ingredients, their food guarantees you the quality and freshness. We're fans of their delectable GP Signature salad, as well as their ooey-gooey vegan almond fig tart.

Read more about Grassroots Pantry here (<http://thehoneycombers.com/hongkong/healthy-eating-hong-kong-vegetarian-vegan-gluten-free-food/>).

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

Nood Food



The colourful salad at Nood Food is packed full of flavours

Nood Food is located at Pure Yoga or Pure Fitness. You will find a diverse range of cold and warm salad upon entering the brightly-lit cafe, from vegetarian mixed beans and roasted pumpkins with pesto to tender chicken pieces and eggs. Their salad is nicely seasoned but not too over the top, making sure you can still taste the ingredients while getting enough flavours. Our favourite is their cold beetroot quinoa salad and warm roasted potatoes with garlic.

Read more about Nood Food here (<http://thehoneycombers.com/hongkong/juice-bars-hong-kong-get-cold-pressed-juice-fix/>).

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

Catch Juicery



The salad from Catch Juicery follows the principle of clean eating and uses minimal oil (Credit: Catch Juicery via Facebook)

Catch Juicery is a vegetarian salad and juice bar located in the heart of Central. They're most known for their tasty cold-pressed juice, as well as their refreshing and healthy salads such as kale and roasted sweet potatoes, and raw cakes with avocado and lime flavours. You can eat as much as you want without feeling guilty. It's a great location to kickstart your clean eating habit!

Read more about Catch Juicery here (<http://thehoneycombers.com/hongkong/juice-bars-hong-kong-get-cold-pressed-juice-fix/>).

Catch Juicery (<http://thehoneycombers.com/hongkong/listing/catch-juicery/>), G/F, 67 Wellington Street, Central, Hong Kong, p. 2567 3677, 中環威靈頓街67號地舖

Veggle Cafe

Veggle Cafe is a small restaurant located at the food court of E-Plaza in Kwun Tong. They serve a variety of vegan dishes, including brown rice burger, vegan Wellington and vegan tiramisu. For salad of the day, their teriyaki soba noodle salad with shiitake mushrooms has won the popular vote.

Veggle Cafe (<http://thehoneycombers.com/hongkong/listing/veggle-cafe/>), Shop G13A&15, E-Plaza, 7 Shing Yip Street, Kwun Tong, Hong Kong, p. 2456 3330, 香港觀塘成業街7號東廣場地下G13A及15號舖

SpiceBox Organics



The quinoa salad at SpiceBox Organics is seasoned with anti-inflammatory spices like turmeric and cumin

SpiceBox Organics is a health food store located in Mid-Levels and other spots in Hong Kong. It's a nice place for health-conscious peeps to do their grocery shopping and stock up their pantries with superfoods and condiments. Offering a selection of fresh food items, such as vegan lasagne and baked samosas, the salads at SpiceBox Organics are also not to be missed. Definitely light, tangy and filling!

Read more about 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

Passion by Gerard Dubois



The couscous and beetroot salad at Passion by Gerard Dubois is delicious (Credit: Passion by Gerard Dubois via Facebook)

Passion by Gerard Dubois is a traditional French cafe in Wan Chai. Their salad has gained a huge fan following, including omnivores and vegetarians. Also serving a myriad of grilled sandwiches, confectionery and French pastries, the cosy environment is perfect for friends to catch up, or for college students to catch up with their uni work.

Passion by Gerard Dubois (<http://thehoneycombers.com/hongkong/listing/passion-by-gerard-dubois/>), Shop 1, G/F, 74-80 Johnston Road, Wan Chai, Hong Kong, p. 2529 1311, 灣仔莊士敦道74至80號地下1號舖

Looking for places to kickstart your fitness goals? Check out these independent fitness studios (<http://thehoneycombers.com/hongkong/independent-fitness-studios-hong-kong/>) **in Hong Kong, sign up to get your stretch on at the best yoga studios** (<http://thehoneycombers.com/hongkong/yoga-studio-class-hong-kong-wellness-health-exercise-stress/>) **or head outdoors on these beautiful hiking trails** (<http://thehoneycombers.com/hongkong/hiking-hong-kong-nature-scenery-fitness/>).

LATEST STORIES



Stock your shelves at these health food stores



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