



Restaurant Search

China - Hong Kong

June 2016

This research was done for a 3 day trip at the end of 2015 and has had some updates in 2016, but please note this list will not be maintained. Hopefully it will get you started with your trip planning - I think I was so worried about eating in Hong Kong that I spent more time on this research than I actually spent being there!

I did not eat at most of these places, so as always, make your own enquiries first.

Tips:

- Always ask to have food cooked without soy sauce and MSG
- Always go for plain boiled rice
- Translation cards - you are advised to take both Mandarin and Cantonese. Mandarin is the official language of China, but Cantonese is spoken by a large percentage of people in Hong Kong.
- To get more up to date information, I suggest you join the Facebook group 'Gluten Free in Hong Kong'

For my experiences, please see the link below:

<http://thecoeliacplate.com/hongkong-glutenfree>

Please see the disclaimer at the end of the document.

Area	Restaurant	Address	Comments /websites
Causeway Bay	Pizza Express	12/F, Times Square 1 Matheson Street, Tel: 2506 0688 (also in Millenium city)	Often have GF Pizza bases and have a 'gluten friendly' menu (not available online). Check with staff, but all but Liguria and Peking duck toppings should be GF. http://pizzaexpress.com.hk/
Causeway Bay	Little Burro	125 Leighton Road Tel: Tel: 2336 3909	You can have a burrito in a bowl without the wrap. 7 days early until late. http://www.little-burro.com/
Causeway Bay	La Creperie	8/F, The L Square, 459-461 Lockhart Rd. Tel: +852 2898 7123 exit C of Causeway bay MTR	Buckwheat crepes (galettes) available. Has a GF page on the menu. (Also has cider!) http://www.lacreperie.com.cn/
Causeway Bay	Pret A Manger	Shop No. G12, G/F, Lee Gardens Two,	A number of soups and salads are gluten free. Check in store or look online, under 'see

		28 Yun Ping Road	recipe' for more information. http://www.pret.hk/en-gb/
Causeway Bay	Outback Steakhouse	2/F JP Plaza, 22-36 Paterson Street exit E of Causeway bay MTR	Have seen on social media people having a steak, baked potato and salad. http://www.outback.com.hk/
Causeway Bay	Nature's Village	Elizabeth House 250 Gloucester Rd	Supermarket. May have some GF options. http://www.naturesvillage.com.hk/
Causeway Bay	Cali-Mex Taqueria	9 Pennington Street	From website 'Our gluten free corn tortillas are now being rolled out fresh from our kitchens! You can now order our fresh corn tacos with all of our usual delicious fillings. Choose between soft or crispy corn tacos.' Just check for any meat marinated in soy sauce (angus steak & chicken breast known to contain this). 7 days until late cali-mex.com/
Causeway Bay	Din Tai Fung	Shop G3-11, G/F, 68 Yee Wo St	Dumpling house. Allergy menu available (wheat, egg, MSG etc.) http://www.dintaifung.com.hk/
The Peak, Victoria Gap	Bubba Gump Shrimp Co.	Level 3 128 Peak Road, The Peak (can get there by the peak tram or by road)	They have a gluten free menu, but it is not available online (or advertised out the front). http://www.bubbagump.com/locations/hong-kong/
Soho, Central	Life Café	40 Shelley Street	Unfortunately this café closed at the end of 2015. http://www.lifecafe.com.hk
Soho, Central	Castello	38 Elgin Street	Hong Kong's first Paleo Italian. GF marked on menu. 11.30am until late 7 days. http://www.castellorestaurant.com.hk/
SoHo	27 Kebab House	27 Hollywood Road	Check with staff, but most options GF (not kofta). Open late - good option when other places are closed.
Soho	Little Burro	Near escalator on 30 Hollywood Road	You can have a burrito in a bowl without the wrap. 7 days early until late. http://www.little-burro.com/
SoHo/Central	Nood Food SoHo	2/f Kinwick Centre, (under Pure Fitness) 32 Hollywood Road, Tel: 8199 8189.	Healthy food, mostly organic. Several salad options naturally GF. Non GF sandwiches. Snacks available like kale chips, nuts & seeds. Takeaway or eat-in. Ingredients listed online. www.allnood.com/food/ (in English)



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SoHo (Causeway?)	Green Waffle	Shop 3 Kar Ho building 35-39 Graham Street Tel: 2887 9991	Western Style vegetarian breakfast diner. GF waffles made with buckwheat flour (separate waffle iron) and egg based dishes. Fruit salad. Good breakfast option. Closed Mon. Hours from TripAdvisor: Tue - Fri 11:00 - 23:00 Sat 9:00 - 23:00, Sun 9:00 - 18:00 www.facebook.com/pages/Green-Waffle-Diner/
Soho	Cali-Mex Taqueria	11 Staunton Street (near escalators)	From website 'Our gluten free corn tortillas are now being rolled out fresh from our kitchens! You can now order our fresh corn tacos with all of our usual delicious fillings. Choose between soft or crispy corn tacos..' Just check for any meat marinated in soy sauce (angus steak & chicken breast known to contain this). 7 days until late cali-mex.com/
Central	Nature's Village	36 Lyndhurst Terrace	Supermarket. May have some GF options (eg Amy's biscuits). 7 days, open late. http://www.naturesvillage.com.hk/
Central	Sweet Secrets	35 Graham St Tel: 2575 6228	Some GF cupcakes available, but made in normal bakery. May have GF crackers available. www.sweetsecrets.com.hk
Central	Mana! Fast slow food	92 Wellington St Tel: 2851 1611	Caters for vegans, vegetarians & other allergies. Flat bread with fillings or a salad box. Apparently all toppings GF. GF on menu but note cannot be guaranteed due to very small shared kitchen. (NB have seen comments on social media that the same boards are used to make GF and no GF wraps so use caution!) Take away or eat in (no booking required) Open 7 days 10am-10pm www.mana.hk/ (in English)
Central	Mana! Raw Wild juicery	97 Wellington St +852 2259 5125	7 days 8am-8pm www.mana.hk/raw/
Central	Posto Pubblico	28 Elgin Street Tel: 2577 7160	All pastas have a GF option.
Central	Bombay Dreams	4/F, 77 Wyndham Street	They can make GF naan from chickpea flour. www.diningconcepts.com/BombayDreams
Central	Mimi2Go	15 Old Bailey St Tel: 2786 9228	Korean. Possibly has GF fried chicken. Rice rolls, bulgogi. All sauces made in house.
Central	Simply Life Café	Shop B32, Basement, Landmark Atrium,	Has some GF salad options. Mon - Sat 07:30 - 20:00, Sun & PH

		Tel. +852 2978 3929 Also other locations	08:30 - 20:00 www.simplylife.com.hk/
Central	Simply Life Foodplace	Shop 6, LG/F, Citibank Plaza, Tel. +852 2537 9190	Not sure if same as Café (above)? Mon - Fri 07:30 - 20:30, Sat 08:30 - 17:30 SUN & PH Closed www.simplylife.com.hk/
Central	Urban Bakery Works	Shop 322, 3/F, Landmark Atrium, 15 Queen's Road Tel: 3565 4320	Salad options (also salad bar in Oliver's supermarket).
Central	Four Seasons Hotel - Lounge & Blue Bar	8 Finance St	Dinner (eg spanner crab risotto) and desserts available GF. GF pasta and bread available. www.fourseasons.com/hongkong
Central	Brickhouse	G/F, 20A D'Aguilar Street	Mexican. Sassy reported that they can cater for gluten intolerance (eg nachos, tacos), but a person on HK FB was told nothing available mid June 2015. Their FB page at end of May had a GF chilli spiked chocolate cake. Named best Restaurant HK in Tatler awards. www.facebook.com/brickhousehk
Central	Cali-Mex Taqueria	7 Lan Kwai Fong 71 Wellington St	From website 'Our gluten free corn tortillas are now being rolled out fresh from our kitchens! You can now order our fresh corn tacos with all of our usual delicious fillings. Choose between soft or crispy corn tacos.' Just check for any meat marinated in soy sauce (angus steak & chicken breast known to contain this). 7 days until late cali-mex.com/
Central	Pret A Manger	MTR Central Station Citibank Plaza, 3 Garden Road Landmark Atrium 15 Queens Road IFC mall level 1, Shop 1015, 8 Finance Street	A number of soups and salads are gluten free. Check in store or look online, under 'see recipe' for more information. http://www.pret.hk/en-gb/
Central	City'super	IFC mall level 1, Shops 1041-1049, 8 Finance Street	Supermarket. See website for other locations www.citysuper.com.hk
Central	IPC Food Lab	36A Caine Rd, Mid levels	

Tel: 2810 6083

Central	Oliver's Deli	Shop 201-205, Prince's Building 10 Chater Road Tel: 2810 7710	Supermarket
Central	Ho Lee Fook	1 Elgin St Tel: 2810 0860	Chinese style food. Ask and they will prepare dishes GF. Dinner for two around \$800. http://holeefook.com.hk
Sheung Wan	Dandy's Organic Café	Ground Floor, 108 Jervois Street Tel: 2815 8221	East & West recipes, organic. Specialises in GF and other special diets. Eg chicken pasta, salad with beetroot, sea bass fillet, cake. Menu lists ingredients. Can book & get take-away. www.facebook.com/dandysorganiccafe
Sheung Wan	27 Kebab House	25 Mercer Street, Tel: Tel: 2795 2727	See under SoHo.
Sheung Wan	Little Burro	1 Upper Station Street Tel: 2547 8821	You can have a burrito in a bowl without the wrap. 7 days early until late. http://www.little-burro.com/
Sheung Wan	Cali-Mex Taqueria	77 Wing Lok St	From website 'Our gluten free corn tortillas are now being rolled out fresh from our kitchens! You can now order our fresh corn tacos with all of our usual delicious fillings. Choose between soft or crispy corn tacos..' Just check for any meat marinated in soy sauce (angus steak & chicken breast known to contain this). 7 days until late cali-mex.com/
Sheung Wan	Pret A Manger	The Center Shop No. 1, 1/F, The 99 Queens Road, Nan Fung Tower, Shop No. G-6, G/F, 88 Connaught Road, Central	A number of soups and salads are gluten free. Check in store or look online, under 'see recipe' for more information. http://www.pret.hk/en-gb/
Sheung Wan	Noodle Mi	2 Bonham Strand E, 2253 1113 Also in Aberdeen.	Vietnamese noodle bar for casual meal - GF pho, soup, etc. Almost all menu GF including noodles. Contains Wheat symbol marked on menu. Mon-Sat 11.30am-10pm, Sun 12pm-9.30pm http://noodle-mi.com/
Sheung Wan	La Creperie	G/F, 69 Jervois Street Tel: 2679 4666	Buckwheat crepes (galettes) available. (& cider!) Can't find opening hours. http://www.lacreperie.com.cn/



Sheung Wan	Kinnet Café	LG -3/F, No. 33 Hillier Street	Part of a wellness centre. GF options. 7.30am-9.00pm. Closed Sunday and public holidays. www.thekinnet.com/en/
Wan Chai	La Creperie	1/F, Kui Chi Mansion, 100-102 Queen's Road East Tel: 2529 9280	Buckwheat crepes (galettes) available. (& cider!) Can't find opening hours. http://www.lacreperie.com.cn/
Wan Chai	Life Café - take away deli	50 C Johnson Rd. (across from OVO on Ship Street) Tel: 25277588	See information under Soho
Wan Chai	Cali-Mex Taqueria	25 Queen's Rd E	From website 'Our gluten free corn tortillas are now being rolled out fresh from our kitchens! You can now order our fresh corn tacos with all of our usual delicious fillings. Choose between soft or crispy corn tacos.' Just check for any meat marinated in soy sauce (angus steak & chicken breast known to contain this). 7 days until late cali-mex.com/
Sai Ying Pun (west of 4 seasons)	The Awakening	1-6 Ying Wa Tce 63 Centre Street Tel: 2858 0005	Paleo / clean eating (eg grass fed meats, vegetable dishes). Burger with GF bun available. Claims to be gluten free & sugar free, but has a barley risotto on menu. Other than that looks like good options if the bread is GF. Tues-Fri 12-3,6-10 Sat & Sun 11:30-3, 6-10 http://www.theawakeninghk.com/
Sai Ying Pun	Grassroots Pantry	12 Fuk Sau Ln, Tel: 2873 3353	Organic vegetarian 90% menu either GF or adaptable to GF. Meals and desserts. (online menu not marked GF). Nice casual space. Tues-Sat 12:00-15:00 & 18:00-22:00, Sun 10:00-16:00 (Brunch) & 18:00-22:00, Mon Closed http://www.grassrootspantry.com/home/
Sai Ying Pun	Prune Organic Deli & Workshop	14 Fuk Sau Lane	Sister café to Grassroots Pantry. Vegan/vegetarian/raw with some GF options eg salads, scrambled eggs, cakes NB GF Oats used. Eat in (communal table) or takeaway. \$50-\$90 for b/fast or lunch options. Tues-Fri 7:30-17:30 // Sat-Sun-PH 8:30-17:30 // Mon Closed https://www.facebook.com/prunedeliworkshop
Sai Ying Pun	Locofama	9-13 Fuk Sau Ln Tel: 2547 7668	Paleo, organic. Doesn't look 100% paleo - linguini, miso etc. Prob only good for a salad. http://www.locofama.com/



Sai Ying Pun	Urban Health Pop up Kitchen	Open Door Café & Courtyard G/F 120 Connaught Road West,	GF pop up restaurant. See FB for details - Urban-Health-Pop-up-Kitchen
Sai Ying Pun	Cali-Mex Taqueria	48 High Street	From website 'Our gluten free corn tortillas are now being rolled out fresh from our kitchens! You can now order our fresh corn tacos with all of our usual delicious fillings. Choose between soft or crispy corn tacos..' Just check for any meat marinated in soy sauce (angus steak & chicken breast known to contain this). 7 days until late cali-mex.com/
Kwun Tong	Pizza Express	Kwun Tong: Shop L1-1, Level 1, APM Millennium City 5, 418 Kwun Tong Road. Tel: 2389 1916	See note under Causeway bay.
Kowloon	Shangri-La Hotel Tapas Bar	64 Mody Road, Tel: 2733 8756	Large selection of GF items marked on menu.
Kowloon, 2779	Ali Oli Bakery	Shop 201, One Pacific Centre 414 Kwun Tong Road,	Not 100% GF, but has GF cookies, bread, pasta - 2 day advance order. http://www.alioli.com.hk/
Kwun Tong, Kowloon	Pret A Manger	Manulife Financial Centre Shop No. 5, 1/F 223-231 Wai Yip Street	A number of soups and salads are gluten free. Check in store or look online, under 'see recipe' for more information. http://www.pret.hk/en-gb/
Kowloon (Eastern)	Outback Steakhouse	Shop 3 A, Ground Floor, Site 4, Whampoa Garden, Hunghom	Have seen on social media people having a steak, baked potato and salad. http://www.outback.com.hk/
Tsim Sha Tsui East	Outback Steakhouse	Shops 23-28, Upper Ground Floor, TST Centre, 66 Mody Road, MTR, use Exit P1 at the East Tsim Sha Tsui MTR.	Have seen on social media people having a steak, baked potato and salad. http://www.outback.com.hk/
Tsim Sha Tsui, Kowloon	Pret A Manger	Elements, Shop 1031, 1/F 1 Austin Road West	A number of soups and salads are gluten free. Check in store or look online, under 'see recipe' for more information. http://www.pret.hk/en-gb/
Tsim Sha Tsui, Kowloon	Din Tai Fung	Miramar Shopping Centre Shop No.4F, 132	Dumpling house. Allergy menu available (wheat, egg, MSG etc.) http://www.dintaifung.com.hk/



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		Nathan Road Silvercord, Shop 306 30 Canton Rd	
Tsim Sha Tsui East, Kowloon	The Market at Hotel Icon	17 Science Museum Road Tel: 3400 1000	Different sections for different cuisines. GF bread available. Rice noodle dishes, GF muesli. http://www.hotel-icon.com/
Tsim Sha Tsui, Kowloon	The Peninsula Hotel	19-21 Salisbury Road Tel: +852 2920 2888	Guests are looked after for gluten free and visitors can also have a gluten free afternoon tea. http://hongkong.peninsula.com/en/default
Tsim Sha Tsui, Kowloon	Greenwoods Raw Cafe	13/F, 2 Carnavon Road, Tel: 3428 2416	GF options as largely fresh ingredients. http://www.lifeflowhk.org/ (not easy to navigate - mostly in Chinese)
Quarry Bay	Simply Life Café	G/F, Dorset House, Taikoo Place, Tel. +852 3691 9916	Has some GF salad options. Mon - Sat 07:30 - 21:00, Sat & Sun 08:30 - 18:00 PH closed. http://www.simplylife.com.hk/
Quarry Bay	Mr & Mrs Fox	23 Tong Chong St Tel: +852 2697 8500	Western style food. Have a gluten free menu on request, but not online. http://www.mrmrsfox.com/en/default
Quarry Bay	Cali-Mex Taqueria	13 Tong Chong St	From website 'Our gluten free corn tortillas are now being rolled out fresh from our kitchens! You can now order our fresh corn tacos with all of our usual delicious fillings. Choose between soft or crispy corn tacos.' Just check for any meat marinated in soy sauce (angus steak & chicken breast known to contain this). 7 days until late cali-mex.com/
Wan Chai	Maya	5 Moon Street (open air spot) Tel: 2529 3319	Mediterranean inspired raw food, vegetarian/vegan. Eg baked ratatouille with goats cheese, frittata, salads, zucchini (courgette) 'pasta', cakes, juices. NB Oats are used. Eat in for lunch or dinner. Most GF option are on lunch menu. https://www.facebook.com/MayaCafeMediterraneanLifestyle
Wan Chai	Le Bistro Winebeast	15 McGregor St	French. Most things GF except bread and ravioli. Small restaurant, so bookings recommended. Lunch & dinner. Closed Mondays. www.wine-beast.com
Wan Chai	Nature's Village	First Floor Tai You Plaza 181 Johnston Road	Supermarket. May have some GF options. http://www.naturesvillage.com.hk/



Wan Chai	Pret A Manger	Harbour Centre Shop 111-113, 1/F, 25 Harbour Road GardenEast, Shop No 1, G/F, 222 Queen's Road East	A number of soups and salads are gluten free. Check in store or look online, under 'see recipe' for more information. http://www.pret.hk/en-gb/
Aberdeen (southern tip of HK island)	Choice Healthy Foods	7/F BT Centre, 23 Wong Chuk Hang Road Tel: 2677 7808 Also have been at Sai Kung Sunday market.	100% GF bakery made to order. Specialises in GF & sugar free. http://www.choicehealthyfoods.com/
Admiralty	Great Food Hall	Basement, Two Pacific Place, 88 Queensway, Tel: 2918 9986	Supermarket
Admiralty	Pret A Manger	MTR Admiralty Station Lippo Centre Shop No 2AA and 2AB, 1/F, 89 Queensway Three Pacific Place Shop 1 & 2, Level B3, 1 Queen's Road East	A number of soups and salads are gluten free. Check in store or look online, under 'see recipe' for more information. http://www.pret.hk/en-gb/
	The Cake Minstrel	Island East Markets and have been at Discovery Bay markets.	GF Cake stall - see website for market details. www.thecakeminstrel.com

If you find any errors or would like to add a listing, please email:
info@thecoeliacplate.com.



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