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ISSUE 10
Fall / Winter 2024

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第10期 2024年秋冬季刊

Cover photo courtesy of Maxim's Group

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出版社 Publishing Company
天然生活市場推廣及公關有限公司
Go Natural Marketing & PR Co Ltd

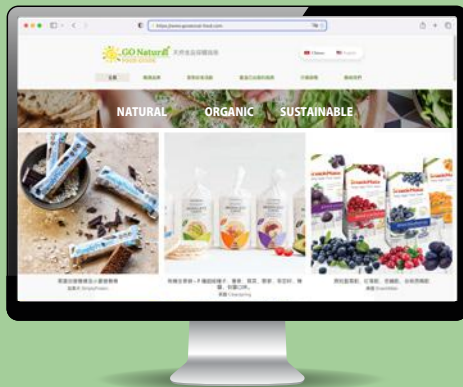
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下次出版日期

第11期 2025年春夏季刊

2025年4月出版

NEXT ISSUE

ISSUE NO. 11 SPRING / SUMMER 2025

APRIL 2025



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專題 FEATURE



留港消費吃甚麼？香港大把好嘢食！

香港味・新發現

自從疫情解封以來，香港人紛紛在週末北上消費，長假期則選擇前往日本旅遊。此外，隨著外來遊客數量減少，港人外遊的數量遠高於入境遊客，這加快了中高價餐廳的關閉潮。根據Openrice的資料，今年5月至7月間，共有1,018間餐廳結業，而新開張的餐廳僅為954間，相信「執10間，開16間」的說法，應該並非指餐飲業。

香港餐飲業正面臨前所未有的挑戰，但大家可曾想過，我們的城市其實蘊藏著無數美食寶藏？越來越多本地食肆、廚師大力支持「Farm to Table」理念，以本地最自然、最地道農作物融入美饌，為市民大眾呈現最真實的香港味道。從米芝蓮星級餐廳到快餐店，都在努力創新，將傳統與現代完美融合。

現在，讓我們一同探索香港餐飲的無限可能。支持本地餐廳，不僅能享受美食，更能為香港的飲食文化注入新的活力。

WHAT TO EAT WHILE STAYING IN HONG KONG?

Discover the City's Best Bites and Hidden Culinary Gems

As pandemic restrictions have lifted, Hong Kong residents are increasingly traveling abroad, particularly to nearby destinations like Japan. This shift, along with a decline in incoming tourists, has resulted in a noticeable downturn for mid to high-end restaurants. According to Openrice data, between May and July alone, 1,018 restaurants closed, while only 954 new ones opened—marking a significant departure from the usual trend.

Critics argue that Hong Kong's dining scene struggles to compete with other regions in terms of price, quality, and innovation. However, the reality tells a different story. An increasing number of restaurants, from Michelin-starred establishments to fast-food chains, are embracing local ingredients and crafting diverse, seasonal dishes. So, does Hong Kong truly lack quality cuisine, or have we simply overlooked its hidden culinary gems?

Now is the perfect time to explore the rich and varied offerings of Hong Kong's food scene. Uncover creative dishes that turn each bite into a flavorful adventure. By supporting local restaurants, you not only indulge in exceptional meals but also contribute to the revitalization of Hong Kong's vibrant food culture.



李師傅以青皮大冬瓜，炮製經典的八寶鮮鮑魚花膠冬瓜盅。

Chef Li utilizes Green-Skin Winter Melons from their Fanling farm to create the classic Eight Treasure Double-Boiled Whole Winter Melon Soup with Fresh Abalone and Fish Maw.



兩年前，李師傅與明閣廚藝團隊在粉嶺「復耕者聯盟」農場開始自種白蘿蔔及冬瓜，炮製期間限定菜式，實現「農場到餐桌」的理念。李師傅與O-farm創辦人葉子盛（左）一起收割本地青皮大冬瓜。

Two years ago, Chef Li started a farm-to-table initiative at O Farm in Fanling, growing turnips and Green-Skin Winter Melons for seasonal dishes. Pictured with farm owner Yi Tsz-shing (left), Chef Li harvests these melons, essential to his menu.



明閣中菜行政總廚李悅發師傅自小在廣東開平長大，曾在鄉間耕田。後移居香港，因自小已愛下廚，便決定試試廚師職業，一做便二十多年，一步一步成為明閣總廚。

Chef Li Yuet Faat, the executive chef at Ming Court, has a deep-rooted connection to the land. Growing up in Kaiping, Guangdong, he spent his childhood farming in the countryside before moving to Hong Kong, where his passion for cooking led him to pursue a culinary career. Over two decades later, Chef Li now leads the kitchen at Ming Court, a Michelin-starred Cantonese restaurant at the Cordis Hotel, Hong Kong.

明閣 MING COURT

香港康得思酒店粵菜食府明閣，連續十六年榮獲米芝蓮美食指南星級殊榮。近年來，餐廳以多款本地特產食材為主題，設計地道美味菜式。其中，李師傅及其團隊利用在粉嶺農場自家種植的冬瓜，夏季時製作多款消暑涼菜，入冬時白蘿蔔則用來製作賀年蘿蔔糕。此外，又選用西貢榕樹澳漁場的新鮮青龍蝦和圓眼燕魚、石澳手工醃製的梅菜芯、公和豆品廠的手工豆腐，還有陳明記粉麵和南丫島的天然生曬海味等融入菜式，充滿本土風味，並巧妙地展現粵菜的精緻。

Ming Court has been awarded Michelin star honors for sixteen consecutive years. In recent years, the restaurant has designed authentic and delicious dishes centered around various local specialty ingredients. Among them, Chef Li and his team utilize Green-Skin Winter Melons grown on their farm in Fanling to create a variety of refreshing summer dishes, while in winter, they use white radishes to make festive turnip puddings. Additionally, they feature fresh lobster and batfish from Sai Kung Yung Shue O's aquafarm, handcrafted Shek O's pickled Chinese cabbage pith, tofu from Kung Wo Beancurd Factory, premium noodles from the century-old Chan Ming Kee, as well as naturally sun-dried seafood from Lamma Island, all of which add a local flavor and cleverly showcase the delicacy of Cantonese cuisine.



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1&2 菜式避風塘本地軟殼龍蝦來自位於西貢榕樹澳「優質養魚場計劃」的仝國水產。仝國水產創辦人林汶禧 (中)。**3&4** 以自家種植的本地蘿蔔製作賀年鮑魚瑤柱臘味蘿蔔糕。

1&2 The dish "Local Soft Shell Lobster, Stir-Fried in Garlic and Chilli" come from Aqua Millenium, a local seafood supplier under the "Accredited Fish Farm Scheme." Aqua Millenium Founder Monique Lam (centre). **3&4** Making New Year's turnip pudding with locally grown turnips, abalone, and dried scallops.



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不同冬瓜品種的特色

黑皮冬瓜

黑皮冬瓜是市面上最常見的長身墨綠色冬瓜，與青皮大冬瓜容易混淆。兩者皆為廣東著名特產，但瓜肉更為結實，身形修長且均稱，體形稍小，更方便運輸及儲存。因此，黑皮冬瓜已完全取代青皮冬瓜在市場上的地位。其味道清爽，不易煮爛，適合紅燒或製作冬瓜盅。然而，為了節省成本及便於運輸，市面上大多數黑皮冬瓜重約十斤或八斤，通常是未成熟的小瓜，瓜核尚未形成，因而味道較淡，有時甚至帶有酸味。

白皮冬瓜

白皮冬瓜圓圓胖胖，亦是廣東的傳統品種，來源於江門一帶。白皮冬瓜就愈老愈白，口感滑嫩，最容易煮燉，用來炆火腩快熟又吸汁。如果白皮冬瓜未成熟，則不會「上粉」。

青皮冬瓜

以往青皮冬瓜是市場主流，體型碩大，常重達三四十斤，口感與味道俱佳。然而，隨著老農逐漸退休，青皮冬瓜已成為珍品。本地農民所留的冬瓜品種變得更為短壯，儘管成長至三四十斤，卻僅有兩呎多長，呈水桶狀。煲湯炆煮兩皆宜，味道口感俱佳，瓜香滿滿。

迷你冬瓜

迷你冬瓜僅重3至5斤，份量不會太多，特別適合用來製作冬瓜盅。

CHARACTERISTICS OF DIFFERENT VARIETIES OF WINTER MELON

Black-Skin Winter Melon

The black-skin winter melon is the most common variety on the market. It has a long, dark green body, often mistaken for the green-skin variety. Both are renowned in Guangdong, but the black-skin winter melon has firmer flesh, a more uniform shape, and is slightly smaller, making it easier to transport and store. Due to these advantages, it has largely replaced the green-skin winter melon in the market. Its refreshing taste and ability to hold its texture when cooked make it ideal for braising or winter melon soup. However, most black-skin winter melons available today weigh around 8 to 10 pounds and are often immature, leading to a milder, sometimes slightly sour flavor.

White-Skin Winter Melon

The white-skin winter melon is round and plump, a traditional variety from Guangdong, particularly the Jiangmen area. As it matures, its skin becomes whiter, and the flesh becomes smooth and tender, making it perfect for quick cooking. It absorbs flavors well when braised with fatty pork. If not fully mature, the white-skin winter melon will lack its characteristic powdery coating.

Green-Skin Winter Melon

Once the mainstream variety, green-skin winter melons were known for their large size, often weighing 30 to 40 pounds, with excellent taste and texture. However, as older farmers retire, this variety has become rare. The remaining green-skin melons tend to be shorter and sturdier, still capable of reaching 30 to 40 pounds but with a barrel-like shape. They are ideal for both soups and braising, offering a rich flavor and strong melon aroma.

Mini Winter Melon

The mini winter melon, weighing just 3 to 5 pounds, is particularly suited for making winter melon soup. Its smaller size makes it convenient for individual or small family portions.



本地三黃雞： 搭配Sweet Jean甜玉米、旱金蓮及由烤骨頭和脂肪製成的香濃醬汁。

Local Three-Yellow Chicken: Served with Sweet Jean sweetcorn, preserved nasturtium, and a rich sauce made from roasted bones and fats.



蒔蘿鹽水生菜： 迷你羅馬生菜以蒔蘿鹽水調味及烘烤，佐以發酵辣根和松露。

Dill Brined Lettuce: Baby gem lettuce seasoned with dill brine, roasted, and enhanced with fermented horseradish and truffle.

ROGANIC HONG KONG

米芝蓮一星及米芝蓮綠星餐廳Roganic Hong Kong，這是英國大廚Simon Rogan的首家海外同名餐廳。餐廳崇尚自然與有機理念，提倡產地直送的概念，大量使用來自新界農場的有機食材，同時在市區有一迷你天台農場，供應可食用花卉和香草供菜餚使用。

餐廳將於9月15日關閉，並計劃於11月至12月搬遷至香港島的新址。同時，Simon Rogan的另一家概念餐廳Aulis Hong Kong也將暫停營運，預計於2025年在新址重新開業。

為了向過去五年的經典菜式致敬，餐廳將於8月27日至9月15日期間推出“Best Of Roganic Hong Kong Tasting Menu II”，可一不可再。

Roganic Hong Kong, founded by Simon Rogan, is renowned for its farm-to-table approach to British cuisine and its commitment to sustainable gastronomy. This one Michelin Starred and Michelin Green Starred restaurant emphasizes direct sourcing, using organic ingredients from New Territories farms and herbs and edible flowers from its rooftop mini farm.

The restaurant will close its Sino Plaza location in Causeway Bay on September 15, 2024, ahead of its relocation on Hong Kong Island later this year. Aulis Hong Kong, Rogan's chef's table concept, will also close and reopen in 2025. Further details will be announced closer to the relaunch.

To celebrate its culinary journey, Roganic will offer the “Best Of Roganic Hong Kong Tasting Menu II” from August 27 to September 15, featuring a selection of its most iconic dishes.

1 本地風乾鴨肉：鴨肉在店內經過14天風乾熟成和烘烤才供應 **2** 無酒精飲品 **3** 主廚Adam Catterall

1 Hop Wo Ho Poultry's Duck is aged in-house for 14 days before serving. **2** The restaurant's non-alcoholic beverage pairing showcases this ethos, utilizing surplus and unused kitchen ingredients. **3** Head Chef Adam Catterall, a founding member of Roganic since its 2019 opening and head chef since 2023, leads the kitchen with a focus on sustainability.

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LEELA

Leela是新派印度餐廳，由米芝蓮一星印度餐廳Chaat前主廚Manav Tuli主理，加入不同的創作元素，食材方面除了選用印度原產認證有機和非基因改造香料、扁豆和小米等外，還支持本地漁農產品，蔬菜來自本地有機農莊Farmhouse Productions、可持續海鮮來自本土養殖 Hong Kong Aquaculture、優質本地豬肉來自華記農場。

Leela is a modern Indian restaurant led by Manav Tuli, the former head chef of the Michelin-starred Chaat. The restaurant blends creativity with a strong commitment to quality, using certified organic and non-GMO spices, lentils, and millet from India, while also supporting local agriculture and aquaculture. Ingredients include organic vegetables from Farmhouse Productions, sustainable seafood from Hong Kong Aquaculture, and high-quality local pork from Wah Kee Farm.

1 豆腐南瓜蔬菜 **2** 紅菜頭慢煮牛尾咖喱 **3** 印度雞肉咖喱抓飯 **4** 蜜汁芝麻豬肋骨 **5** Leela總廚兼創辦人Manav Tuli - 曾於香港瑰麗酒店擔任印度餐廳Chaat的主廚，帶領團隊贏得米芝蓮一星評級、《黑珍珠餐廳指南》鑽石評級以及《Tatler Dining》香港20大最佳餐廳等獎項 **6** 餐廳由著名室內設計師及建築師傅厚民（André Fu）與Manav攜手打造，讓客人仿佛置身於印度色彩斑斕的迷人世界

1 Dahi Kaddu Bhaji - A tofu and pumpkin vegetable dish **2** Chakundar Oxtail Gosht - A flavorful beetroot oxtail curry **3** Chicken Rice Pulao - Aged basmati rice, succulent chicken thigh, bell peppers, and local tomatoes **4** Honey Sesame Pork Ribs - Tender pork ribs with a sweet and savory glaze **5** Executive Chef and Founder, Manav Tuli previously led Chaat at Rosewood Hong Kong, earning accolades such as a Michelin One Star, a diamond rating from the Black Pearl Restaurant Guide, and a spot among Tatler Dining's Top 20 Restaurants in Hong Kong **6** Designed by renowned restaurant interior designer André Fu Studio and Manav, creating an enchanting world filled with the vibrant colors of India

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基圍蝦千層酥：以真空慢煮的方法製成，再鋪上意大利小黃瓜茄子泥和話梅醬汁，外層為酥脆的春卷皮，口感千層；伴碟的是以自家製蝦米油的蝦米蛋黃醬。廚房團隊更利用提煉蝦米油後的蝦米製成蝦鬆，實踐零廚餘的低碳烹調理念。

Jinga Shrimp Mille Feuille: A layered dish featuring jinga shrimp tartare, eggplant, salty plum jam, and a crispy spring roll wrapper, served with aioli infused with homemade Hai Mei oil.



CAFE BAU

Cafe Bau 由米芝蓮三星名廚「廚魔」梁子庸 (Alvin Leung) 和主廚陳嘉賢主理，餐廳九成以上食材來自香港，都是主廚翻山涉水尋訪得來。部分本地食材包括：鴻運農場平原雞、元朗香港家豬、流浮山蠔、Aqua Green 蔬果、二澳米、林村蜜蜂王蜜糖、上環聯記號菇菌、八珍甜醋、美珍醬園、上環永利威玫瑰酒等。Cafe Bau以香港的區花洋紫荊 (Bauhinia) 為靈感，雖然是食Fine Dining，但充滿本土情懷。

Cafe BAU, helmed by Michelin three-star chef Alvin Leung, also known as the “Demon Chef,” and head chef Chan Ka-hin, is committed to sustainability, sourcing over 90% of its ingredients locally. Notable local ingredients include Ping Yuen Chicken from Hung Wai Farm, Hong Kong Heritage Pork, oysters from Lau Fau Shan, AquaGreen produce, Yi O rice, Lam Suen honey, Luen Kee Hoo mushrooms, Patchun sweet vinegar, Mee Chun soy sauce, and aged rose liquor from Wing Lee Wai.

Inspired by Hong Kong's regional flower, the Bauhinia, Cafe Bau offers a fine dining experience that honors local culinary traditions.

1 時令蔬菜撻：本地南瓜配以芝士奶蓋及鹹蛋黃碎造的醬調味 **2** 生牛肉他他：用本地仙姑牛製成配自家製紫薯片 **3** 為了突出本地食材的原味，Alvin (中) 強調調味不宜太濃，醬汁相對少 **4** 使用美珍醬園傳統的天然生曬方法釀造而成的頂級豉油

1 Root Vegetable Tarte Tartin **2** Oxen Tartare: Lau Fau Shan Oyster Saboyon with House-made Potato Chips **3** Chef Alvin (center) emphasizes light seasoning and minimal sauce to preserve the natural flavors of local ingredients **4** Using the top-quality soy sauce brewed using the traditional natural sun-drying method of Mee Chun Canning Co.



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1



2



4



3

素年 YEARS

素是年逆市奇吧，太古城新店剛於八月上旬開業。從2019年深水埗第一間店到現在五間同系餐廳，一直主打純素菜式，並加入更多本地有機蔬菜，提供日式、西式、泰式等不同風格的素食菜式。

YEARS has made a significant impact in Hong Kong's dining scene, expanding from its first location in Sham Shui Po in 2019 to five branches, with the latest opening in Taikoo City in August. Specializing in vegan cuisine, the restaurant emphasizes the use of local organic vegetables and offers a diverse menu featuring Japanese, Western, and Thai-inspired dishes.

1 台式五行藥膳淮山稻庭湯烏冬餃子定食 **2** 本地有機秋葵牛油果紫糯米沙律 **3** 十九幾種蔬菜有機本地野菌全日早餐 **4** 田園本地有機莧菜青醬薄餅 **5** 餐廳裝修走日系簡約風，充滿文青 feel，氣氛輕鬆

1 Taiwanese Herbal Soup Udon Dumpling Set **2** Local Organic Okra Avocado Salad With Purple Sticky Rice **3** Veggie Galore Local Organic Wild Mushroom All Day Breakfast **4** Garden-Style Local Organic Amaranth Pesto Pizza **5** YEARS' minimalist, Japanese-inspired decor creates an artistic and relaxed atmosphere



支持社區活動 – 服務無家者

由香港有機生活發展基金SEED及《基督教關懷無家者協會》共同推行的「共農友里」計劃，旨在支援無家者，包括露宿者、面臨無家可歸及居住在惡劣環境中的居民。參與者將在農田接受訓練和實習，收成的農作物會送到素年作食材。

素年今年的五周年慶賀活動，將於福華街本店連續10天的營業額中，捐出10%給協會，讓市民隨手點的每一份餐點，都能為無家者的生活帶來一絲光明。

Support Community Activities - Serving the Homeless

Beyond serving delicious plant-based meals, YEARS is committed to community engagement. The restaurant actively supports the "Homies We Got Your Back" program, a collaboration with the Hong Kong Organic Living Development Fund SEED and the Christian Concern for the Homeless Association. This initiative provides training and internships for the homeless, with harvested crops being used as ingredients at YEARS. To mark its fifth anniversary, the Fukhua Street store donated 10% of its sales over 10 days to support this cause.

「想香港人食到香港菜。」

素年店主Kit

"I want Hong Kong people to eat Hong Kong vegetables".

Kit, owner of YEARS



九龍深水埗福華街191-199號

191-199 Fuk Wah Street, Sham Shui Po, Kowloon, Hong Kong

Tel: (852) 6338-3719

www.yearshk.com

前菜 Starter

本地南瓜·豬耳·草金蓮·他他醬
local pumpkin, pig ears, nasturtium, tartare sauce
(Indonesia Sumatra Aceh Gayo Natural SC19+)

餐湯 Soup

本地南瓜·西西里鱈魷魚
local pumpkin, sicilian style calamari
(Ethiopia Gediyu Yirgacheffe
Gedeb Banko Chelchele Washed G1)

第一道菜 First Dish

本地冬瓜·卡拉布里亞辣肉腸·羅勒·手工意大利麵
local winter melon, nduja sausage, basil, handmade pasta
(Colombia Quindio La Primavera Ana Doney
Mandarin Washed Caturra)

主菜 Main Course

本地檸檬羅勒·鮮雞·薑·蔥
local lemon basil, chicken, ginger, spring onion
(Hong Kong O-Farm Batch 2251: Caturra
Anaerobic Fermentation for 5 days)

甜品 Dessert

本地南瓜雪糕·法式朱古力蛋糕
local pumpkin ice-cream, gateau au chocolat
(Indonesia Sumatra Aceh Gayo Natural SC19+)

當香港咖啡豆遇上本地蔬菜

以「啡農」香港咖啡豆與「復耕者聯盟」及「B記農莊」的農作物為主題，創造獨特的本土風味咖啡與美食搭配餐單。當晚特選的咖啡豆來自啡農，包含一款經厭氧發酵處理的咖啡豆，以及另一款由Nutmad合作製作的梅酒發酵咖啡。

NUTMAD Hong Kong Coffee X Local Vegetables Pairing Dinner

This unique dinner pairs Seed to Cup's Hong Kong coffee beans with dishes made from local crops by Agrivengers and Billy Farm. Featured coffee beans include one treated with anaerobic fermentation and another fermented with plum wine in collaboration with Nutmad.



NUTMAD

觀塘的人氣咖啡店Nutmad主廚兼咖啡師Joe希望讓常被忽視的本地農夫受到重視。他用「復耕者聯盟」的時令農產入菜，舉辦主題晚餐，讓農夫們親自站在台前，向客人介紹他們的種植方法及所面臨的挑戰，從而拉近餐桌與土地之間的距離。

此外，Joe還願意犧牲廚房珍貴的冰箱空間，為「復耕者聯盟」提供一個菜包的提取點，以方便住在市區的顧客領取社區支持農業（Community Supported Agriculture, CSA）菜包。

Joe, the chef and barista at Nutmad, a popular coffee shop in Kwun Tong, is passionate about supporting local farmers. He incorporates seasonal produce from the Agrivengers into his dishes and hosts themed dinners where farmers share their cultivation methods and challenges, connecting diners with the origins of their food.

Joe also dedicates refrigerator space in his kitchen as a pickup point for Agrivengers' CSA vegetable packages, making it easier for urban customers to access fresh, local produce.

1 前菜 - 本地南瓜豬耳早金蓮他他醬 **2 餐湯** - 本地南瓜西西里釀魷魚 **3 主菜** - 本地檸檬羅勒·鮮雞·薑·蔥 **4 甜品** - 本地南瓜雪糕·法式巧克力蛋糕

1 Starter - Local pumpkin, pig ears, nasturtium, tartare sauce **2 Soup** - Local pumpkin, Sicilian-style calamari **3 Main Course** - Local lemon basil, chicken, ginger, spring onion **4 Dessert**: Local pumpkin ice cream, gateau au chocolat

九龍觀塘觀塘道398-402號Eastcore 1樓3號舖
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啡農

啡農位於粉嶺的O-Farm（老農田有機農場）。既是IT人又是啡農的Mike，四年前開始深入研究咖啡的處理方法，旨在發展出香港咖啡的獨特風格，並推廣Seed to Cup的咖啡文化。

Seed to Cup

Seed to Cup's coffee farm is located at O-farm in Fanling. Founder Mike, an IT professional turned coffee farmer, has spent the past four years mastering coffee processing methods. His mission is to create a unique Hong Kong coffee style and promote the Seed to Cup coffee culture.

www.seedtocup.hk



其他採用本地漁農產品的餐廳

OTHER RESTAURANTS THAT USE LOCAL FISHERY & AGRICULTURAL PRODUCTS



Starbucks

本地天然種植車厘茄杯
Locally Grown Mixed Tomato Cup



居酒屋 AOA

炭燒白鰻
Charcoal Grilled White Eel



美心 MX

涼瓜火腩飯
Rice with Roasted Pork and Bitter Melon



Cafe330

有機南瓜釀雜穀定食
Organic Pumpkin & Mixed Grains Set

烤無激素雞肉綠捲葉凱撒沙律
Roasted Hormone-free Chicken and Curly Lettuce Caesar Salad

Simplylife





沙田凱悅酒店餅店
Hyatt Regency Sha Tin Patisserie

沙田蜂蜜蛋糕
Sha Tin Honey Cake



COVA Milano

夏日沙律
Summer Salad



Fish & Chick

以本地左口魚、鱸魚、鯛魚、盲曹製造的英式炸魚配薯條

English-style fish and chips made with local Flounder, Seabass, Seabream, Barrmundi



野玩田店 Something Wild the Farm

水耕菜西柚新蟹肉米紙卷
Hydroponic Vegetable and Grapefruit New Crab Meat
Rice Paper Roll



野草 Weeds Gelato & Coffee

粉嶺輝記農場桔仔伯爵茶雪糕
Fanling Fai Kee Farm Clementine Earl Grey
Tea Ice Cream



叻茶由本地專業中醫團隊於2022年成功研製，選用不同茶底對應草藥效用，全天然成分，無添加劑，道地藥材，含豐富益生菌，有效改善體質及腸道健康。

Lectcha, a Hong Kong brand, redefines kombucha by blending Western techniques with Traditional Chinese Herbal Medicine. Founded in 2022, Lectcha combines tea bases and authentic herbs for a new-generation kombucha that delights the palate and nourishes the body.

Crafted with care, Lectcha boasts all-natural ingredients, no additives, and beneficial probiotics for gut health. Its mission is to make health accessible to urban dwellers seeking convenience and well-being.



花旗參沙參黨參紅茶菌

三參合用，補而不燥、潤而不寒，性質溫和，為疲勞過度人士補充體力。

主要成分：過濾水、紅茶、紅茶菌、美國花旗參、黨參、沙參、紅棗、生薑

American Ginseng Kombucha

A rejuvenating drink for energy boost and enhanced well-being. Beneficial for fatigue, allergies, sluggish metabolism and drowsiness.

Key ingredients: Filtered Water, Black Tea, Kombucha Culture, American Ginseng, Asiabell Root, Glehnia Root

蜂蜜茉莉茶菌

味甘性平，補虛潤燥，促進腸道健康。

主要成分：過濾水、茉莉花茶、茉莉茶菌、蜂蜜

Honey Jasmine Kombucha

A go-to thirst-quencher that enhances your immunity while enjoying a touch of sweetness. Ideal for digestion, sensitive stomachs, bloating and dry mouth.

Key Ingredients: Filtered Water, Jasmine Tea, Kombucha Culture, Honey



現代益生菌發酵 × 傳統中醫食療
= 新一代發酵良茶

NEW-GENERATION KOMBUCHA INFUSED WITH
TRADITIONAL CHINESE HERBAL MEDICINE



年輕中醫師王逸君 (Stella) 是「叻茶」創辦人，她解釋：「叻」意思是「聰明」，中醫「聰明」指耳聰目明，睇得清楚，聽得明白惟有健康的身體才可達到！

叻茶專注健康，致力生產優質又符合現代都市人生活習慣的健康「良茶」，讓大家調理身體時不必再皺眉捱苦。

Stella來自中醫世家，在修讀中醫哲學博士期間，在多番研究及自釀之下，結合家族經營醫館的臨床經驗，結合中醫藥食同源的養生概念，打造性味溫和的新時代養生「良茶」。



Dr. Stella Wong, a young TCM doctor hailing from a family of Chinese medicine practitioners, established "Lectcha" during her Ph.D. studies in TCM. Through Lectcha, she revolutionizes the perception of Chinese herbal teas, highlighting their "smart" attributes. In Cantonese, "Lect" signifies "smart," while "Cha" represents tea. Traditional Chinese Medicine views being "smart" as synonymous with preserving health, enhancing focus, and sharpening the senses. Lectcha empowers individuals to drink smart and remain smart!



桑葚製首烏紅茶菌

滋養肝腎、補血氣，讓髮絲重現光彩，防止脫髮。

主要成分：過濾水、紅茶、紅茶菌、桑葚、製何首烏

Mulberry & Fo-Ti (cured) Kombucha

Effective for managing hair loss, insomnia, lower back tenderness, occasional dizziness and persistent thirst.

Key Ingredients: Filtered Water, Black Tea, Kombucha Culture, Mulberry, Fo-Ti (cured)

提供三款不同包裝：250毫升罐裝（只限蜂蜜茉莉茶菌、花旗參沙參黨參紅茶菌）、250毫升玻璃樽裝、1公升家庭裝。

Three different packaging options are available: 250 ml canned (only for Honey Jasmine Kombucha, and American Ginseng Kombucha), 250 ml glass bottle and 1000 ml family pack.



枸杞桂花紅茶菌

性質平和，滋陰明目，補肝腎，可紓緩疲勞、眼睛乾澀、皮膚乾燥，排毒抗衰老，特別適合飲酒過多人士。

主要成分：過濾水、紅茶、紅茶菌、枸杞、桂花

Goji Osmanthus Kombucha

Addressing burnout, dry eyes, fatigue, stress, poor skin, and the effects of regular alcohol consumption, this product offers anti-aging and detoxification benefits.

Key Ingredients: Filtered Water, Black Tea, Kombucha Culture, Goji, Osmanthus

雪梨沙參白茶菌

特別為新長冠而引發的呼吸道過敏、季節性過敏、咳嗽、乾喉等症狀，同時促進呼吸道健康。

主要成分：過濾水、白茶、白茶菌、雪梨乾、北沙參

Pear Glehnia Root Kombucha

Navigating the challenges of Long Covid, encompassing airway allergies, seasonal allergies, cough, dry throat and overall respiratory health.

Key ingredients: Filtered Water, White Tea, Dried Pear, Glehnia Root



採購查詢 Enquiries

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香港每日棄置逾3,000公噸廚餘，這佔都市固體廢物的近三成。許多地區將回收的廚餘轉化為肥料或飼料，但由於香港農業規模小及人口密度高，回收廚餘及尋找合適的處理方案面臨重重困難。

幸然，許多餐飲業者和社會企業已推出新措施，積極推動廚餘回收，將其再利用和再創造成有價值的消費產品。這些成功案例證明，只要具備創新思維，不僅可以實現可持續的商業模式，還能同時造福自己、他人及環境。

以下是近年一些成功的例子。

Hong Kong disposes of over 3,000 tons of kitchen waste daily, accounting for nearly 30% of municipal solid waste. Many places convert recycled kitchen waste into fertilizer or animal feed, but Hong Kong's small agricultural scale and high urban density make hygienic recycling and finding outlets for the waste challenging.

However, innovative restaurants and enterprises have found ways to actively recycle, reuse, and create new products from kitchen waste. By transforming waste into valuable consumer goods, they demonstrate sustainable business models are possible - benefiting the company, consumers, and environment.

The article provides examples of successful Hong Kong initiatives that recycle and reuse food waste creatively. These show that even densely populated urban areas can reduce food waste through entrepreneurial approaches.

甚麼是廚餘？

廚餘是指可回收的食物廢料，包括生、熟食物和變質食品。在餐飲業中，廚餘可以分為兩類：第一類是「餐前廚餘」，這是指在食物準備過程中或因儲存管理不當所產生的廚餘；第二類是「餐後廚餘」，即顧客用餐後剩下的食物廢料。

What is kitchen waste?

Kitchen waste refers to recyclable food waste, including raw, cooked, and spoiled food items. Kitchen waste in the catering industry can be divided into pre-consumer and post-consumer waste. Pre-consumer waste refers to kitchen waste generated during food preparation or due to improper storage management, while post-consumer waste refers to leftovers from customers after meals.

美心集團夥鴻日農莊讓廚餘重生種出新鮮蔬菜

今年四月，美心集團啟動名為「WeGen farming再生農業」的可持續發展計劃，將餐前廚餘轉化為酵素，以零農藥、零化肥方式生產優質農產品，再引進美心旗下近70間餐廳推廣健康飲食，實踐循環經濟。預計今年餐前廚餘收集量可達30公噸，種出20公噸農作物。

Maxim's Group and Hung Yat Farm Turn Kitchen Waste into Fresh Produce

In April this year, Maxim's Group launched a new sustainable development initiative called WeGen farming. This initiative transforms pre-consumer kitchen waste into enzymes to produce high-quality agricultural products without pesticides or chemical fertilizers. These products are then introduced to nearly 70 Maxim's restaurants to promote healthy eating and practice a circular economy. It is estimated that 30 tons of pre-consumer kitchen waste will be collected this year, producing 20 tons of crops.



◀ ▲ 「WeGen farming 再生農業」計劃，結合你與我（We）及再生（Regenerative）的概念。

WeGen farming combines the concept of "We" (you and me) and "Regeneration."

廚餘重生栽種天然農產品

自2022年起，美心集團已與鴻日農莊合作進行試驗計劃，向農莊提供餐前的廚餘，包括芒果皮、豆渣、咖啡渣、蛋殼、三文魚骨及鹹水魚內臟。農莊將這些廚餘轉化為可用於強化土壤營養和防止害蟲的酵素肥料，這些酵素肥料然後用於栽種農產品，而無需使用農藥和化肥。



◀ 餐前廚餘

1 咖啡渣 2 芒果皮

3 蛋殼 4 豆渣

Pre-consumer kitchen
Waste

1 Coffee grounds

2 Mango peel

3 Eggshells

4 Soy pulp

同一植物加入不同酵素會出不同效果

鴻日農莊主理人黃展明解釋，他們接收美心的餐前廚餘後，會將它們攪碎，然後放入不同膠桶內加入水和細菌，經細菌分解，廚餘便變成酵素。

不同酵素的分解時間和成分各異，因此農作物吸收的元素也會有所不同，進而影響效果。例如，種植車厘茄時，橙色品種需要更多的魚肥酵素來培育出偏甜的果味；而朱古力色品種則需要增加豆渣酵素的用量，同時減少魚肥酵素，以呈現更接近番茄的味道。

Different Enzymes for Different Effects on the Same Plant

Wong Chin-ming, the head of Hung Yat Farm, explained that after receiving pre-consumer kitchen waste from Maxim's, the farm crushes them and places them in different plastic barrels. Water and bacteria collected from the farm's soil are added to each barrel. After a period of bacterial decomposition, the kitchen waste is transformed into enzymes.

He explained that each enzyme has different decomposition times and elements, which are absorbed by crops, resulting in different effects. For example, when growing cherry tomatoes, the orange variety requires a higher proportion of fish fertilizer enzymes to produce its naturally sweet flavor, while the chocolate variety needs more soy pulp enzymes and less fish fertilizer enzymes to achieve a taste closer to tomatoes.



◀ 廚餘在桶內分解

Transforming kitchen waste into enzymes to be used as fertilizer

更多廚餘 更多作物

美心供應給鴻日農莊的廚餘量由2022年開始每年倍增，預測今年可達30公噸。隨著廚餘量增加，農場可種植更多種類的農作物，包括櫻桃番茄、沙律綠葉蔬菜、西葫蘆、黃瓜、紅菜頭、南瓜和苦瓜等超過10種農作物。

美心集團旗下近70家餐廳支持消費者可參與

為推動本土農產品，集團廚師與農莊多次交流農產品大小、味道、特質等，力求達至最佳風味。市民可於美心集團旗下近70家餐廳，包括The Square、818 The Seafood、COVA、simplylife、中目黑屋頂、帶廣拌飯、魚春、燒肉石田家、燒肉神樂、美心MX、can.teen、美心 Food2、Deli-O和星巴克品嚐一系列中、西、日菜式。

More Kitchen Waste, More Crops

Since 2022, the amount of kitchen waste supplied by Maxim's Group to Hung Yat Farm has doubled annually, with an estimated 30 tons this year. As the amount of kitchen waste increases, the farm can grow more types of crops, including cherry tomatoes, salad greens, zucchini, cucumbers, beets, pumpkins, and bitter melons, among others.

Support from Nearly 70 Maxim's Restaurants, Consumers Can Participate

To promote local agricultural products, the group's chefs have had multiple exchanges with the farm regarding the size, taste, and characteristics of the agricultural products, striving to achieve the best flavor. Consumers can enjoy a variety of dishes incorporating these agricultural products at nearly 70 Maxim's restaurants, including The Square, 818 The Seafood, COVA, simplylife, Nakameguro Rooftop, Obihiro Bibimbap, Fish Spring, Yakiniku Ishida, Yakiniku Kagura, Maxim's MX, can.teen, Maxim's Food2, Deli-O, and Starbucks.

▶ 於simplylife供應的「野菌烤菲達芝士沙律」

The "Wild Mushroom Roasted Feta Cheese Salad" supplied at simplylife



落實真正的循環經濟

黃展明指出，社會過去對再生農地的概念認識不足，導致其發展受到限制。然而，在美心集團的支持下，農莊的面積已從2022年的約四萬平方呎增至如今的約七萬平方呎，實現了持續穩定地供應優質農產品。他希望透過合作，推動一種無農藥、無化肥的友善耕作模式，以改變香港農業的傳統做法。

美心集團供應鏈管理總監區晉禮表示，廚餘議題備受關注，美心集團致力將循環經濟策略落實於業務和運營中，與合作夥伴締造共贏。他說：「我們與鴻日農莊保持緊密交流，反覆試驗收集的廚餘種類、農產品的味道，共同解決物流及天氣挑戰，確保農產品品質和供應量符合集團採購要求。不但在可持續發展和健康飲食方面滿足市場和顧客期望，亦造就循環經濟商機。」區晉禮又指，未來6至12個月會繼續觀察農場管理、市場反應、減少廚餘成效等，不排除成功後將項目拓展至其他本地農莊，甚至大灣區等地的農莊進行類似合作。

Implementing a True Circular Economy

Wong stated that the concept of regenerative agriculture was not well understood in the past, limiting its development. However, with the support of Maxim's Group, the farm's area has increased from about 40,000 square feet in 2022 to about 70,000 square feet, ensuring a stable supply of high-quality agricultural products. He hopes that through collaboration, regenerative agriculture can continue to develop, changing the conventional practices of Hong Kong's farming industry and promoting pesticide-free and chemical-free friendly farming methods.

Maxim's Group's Supply Chain Management Director, Pippo Au, said that the issue of kitchen waste has always been a concern. Maxim's Group is committed to implementing circular economy strategies in its business and operations, creating win-win situations with partners. He said, "We maintain close communication with Hung Yat Farm, repeatedly testing the types of kitchen waste collected and the taste of agricultural products, and jointly solving logistics and weather challenges to ensure the quality and supply of agricultural products meet the group's procurement requirements. This not only meets market and customer expectations for sustainable development and healthy eating but also creates business opportunities for the circular economy." Au also mentioned that they will continue to observe farm management, market response, and the effectiveness of reducing kitchen waste over the next 6 to 12 months. If successful, they may expand the project to other local farms and even farms in the Greater Bay Area for similar collaborations.

► 美心集團供應鏈管理總監區晉禮 (左) 及
鴻日農莊主理人黃展明 (右)

Maxim's Group Supply Chain Director Pippo Au (left) and Hung Yat Farm Manager Wong Chin Ming (right)



◀ 位於元朗新田的鴻日農莊，18年前是一個用作炸豬油的廠房和堆棄廢物的荒地，黃展明其後轉廢活化成現在佔地22萬呎魚菜共生的「再生農場」。

Located in Yuen Long San Tin, Hung Yat Farm was a factory used for frying lard and a wasteland for dumping waste 18 years ago. Wong later transformed it into a current 220,000 square feet aquaponics "Regenerative Farm."



▲ 農莊面積增至約七萬平方呎，可種植更多農產品，提供穩定貨源。

The farm's expansion to 70,000 square feet enhances sustainable agriculture and ensures a stable supply.

鼓勵員工參與 社區互動

美心亦於公司內部推廣WeGen farming 再生農業，並與鴻日農莊舉辦七次農莊參觀，邀請超過100位員工親身體驗計劃，並於內部銷售來自農莊的農產品，讓員工了解WeGen farming再生農業的環保理念。

Encouraging Employee Participation and Community Interaction

Maxim's also promotes WeGen Farming within the company and has organized seven farm visits with Hung Yat Farm, inviting over 100 employees from different departments to experience the project first-hand. They also sell agricultural products from the Farm internally, allowing employees to understand the environmental concept of WeGen.

► 鴻日農莊亦有四個魚塘，每個塘只養約一千條魚。低密度的生活環境，再加上以酵素調節魚類腸道健康，所以每條魚都美味無泥味。

Hung Yat Farm also has four fish ponds, each with only about one thousand fish. The low-density living environment, coupled with the use of enzymes to regulate fish intestinal health, makes every fish delicious without any muddy taste.



社企綠行俠 全城咖啡渣回收運動 Eco-Greenery Zero Grounds Coffee Campaign

社企綠行俠自2015年起推行的「全城咖啡渣回收運動」，是香港首個咖啡渣回收計劃。該運動從合作公司收集咖啡渣，並將其送到自設的廠房進行處理和加工。回收的咖啡渣不僅可以升級成堆肥捐贈給本地農場，還可以製作肥皂、肥料、花盆和餐具等用品。

Are you tired of your coffee grounds going to waste? The social enterprise Eco-Greenery has the solution – they launched the Zero Grounds Coffee Campaign in 2015, marking Hong Kong's first citywide coffee grounds recycling program. Processed coffee grounds can be repurposed for compost production, donated to local farms, or transformed into a variety of products, including handmade soap and flower pots. The possibilities are endless when you give coffee grounds a second life.

► 咖啡渣不一定要送往堆填區，只要肯花心思、動手動腳循環再造，咖啡渣都一樣有用。

Coffee grounds can be recycled and repurposed instead of going to landfill.



▲ 咖啡渣經處理後可發酵製成堆肥捐贈予本地農場使用。

Processed coffee grounds are fermented to create compost, which is donated to local farms.

上門收集咖啡渣

目前，綠行俠提供咖啡渣回收服務，根據不同地區，每次收費介於250至380元之間。該服務主要針對辦公室和寫字樓，因為小型咖啡店未必有這樣的預算。至2024年7月底，綠行俠已累積回收187.6噸的咖啡渣，相當於超過700萬杯咖啡，並與約30間公司合作，每一至兩星期進行回收。

Coffee Grounds Collection Service

Eco-Greenery's coffee grounds collection service makes it easy for offices and commercial buildings to recycle their coffee waste. For just HK\$250 to HK\$380 per pickup, they'll haul away those used grounds and take them to their own "Coffee Base" facility. Up to July 2024, they've collected a staggering 187.6 tons of coffee grounds - that's over 7 million cups worth!



自設「咖啡基地」廠房

在2020年，綠行俠設立了「咖啡基地」廠房，專門將回收的咖啡渣進行分類、磨研和生產，研發出多種不同產品。業務發展總監譚沛楹（Peann）表示，目前每天可處理約200公斤的咖啡渣。

Establishment of the “Coffee Base” Facility

In 2020, Eco-Greenergy established the “Coffee Base” facility specifically for the sorting, grinding, and production of recycled coffee grounds into various products. Peann Tam, Business Development Director, stated that the facility can currently process about 200 kilograms of coffee grounds daily.



▲「咖啡基地」廠房，更有體驗團讓市民了解回收過程。

The ‘Coffee Base’ offers tours for citizens to learn about the coffee grounds recycling process.



「香城遺菇」用咖啡渣變出菇來

綠行俠會將部分咖啡渣捐贈至「香城遺菇」，他們利用咖啡渣作為載體，在本地培育食用菇菌，並且不使用化學農藥或殺蟲劑和殺菌劑。所有材料均經過高溫殺菌，確保食用安全。

Cultivating Mushrooms from Coffee Grounds

But Eco-Greenergy isn't the only one getting creative with coffee waste.

Over at “Urban Mushroom,” owner Russell Kong is cultivating fresh, delicious oyster mushrooms using the coffee grounds donated from Eco-Greenergy as the base. No chemicals or pesticides here - just pure, natural goodness.

「香城遺菇」主理人江誌亮 (Russell) 於2017年從英國回港後，開始探索利用本地廢棄資源種菇，數年前，更毅然辭去IT系統工程工作，於屯門藍地建造一個2千平方呎的小型菇場，創立「香城遺菇」。

菇場內設有24小時環境調控的菇房和種菌室，並以回收的咖啡渣為基礎，大部分由Eco-Greenery無償供應，以種植可食用的新鮮蠔菇，包括鳳尾菇、牡丹菇和榆黃菇，以及其他衍生產品如風乾蠔菇和菇粉。三種蠔菇各具特色 - 鳳尾菇爽滑鮮甜，適合搭配薄片；牡丹菇肉厚，適合用於天婦羅；榆黃菇則是季節限定，只有在冷涼的天氣中才能良好生長。目前，鮮菇在多個購買點均可獲得，並提供每周定期的訂購服務，剩餘的部分則製成風乾菇及菇粉，供應市場。

Russell, the principal of "Urban Mushroom," returned to Hong Kong from the UK in 2017 and began exploring ways to cultivate mushrooms using local waste resources. A few years ago, he decided to resign from his IT systems engineering job and built a small mushroom farm covering 2,000 square feet in Tuen Mun, establishing "Urban Mushroom."

The mushroom farm features a 24-hour environment-controlled mushroom room and a spawn cultivation area, using recycled coffee grounds mainly from Eco-Greenery as a base to grow fresh edible oyster mushrooms, including phoenix oyster, common oyster, and golden oyster, as well as other derived products like dried oyster mushrooms and mushroom powder. Each type of oyster mushroom has its unique characteristics— phoenix oyster mushrooms are smooth and sweet, perfect for pairing with thin slices; common oyster mushrooms are thick, suitable for tempura; and golden oyster mushrooms are seasonal, thriving only in cool weather. Currently, fresh mushrooms are available at several purchasing points, with a weekly subscription service provided, while the remaining mushrooms are made into dehydrated mushrooms and mushroom powder for market supply.



- ▲ 1 牡丹菇 common oyster mushroom
- 2 榆黃菇 golden oyster mushroom
- 3 鳳尾菇 phoenix oyster mushroom



◀ 「香城遺菇」於屯門藍地的小型菇場。在種菇的過程中，需要將咖啡渣、木屑和石炭充分混合並定期翻動，以促進通風和空氣的接觸。這個過程持續約2到3天，進行發酵並升高溫度，以達到有效的殺菌效果。成功混合菇料後，接下來需要將其裝袋，製成菇包。

Urban Mushroom operates a small mushroom farm in Lam Tei, Tuen Mun. Mushroom cultivation requires thoroughly mixing coffee grounds, sawdust, and charcoal, then regularly turning the mixture for 2-3 days to facilitate fermentation and sterilization before bagging.

7-Eleven 《啡We Green咖啡渣再生企劃》

7-Eleven 'Grounds to Green' Coffee Grounds Upcycling Program

當綠行俠集中火力向企業客戶提供上門收集咖啡渣服務，擁有全港最大咖啡銷售網絡的7-Eleven於七月推出《啡 We Green 咖啡渣再生企劃》，並得到慈善機構膳心連基金協助，收集7-Eleven自有品牌7CAFÉ的咖啡渣。這些咖啡渣將被送往本地的慈善有機農莊，利用廚餘機進行再生，轉化為有機肥料，預計可栽種出約4,000公斤的有機農作物。最後，蔬菜將被烹調成熱餐，向全港10間慈善機構的10,000名有需要人士提供食物援助，同時減少因廚餘棄置而造成的19,256公斤溫室氣體排放。

其中一些咖啡渣將被送往膳心連基金的合作夥伴——老友記慈善農莊種植有機蔬菜。然後，這些蔬菜再由膳心連捐贈給社區中有需要的人士。7-Eleven一直支持膳心連，讓膳心連在7-11的門市收集短期食品及剩餘的麵包，以分發給需要的人士。

While Eco-Greenergy focuses on providing on-site coffee grounds collection services for corporate clients, 7-Eleven, which has the largest coffee sales network in Hong Kong, has launched the innovative 'Grounds to Green' program to upcycle its used coffee grounds. This initiative, supported by the Foodlink Foundation, collects coffee grounds from 7CAFÉ locations and transforms them into organic fertilizer.

The collected grounds are sent to local charitable organic farms, where they are processed into approximately 4,000 kilograms of organic crops annually. The fresh vegetables grown are then cooked into hot meals and provided as food assistance to 10,000 individuals in need across 10 charitable organizations, reducing food waste and greenhouse gas emissions.

Some of the coffee grounds collected from 7CAFÉ locations are sent to Foodlink's partner, Senior Buddy Charity Farm. The organic crops grown are then donated by Foodlink to individuals in need across Hong Kong. 7-Eleven has also continuously supported Foodlink by allowing them to collect surplus food and leftover bread from 7-Eleven stores for distribution to those in need.



有關膳心連基金

About Foodlink Foundation

使命是要減少飢餓，提供健康可食用的食物，協助受惠者建立自給自足的能力，減少香港酒店和餐飲業的食物浪費。

Their mission is to reduce hunger, provide healthy edible food, assist beneficiaries in building self-sufficiency, and reduce food waste in Hong Kong's hotel and catering industry.

<https://foodlinkfoundation.org/>

◀ 7-Eleven目標一年將回收約125萬杯7CAFÉ即磨咖啡飲品的咖啡渣。7-Eleven香港及澳門常務董事劉家昌（左）、膳心連基金營運總監翁懿華。

7-Eleven aims to recycle about 1.25 million cups of 7CAFÉ coffee grounds each year. Alex Liu (left), Managing Director of 7-Eleven HK & Macau and Aurea Yung, Head of Operations of Foodlink Foundation.

Nutritious-On-The-Go

美味、健康又方便的零食小吃 Delicious, Healthy, and Convenient Snack Packs

SnackMate selects superior quality raw materials around the world and brings you a delicious, healthy, and smart way to snack. It offers great choices of convenient snack packs that can help you to pursue a healthy lifestyle.

Product features

- ✓ Whole fruit (Non-sliced), large size with rich texture
- ✓ Good source of fiber and vitamins
- ✓ Cholesterol free
- ✓ No artificial colours
- ✓ Convenient pocket packs

Packing

- Whole Dried Cranberries 7's - (25g x 7 packs) x 12
- Whole Dried Blueberries 7's - (15g x 7 packs) x 12
- Pitted Prunes 7's - (24g x 7 packs) x 12
- Dried Apricots 6's - (20g x 6 packs) x 12
- Whole Dried Cranberries Zipper Bag - 200g x 8 (not shown)

新仕美 SnackMate 嚴選世界各地優質的原材料，為追求健康生活的您提供多種健康、方便和美味的零食選擇。

產品特點

- ✓ 原粒果乾 (非切片)，大顆圓潤，口感飽滿
- ✓ 豐富膳食纖維及維他命
- ✓ 不含膽固醇
- ✓ 不含人造色素
- ✓ 獨立小包裝，一開即食，隨時隨地隨心享用

產品包裝

- 原粒紅莓乾 (7包裝) - (25克 x 7小包) x 12
- 原粒藍莓乾 (7包裝) - (15克 x 7小包) x 12
- 去核西梅 (7包裝) - (24克 x 7小包) x 12
- 杏脯乾 (6包裝) - (20克 x 6小包) x 12
- 原粒紅莓乾 (密實保鮮裝) - 200克 x 8



NEW

Just 100% Real Fruit

Gluten Free



No Added Sugar



Vegan Friendly



crunchy



No Preservatives



SnackMate

Fruit Chips That Keep It Real

We use specialized freeze-drying and vacuum-drying techniques to create delicious and nutritious fruit chips that retain the natural colors, flavors, textures, and aromas of 100% real fruit - without any added sulfites, oils, sugars, or preservatives. Our meticulous processing ensures you experience the wholesome goodness in every crunchy bite.

Packing

Vacuum Dried - Dragon fruit / Keo Mango chips 30g x 12

Freeze Dried - Crunchy Mulberries / Longan / Pineapple 30g x 12

新仕美水果脆片 100%天然純果肉

非油炸, 不含亞硫酸鹽、不添加糖和防腐劑!

以冷凍脫水和真空乾燥技術製造, 水果原色、風味、質地和香氣全保留, 味道甜美脆卜卜!

產品包裝

真空乾燥 - 火龍果脆片 / 芒果脆片 30克 x 12

冷凍脫水 - 桑椹脆片 / 龍眼脆片 / 菠蘿脆片 30克 x 12





滿足長者獨特的飲食需求 安老院舍的天然飲食策略

作為照顧者，我們有責任為長者居民提供最佳的膳食，讓他們安享晚年。

長者有獨特的飲食需求，安老院舍只要利用更多營養豐富的自然超級食品，食物都可變成藥箱。在本文中，我們將介紹一些天然全食物的選擇。

長者營養的關鍵考慮因素

消化健康：隨著年齡增長，胃酸減少和腸道運動緩慢可能導致便秘和營養吸收不良。富含纖維的全穀物、水果和蔬菜對於調節腸道功能和提升營養吸收至關重要。

微量營養素缺乏：長者更容易出現維生素B12、維生素D、鈣和鎂的缺乏。這些營養素對骨骼健康、免疫功能及神經系統功能十分重要。納入富含營養的超級食品 and 補充劑可以幫助填補這些缺口。

蛋白質攝入：肌肉量不足引致活動能力下降，因此需要更多蛋白質。來自瘦肉、雞蛋、乳製品和植物的高質蛋白質能夠支持肌肉的維護和修復。

健康體重管理：代謝率的下降，長者要維持健康體重變得困難。進食高熱量但營養豐富的食物可以幫助避免體重過輕。以下是一些有益的整全食物，可以作為長者膳食的核心：

- 含高纖維的全穀物，如糙米、小米和藜麥
- 促進腸道健康的果汁
- 含高纖維的蔬菜和水果，如栗子、蕃薯和南瓜

希望每位公公婆婆都可以吃得開心，活得健康！

EMPOWERING ELDERLY WELLNESS

NATURAL DIETARY STRATEGIES FOR ELDERLY HOMES

As caregivers, it's our duty to provide the best nutrition for our senior residents. In this feature, we'll explore natural, whole-food options that can revolutionize senior care.

The elderly have unique dietary needs, and by incorporating more nutrient-dense natural superfoods, the meals served in elderly homes can become a valuable source of essential nutrients. In this article, we will explore some wholesome, natural food choices.

Key considerations for elderly nutrition

Digestive Health: As we age, reduced stomach acid and slower intestinal motility can lead to constipation and poor nutrient absorption. Fiber-rich whole grains, fruits, and vegetables are crucial for regulating bowel function and enhancing nutrient uptake.

Micronutrient Deficiencies: The elderly are more prone to deficiencies in vitamins B12 and D, as well as calcium and magnesium. These nutrients are vital for bone health, immune function, and neurological processes. Incorporating nutrient-dense superfoods and supplements can help fill these gaps.

Protein Intake: With age, muscle mass and strength often decline, increasing the need for protein. High-quality protein from lean meats, eggs, dairy, and plant sources supports muscle maintenance and repair.

Healthy Weight Management: As metabolism slows, many seniors find it challenging to maintain a healthy weight. Calorie-dense but nutrient-rich foods can help prevent unintentional weight loss and ensure adequate energy intake.

Some beneficial whole food options to center meals around include:

- Fiber-rich whole grains like brown rice, millet, and quinoa
- Probiotic-rich fruit juices that promote gut health
- Fiber-packed vegetables and fruit, such as chestnuts, sweet potatoes, and pumpkin

編輯推介 EDITOR'S PICK

Sunsweet Amaz!n 西梅汁

西梅是高纖食物，因含有山梨糖醇而具通便效果。對於長者而言，每日飲用4至8安士的西梅汁（約120-240毫升）可以紓緩便秘。但要留意不可一次性攝取大量西梅或飲用過多西梅汁，因這可能引起腸胃不適或「攪肚」。應循序漸進，建議可從每日食用三至四粒西梅或半杯（約120毫升）西梅汁開始。

Amaz!n西梅汁由美國100%純西梅製成，每杯含有4克纖維及5種必需營養素。每日一小杯有助消化，減少腹脹感，讓公公婆婆整天保持良好狀態。

Sunsweet Amaz!n Prune Juice

Prunes are a high-fiber superfood with a natural laxative effect, thanks to their sorbitol content. For elderly individuals, drinking 4 to 8 ounces (120-240 milliliters) of prune juice daily can be an effective way to relieve constipation.

However, it's important to consume prunes and prune juice in moderation. Excessive intake may lead to gastrointestinal discomfort or cramping. It's advisable to start gradually, with just 3-4 prunes or half a cup (120 milliliters) of juice per day.

Amaz!n Prune Juice is made from 100% pure prunes grown in the USA. Each cup provides 4 grams of fiber and 5 essential nutrients. This small daily serving can aid digestion, reduce bloating, and help keep grandparents feeling their best throughout the day.



查詢 Enquiry

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High Performance Blenders (Commercial Machines)

食物處理器 (專業型號)

The Essential Multi-Purpose Appliance for Elderly Homes

With over a hundred years of history, Vitamix is a high-performance blender manufactured in the USA. Its exceptional features and durability are unmatched, quickly breaking down ingredients to create nutritious purees and blended meals suitable for the elderly to swallow and digest.

- Powerful motors ranging from 2 to 4.2 horsepower
- Aerospace-grade stainless steel blades for efficient blending
- BPA and BPS-free Tritan™ containers that are heat-resistant and odor-free
- Large capacity containers from 0.9 to 5.6 liters
- Up to 3 years of motor maintenance coverage
- Ability to completely blend hard ingredients like fruits, vegetables, nuts, and grains in seconds
- No need to pre-chop ingredients like whole carrots

安老院舍廚房必備 多功能食物處理器

擁有超過百年的歷史，Vitamix是由美國原廠製造的高性能攪拌機。其殿堂級功能和耐用性，無出其右，能迅速將食材打碎，製成適合長者吞嚥和消化的營養碎餐及糊餐。

- 摩打馬力由2至4.2匹
- 航天級不鏽鋼刀片
- 容杯採用美國塑料共聚酯 (Tritan™ Copolyester) 製造，無BPA及BPS，耐熱且無殘餘氣味
- 特大容杯容量由0.9至5.6公升
- 摩打保養服務長達3年
- 能在短短數十秒內將堅硬食材，如水果、蔬菜、香草、堅果、種子、全穀物等完整打碎
- 整條紅蘿蔔也可直接放入而無需切碎



◀ Vita Prep 3

- 3.0 peak output HP
3.0匹馬力
- 2 liter capacity
2公升杯
- Most effective for food prep using a wet blade
可打出更幼滑如沙的食物
- Compatible with 3 different sizes of measuring cups
可配上3種不同大小量杯

XL Variable Speed ▶

- 4.2 peak output HP
4.2匹馬力
- 5.6 liter capacity
5.6公升杯
- Belt driven/higher torque
皮帶式傳動/高扭力
- Extra-large capacity
特大容量



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活動回顧 ACTIVITY REVIEW



節慶軟餐創作工作坊

GO Natural天然食品採購指南 x 港安醫院

日期：2024年4月19日及5月17日

地點：薄扶林一家安老院舍

合作單位：港安醫院

對象：安老院舍的廚師及其他工作人員

目的：設計以天然食材為本的節慶軟餐端午節粽及湯圓

GO Natural天然食品採購指南邀請港安醫院行政總廚Michael在安老院舍進行兩場工作坊，按照「國際吞嚥障礙飲食標準」(IDDSI) 設計節慶軟餐，並以純天然、製作簡易及實惠為原則，向院舍的廚師示範製作軟餐端午節粽及湯圓。同時，營養師講解長者飲食的注意事項，幫助院舍日後可自行預備節慶軟餐，讓居住在該院舍的長者過節時可隨時享用傳統美食。

Festive Soft Meal Creation Workshop

GO Natural Food Guide x Hong Kong Adventist Hospital

Dates: April 19, 2024, and May 17, 2024

Location: An elderly home in Pok Fu Lam

Collaborating Unit: Hong Kong Adventist Hospital

Target Audience: Chefs and other staff from elderly homes

Purpose: To design festive soft meals based on natural ingredients

GO Natural Food Guide teamed up with Executive Chef Michael from Hong Kong Adventist Hospital to conduct two hands-on workshops at a local elderly home. The sessions focused on creating festive soft meals that adhere to the International Dysphagia Diet Standardisation Initiative (IDDSI) guidelines, using all-natural, easy-to-prepare, and affordable ingredients.

During the workshops, the chef demonstrated how to prepare soft, texture-modified versions of traditional Dragon Boat Festival sticky rice dumpling and sweet dumpling. Additionally, the hospital's dietitian provided guidance on dietary considerations for the elderly, empowering the elderly home chefs to eventually manage the production of these festive soft meals independently.

特別天然餐單設計

《GO Natural天然食品採購指南》一直致力於推廣天然飲食，定期與不同機構合作，以食得天然、健康為目標，為餐廳、員工餐廳及安老院舍設計特別餐單。如有興趣，請聯絡我們 info@GoNaturalMarketing.com

Promoting a Natural, Healthy Dining Experience

GO Natural Food Guide we are dedicated to advocating for a more natural, wholesome diet. We regularly collaborate with various organizations to develop special menus for restaurants, employee cafeterias, and nursing homes, with the goal of encouraging natural and healthy eating habits.

If you would like to learn more about our services, please contact us at info@GoNaturalMarketing.com.



包裝 Packaging

- 零售: 4盎司裝 (113克)
Retail: 4oz pouches (113g)
- 批發: 2公斤
Bulk: 2kg packs
- 保質期: 1年
Shelf life: 1 year
- 存放: 室溫
Storage: Room temperature
- 訂做: 聯絡我們!
Tailored: Contact us!

NATURALAM
— 天然之林 —

即食營養餐

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食的享受、健康之本 Good Taste, Good Health

作為一家位於香港的家族企業，我們為麵包店、咖啡室和餐廳製作優質餡料二十多年。我們致力於用最優質的天然食材，打造美味方便又健康的食品。

As a family-run business based in Hong Kong, we've proudly manufactured pastes and fillings for bakeries, cafes and restaurants for over two decades. Our passion is to craft great tasting, convenient, and healthy foods with the finest natural ingredients.

- ✓ 健康：低糖或無糖、無防腐劑、無人工香料、無添加油脂
Healthy: No added sugar or low-sugar, No preservatives, No artificial flavors, No added fats
- ✓ 全素、無麩質
Vegan, Gluten-free
- ✓ 製作過程通過FSSC 22000認證
FSSC 22000 production process certification
- ✓ 為多家全球知名食品及飲料品牌企業擔任原料研發合作夥伴
Food ingredients R&D partner for several leading global-brand F&B enterprises



為長者院舍需要 特別製造

食材、口味、質感（可符合 IDDSI 標準）、營養、包裝、訂購量都可按照長者院舍需要而度身製造。

Customizable for Elderly Home Needs

Ingredients, taste, texture (can be adjusted according to IDDSI standards), nutrition, packaging, and order quantities can be tailored to the specific requirements of elderly care homes.

聯繫我們 Contact Us

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Fax: (852) 2120-3363
Email: jimmy@naturalam.com





李振叢（阿叢） 蘇嫻嫻有機食品創辦人 Lee Chun Chung (Ah Chung) Founder of SoMaMa Organic

阿叢從小與泥土為伴，有機農業可說是他的「初戀」！自1989年開始，他便投身有機種植，為癌症病人帶來甜美可口的小麥草和蔬菜，成為他們的「綠色天使」。

阿叢的農業足跡遍佈兩岸三地：

- 在香港，他成功引進北方有機草莓苗，讓香港秋冬處處飄香
- 在廣州，他開墾千畝有機農田，為港人供應優質平價蔬果
- 在台灣，他鑽研生物科技配合有機堆肥技術，推動農業創新

30多年來，阿叢在多家農業公司擔任要職，持續提升有機農業技術。2002年到2014年，阿叢擔任香港有機資源中心監督委員會委員，並協助香港漁農自然護理署作物小組委員會推廣本地有機農業。2013年，他與志同道合的夥伴創立「蘇嫻嫻」品牌，為市民大眾提供優質、綠色、有機食品。



Ah Chung grew up with soil as his companion; organic farming could be called his "first love"! Since 1989, he has devoted himself to organic cultivation, bringing sweet and delicious wheatgrass and vegetables to cancer patients, becoming their "green angel".

Ah Chung's agricultural footprints span across Hong Kong, mainland China, and Taiwan:

- In Hong Kong, he successfully introduced organic strawberry seedlings from the north, filling Hong Kong's autumn and winter with their fragrance.
- In Guangzhou, he reclaimed a thousand acres of organic farmland, supplying Hong Kong people with high-quality, affordable fruits and vegetables.
- In Taiwan, he has delved into biotechnology in combination with organic composting techniques, promoting agricultural innovation.

For over 30 years, Ah Chung has held key positions in various agricultural companies, continuously improving organic farming techniques.

From 2002 to 2014, Ah Chung served as a member of the Supervisory Committee of the Hong Kong Organic Resource Centre and assisted the Crop Committee of the Hong Kong Agriculture, Fisheries and Conservation Department in promoting local organic agriculture.

In 2013, he and like-minded partners founded the "SoMaMa" brand the public with quality, green, and organic food products.



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Organic Mixed 6 Grain Rice

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Organic Broken Corn: Jade Embryo

有機雜糧米
Organic Multigrain Rice

有機多菜蝴蝶麵
Organic Mixed Vegetables Butterfly Pasta

有機多菜星星麵
Organic Mixed Vegetables Star Pasta

有機多菜碎碎麵
Organic Mixed Vegetables Crushed Pasta

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Organic 6 Grain Rice Powder

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Organic Soybeans

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Organic Black Soya Beans

有機赤小豆
Organic Adzuki Beans

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有機多菜圓圓麵
Organic Mixed Vegetables Round Pasta

採購查詢 Enquiry

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COCO-VEGETARIAN CLUSTERS



Coco-Toasted Caramel Bites 80g

Ingredients: coconut flakes, cashews, honey, Himalayan pink salt, pure vanilla extract



Coco-Honey Cashew Bites 80g

Ingredients: coconut flakes, cashews, honey, Himalayan pink salt, pure vanilla extract

COCO-VEGAN GRANOLA



Coco-Nola Charcoal Sesame 80g

Ingredients: cashews, almonds, coconut flakes, coconut butter, stevia, black sesame seeds, Himalayan pink salt, coconut charcoal



Coco-Sesame P.B. Chips 80g

Ingredients: black sesame seeds, coconut flakes, Himalayan pink salt, maple syrup, peanuts, stevia

COCO-VEGAN NUT BUTTERS



Cinnamon Almond 180g

Ingredients: almonds, maple syrup, cinnamon, coconut shreds, vanilla extract, Himalayan pink salt



Raspberry Peanut 180g

Ingredients: peanuts, freeze-dried raspberries, coconut shreds, stevia

STONE COFFEE is a café situated on Hong Kong Island that was founded in 2016. Since its inception, it has garnered significant acclaim from local coffee enthusiasts and has even been endorsed by Sweden's "96° - A Guide to Tremendously Good Coffee Magazine" as the premier coffee bar in Hong Kong's dynamic and burgeoning scene.

We take great care in selecting and roasting only the finest, specialty-grade coffee, which is locally packaged fresh in Hong Kong. Our drip bags are made from premium Japanese fibers to ensure the best possible taste.

We offer our coffee in coffee beans, ground coffee, and coffee drip bags to suit your preferences.



CHEERS BLEND			STONE POWER BLEND		
ORIGIN	ROAST LEVEL		ORIGIN	ROAST LEVEL	
Panama / Brazil	Medium		Colombia/ Ethiopia	Medium	
PROCESS			PROCESS		
Panama: Hot Anaerobic / Brazil: Natural			Colombia: Washed; Ethiopia: Natural		
ALTITUDE			ALTITUDE		
Panama: 1200-1550 m.a.s.l. / Brazil: 800-1100 m.a.s.l.			Colombia: 1700-1800 m.a.s.l.; Ethiopia: 2000-2300 m.a.s.l.		
TASTING NOTES			TASTING NOTES		
Liqueur Chocolate, Dark Rum, Hazelnut, Honeycomb, Maraschino Cherry			Floral, Berries, Stonefruit, Sugar Cane, Dark Chocolate, Chestnut		
ACIDITY	SWEETNESS	BODY	ACIDITY	SWEETNESS	BODY
☺☺☺	☺☺☺☺☺	☺☺☺☺☺	☺☺☺	☺☺☺☺☺	☺☺☺☺☺
RETAIL PACK SIZE	CATERING PACK SIZE		RETAIL PACK SIZE	CATERING PACK SIZE	
Whole Bean, Ground Coffee - 220g	1kg paper bag		Whole Bean, Ground Coffee - 220g	1kg paper bag	
Drip Bag Coffee - 10g x 4packs			Drip Bag Coffee - 10g x 4packs		

STONE COFFEE

SPECIALTY COFFEE

SCAN FOR MORE



PRODUCTS AT STONE COFFEE

CAYO DAILY BLEND			COSTA RICA (HONEY PROCESS)			DASHIJIE GEISHA CUSTOM BLEND		
ORIGIN	ROAST LEVEL		ORIGIN	ROAST LEVEL		ORIGIN	ROAST LEVEL	
Brazil / Colombia / Indonesia	Medium Dark		Costa Rica	Medium Light		Colombia/Ethiopia	Medium	
PROCESS			PROCESS			PROCESS		
Brazil: Natural; Colombia: Washed; Indonesia: Wet-Hulled			Honey Process			Colombia: Washed; Ethiopia: Natural		
ALTITUDE			ALTITUDE			ALTITUDE		
Brazil: 800 - 1100 m.a.s.l.; Colombia: 1300 - 1700 m.a.s.l.; Indonesia: 1500 m.a.s.l.			1400-1650 m.a.s.l.			Colombia: 1700-1800m.a.s.l.; Ethiopia: 2000-2300m.a.s.l.; Colombia Geisha: 1750m.a.s.l.		
TASTING NOTES			TASTING NOTES			TASTING NOTES		
Nutty, Cocoa, Caramel, Molasses			Lemon, Peach, Black Tea, Sugar Cane			Plum, Citrus, Brown Sugar, Floral		
ACIDITY	SWEETNESS	BODY	ACIDITY	SWEETNESS	BODY	ACIDITY	SWEETNESS	BODY
☺☺☺	☺☺☺☺☺	☺☺☺☺☺	☺☺☺☺☺	☺☺☺☺☺	☺☺☺☺☺	☺☺☺☺☺	☺☺☺☺☺	☺☺☺☺☺
RETAIL PACK SIZE	CATERING PACK SIZE		RETAIL PACK SIZE	CATERING PACK SIZE		RETAIL PACK SIZE	CATERING PACK SIZE	
Whole Bean, Ground Coffee - 220g	1kg paper bag		Whole Bean, Ground Coffee - 220g	1kg paper bag		Drip Bag Coffee - 10g x 4packs	1kg paper bag	
Drip Bag Coffee - 10g x 6packs			Drip Bag Coffee - 10g x 4packs					



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