

香港心聆 - 心聆良食週

Mind HK - Mental Health Food Week

4-20-10-2024



www.mind.org.hk/mentalhealthfoodweek2024/

參與餐廳

Participating F&B Establishments

西式風味 Western Flavours

Adega do António The King of Piri Piri Chicken Blue Supreme

Emmer Pizzeria & Cafe

NOSH

R&R Bagels

Salisterra

SOONER

The Astor

The Continental

Hooman by the Sea



亞洲佳餚 Asian Delights

Kakure Yen TST 隱町尖沙咀 Yat Tung Heen 逸東軒 Yung Kee Restaurant 鏞記酒家

國際/融合美食 International/ Fusion Cuisine

AMMO

Tanuki Innovation

Wingman HK

咖啡店及甜品 Coffee Shops and Sweet Treats

Fuel Espresso

Grind & Brew

Hogan Coffee

Matchali

Maison Kayser

速食和飲料 Quick Bites and Beverages

Eve Bliss

Potion House

Miam Bakery



ADEGA DO ANTÓNIO THE KING OF PIRI PIRI



Authentic Portuguese food in town! When your intention is love, when you're doing something for your customers, it naturally turns out better. When you cook with LOVE, food tastes that extra bit more special. It's pure magic!

Piri-Piri Chicken is a dish from Angola and Mozambique, both former Portuguese colonies.

• After gaining their independence, the Angolans brought this dish and spice to Portugal, where it became famous.

捐出於 10 月 4-20 日內海鮮飯,乳豬,整隻葡式辣雞和烤牛肉銷售額的 20%

Will donate 20% of sales from sales of the Seafood Rice, Suckling Pig, Whole Piri Piri Chicken, and ESPETADA Beef from 4th to 20th October, 2024





中環蘇豪士丹頓街33號金禧大廈地舖 G/F 33 STAUNTON STREET. CENTRAL



6336 7858



www.antoniohk.com (





BLUE SUPREME

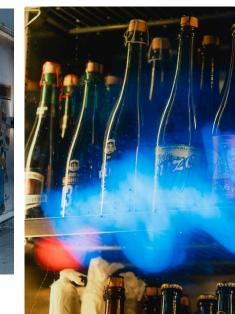
Blue Supreme is a gastropub located in Sheung Wan that specialises in serving out-of-ordinary craft beers with the type of proper beer service that Hong Kong has never seen. Blue Supreme will be serving high quality gastropub foods that will match the quality of the beer selections. The food at Blue Supreme will be rooted in regional American cuisine, adapted into an artisanal gastropub setting. The kitchen will consist of a small and an intimate team working towards delivering consistently high quality new American gastropub fare.



捐出於 10 月 4-20 日內食品銷售額的 10%

Will donate 10% of food sales from 4th to 20th October, 2024







上環東街21號地舖 G/F, 21 Tung Street, Sheung Wan



5998 3088



@bluesupremehk

Emmer Pizzeria and Café

Based in Pacific Place, Emmer Pizzeria and Café blends the organic, ancient heritage emmer grain with rye and great Italian flour to deliver naturally better and tastier pizzas, ensuring the perfect blend of chewy and crunchy.



Enjoy the freshly made salads and excellent wines, or dive into our deli bar, generously filled with paninos, quiches, pastries and more.

GREATER CHINA RESTAURANT COMPANY

Whether it's breakfast, lunch, tea or dinner, there's a treat for everyone – eat in, eat outside, or take it to go!

整個 10 月內每售出一個蒜香松露麵包條便捐出港幣 8 元

Will donate HK\$8 from each sale of Garlic Truffle Dough Sticks through October, 2024





金鐘金鐘道88號太古廣場L4樓407號舖 Shop no. 407, Level 4, Pacific Place, 88 Queensway, Admiralty, Hong Kong



2539 6818



www.emmerpizza.com/



@emmerpizza





NOSH

NOSH believes in healthy, convenient and smart food choices. Founded in 2012. we offer meal plans that are fresh, healthy, tasty and diverse - tailored to your lifestyle and nutritional needs. Choose from NOSH's Signature, Veggie, or Keto meal plans series if you'd like a plan customised for your dietary needs or a NOSH Basics plan if you want a straightforward calorie-controlled plan. For those looking for a meal plan for a longer period, the NOSH Life series is your go-to option, which includes complimentary dietitian consultations. At NOSH, we mind what you eat.



顧客每於 10 月 4-20 日內消費滿港幣 100 元便捐出港幣 100 元

Will donate HK\$100 for every HK\$100 spent by customer from 4th to 20th October, 2024





網上 Online



2388 1999



www.nosh.hk/





RER Bagels

R&R Bagel delivers an authentic New York bagel experience in the heart of Hong Kong.





每於 10 月 4-20 日售出一杯 Spiced Latte 便捐出港幣 3 元

Will donate HK\$3 for every Spiced Latte sold from 4th to 20th October, 2024





中環利源西街28號地舖 G/F, 28 Li Yuen Street West, Central



2178 5168



www.randrbagels.com/

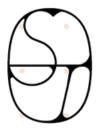


@randrbagels



Salisterra

Salisterra is the essence of the sea and land. This contemporary Mediterranean menu showcases dishes with authentic ingredients that are familiar and farflung. Guided by chef Ricardo Chaneton's time on the Spanish coastline of Denia, Costa Blanca, and the French coast of Menton, Côte d'Azur, his passion for the region's cuisine is driven by his Italian heritage and love for cooking from the heart. The flavours and cooking styles are inspired by the distinct seasonality and traditions of the Mediterranean, which are captured and brought to you within the beauty and comfort of our dining room.



SALISTERRA



每於 10 月 4-20 日內售出一個午市或晚市套餐便 捐出港幣 5 元

Will donate HK\$5 per meal (lunch and dinner set) from 4th to 20th October, 2024



金鐘金鐘道88號太古廣場奕居49樓 49/F, The Upper House, Pacific Place, 88 Queensway, Admiralty



3968 1106



www.thehousecollective.com





SOONER

SOONER

SOONER is a cozy, neighbourhood-style bistro dedicated to delivering delectable Spanish and Italian cuisine. Since our opening, our mission has been to serve dishes crafted from high-quality ingredients. The menu is seasonal with weekly changing specials to keep things exciting.

As a one-chef restaurant, our culinary offerings are inspired by chef Ives's passion for the finest seasonal produce, all prepared in our open kitchen.

Since our opening, SOONER has been embraced by the community as a welcoming spot where friends and family gather to enjoy great food, warm hospitality, and a vibrant, social atmosphere.

捐出於 10 月 4-20 日內鹽焗西班牙珍寶紅蝦銷售額的 10%

Will donate 10% of the profits from sales of the signature dish Carabinera A La Sal from 4th to 20th October, 2024



西環西營盤東邊街40號金石樓地舖

G/F, Kam Shek Building, 40 Eastern Street, Sai Ying Pun, Western District



6219 8785



@sooner.cafe







The Astor

All-day dining venue The Astor combines the nostalgia of Hong Kong's cha chaan teng culture with the novelty and convenience of an Asian hawker centre. Offering a vast selection of vegetable-first options, seven live cooking stations prepare delicious celebrations of international cuisine, from lobster to oysters, crab to Japanese sashimi, curries to Western grilled meats, modern vegetarian to Chinese classics and more, all served with a smile in a nostalgic retro setting.





每於 10 月 4-20 日內每售出一個午市或晚市自助餐便捐出港幣 1 元及顧客於捐款箱的金額 Will donate HK\$ 1 per cover for lunch and dinner in addition to donation box proceeds from 4th to 20th October, 2024





佐敦彌敦道380號香港逸東酒店B1樓 Level B1, 380 Nathan Road, Kowloon, Hong Kong



2710 1901



www.theastorhk.com/



The Continental



Located within Pacific Place, The Continental is a friendly and sophisticated Europeaninspired café that features a classically influenced menu and a tranquil year-round
terrace.

Elegant and accessible, the menu celebrates seasonal ingredients through classic flavour combination.

Leather-clad columns, polished white marble, dark chocolate wood veneers and rust red leather all accentuate The Continental's warm welcome.

每於 10 月 4-20 日內售出一個午市或晚市套餐便捐出港幣 5 元

Will donate HK\$5 per meal set (lunch and dinner) from 4th to 20th October, 2024



金鐘金鐘道88號太古廣場L4樓406號舖 Unit 406, L4 Pacific Place, 88 Queensway, Hong Kong



2704 5211



@thecontinentalhk



www.thehousecollective.com

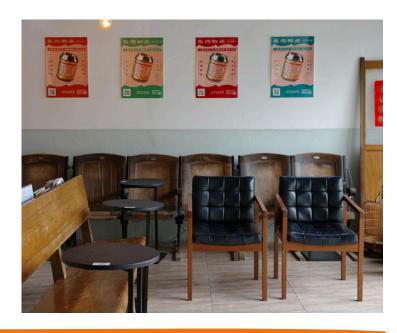






SOL Committee 太陽系委員會 SOL COMMITTEE

Located in Ma Wan, SOL Committee offers you the perfect retreat from the hustle and bustle of the city. We dedicated ourselves to maintaining a high standard to ensure that you can enjoy the tastiest food and beverages in the serenity of the seaside.



捐出於 10 月 4 - 20 內顧客作出的捐款

Will donate the proceeds from customer micro-donations from 4th to 20th October, 2024



馬灣珀麗路8號珀麗灣臨海廣場2樓1B號 鋪

Shop 1A, 2/F, Beach Commecial Complex, Park Island, 8 Pak Lai Road, Ma Wan



9832 5638



@solcommittee







SOL Mate Club





Located in Cheung Sha Wan, SOL Mate Club breaks the mould of your typical coffee shop. This sports-themed shop is half coffee bar, half burger joint. Hosting a weekly DJ night, this coffee shop is not to miss.

捐出於 10 月 4 - 20 內顧客作出的捐款

Will donate the proceeds from customer micro-donations from 4th to 20th October, 2024



長沙灣保安道55號美寧中心C座地下C1 號舖





9832 5638



<u>@solmateclub</u>





Hooman by the Sea

HOOMAN by the Sea is a pet-centric seaside café with an emphasis on providing a chill and casual dining atmosphere to our diners. The café is famous for its dog breed inspired hotdogs - named after different dog breeds such as "Poodle", "Husky" and "Corgi", which are complimented by a wide variety of specialty coffees and house-made ice-cream and desserts.





每於 10 月 4-20 日內售出一個Hooman By the Sea的熱狗便捐出港幣 5 元 Will donate HK\$5 for every hot dog sold at Hooman by the Sea from 4th to 20th October, 2024



Hooman By the Sea 尖沙咀西九龍文化區藝術公園地下GF-07號舖 Unit GF-07, G/F, 22 Museum Drive, West Kowloon, Tsim Sha Tsui



6749 0777



www.thehoomangroup.com/hooman-by-the-sea



@hooman.cafe





Grind & Brew

Grind & Brew is a coffee shop that combines the art of specialty coffee with a relaxed atmosphere. They offer a variety of unique drinks and crafted cocktails, along with exquisite light meals and desserts. Most of the items on the food menu cater to gluten-free, pescatarian, vegan and vegetarian dietary preferences, ensuring a diverse and enjoyable dining experience for all customers.





每於 10 月 4-20 日內售出一杯Grind & Brew的咖啡便捐出港幣 5 元

Will donate HK\$ 5 for every coffee sold by Grind & Brew from 4th to 20th October, 2024



Grind & Brew Shop 九龍城啟德協調道2號AIRSIDE 2樓L218B-L218C號舖 Shop 218B & C, 2/F, AIRSIDE, 2 Concorde Road, Kai Tak



3468 6436



www.gnbcoffee.com



@grindnbrewhk





Kakure Yen TST 隱町尖沙咀

Kakure Yen TST is a hidden Japanese Izakaya that serves a variety of skewers featuring premium ingredients such as Japanese chicken from Tokushima and M6+ wagyu beef from Australia!



每於 10 月 4-20 日內捐出營業額的 1%

Will donate 1% of total revenue made from 4th to 20th October, 2024



尖沙咀漆咸圍2-4號金時商業大廈地下8-14號舖 Shop 8-14, G/F, King's Commercial Building, 2-4 Chatham Court, Tsim Sha Tsui



6655 1886



@kakure__yen







Yat Tung Heen 逸東軒





每於 10 月 4-20 日內每售出一個午市或晚市自助餐,便捐出港幣 1 元,以及捐款箱的金額 Will donate HK\$1 per cover for lunch and dinner + donation box proceeds placed on location from 4th to 20th October, 2024



One Michelin Star (2017-2023) Yat Tung Heen is an award-winning restaurant led by celebrated Chef Tam Tung that features authentic Cantonese cuisine. Set in a 1920sinspired atmosphere referencing Shanghai taverns, the restaurant offers a refined dining experience with an array of private dining with the main dining room options, occasionally playing host to various salon art events. The revered restaurant was named AOC's (Asia Art of Cuisine "MASTERCHEF Recommendation Restaurant" and was awarded the Weekend Weekly's Best Dining Award for Cantonese Cuisine in 2020. Other accolades include recognition from South China Morning Post's '100 Top Tables', U Magazine, and Dining City.





佐敦彌敦道380號香港逸東酒店B2樓 Level B2, Eaton HK, 380 Nathan Road, Kowloon



2710 1093



www.yattungheen.com/



Yung Kee Restaurant

鏞記酒家始創於 1942 年,位於香港核心地段,是一間歷史悠久並富本土文化的正宗粵式食府。多年來吸引大量遊客和本地老饕,除招牌炭燒燒味,還有豐儉由人的特色正宗粵菜。

Established in 1942, Yung Kee has built a worldwide reputation for excellence to preserve Cantonese cuisine from an earlier era with deep roots in Hong Kong's cultural fabric, a jewel nestled in the heart of this bustling metropolis. Yung Kee has been an enduring beacon for both locals and visitors, drawing them in with its signature charcoal-grilled barbecue dishes and an extensive menu of authentic Cantonese cuisine, tailored to suit every palate and budget.



捐出於 10 月 4-20日內鏞記酒家清熱解毒龜苓膏銷售額的 50 % (不包含加一服務費)

Will donate 50% of sales of Chilled Chinese Herbal Jelly from Yung Kee (excluding 10% sales charge) from 4th to 20th October, 2024





中環威靈頓街32-40號地舖 32-40 Wellington Street, Central, Hong Kong



2522 1624



yungkee.com.hk/



@yungkeehk



YungKeeRestaurant



AMMO

AMMO

AMMO's menu exemplifies the finest fashion for refined contemporary western cuisines with a modern twist. Located in a former 19th century explosives compound, the restaurant demonstrates the perfect balance between traditional and modern style.

捐出於 10 月 4-20 日內精選菜單銷售額的港幣 1,000 元

Will donate HK\$1,000 from tasting menu sales from 4th to 20th October, 2024







金鐘正義道9號亞洲協會香港中心低層 Asia Society HK Center, 9 Justice Drive, Admiralty, Hong Kong



2537 9888



ammo.com.hk/



Wingman HK

Our mission is simple – to make the best chicken wings in HK! With influences from the US & HK, we want to infuse the local flavours to create something exciting, wonderful and unique. We were ranked by Big 7 Travel as one of the top wings restaurants in Asia!



捐出於 10 月 4-20 日內「所有口味」雞翼放題銷售額的 5%,以及顧客於中環分店的捐款 Will donate 5% of sales from our All You Can Eat "All Flavours" package + customer micro-donations at the Central location from 4th to 20th October, 2024





中環閣麟街37-43號祥興商業大廈6樓 6/F, Cheung Hing Commercial Building, 37-43 Cochrane Street, Central



9607 5500



www.wingman.hk



@wingman.hk



wingman852



Fuel Espresso

"Espresso is an art, a science but foremost, a craft..."



Fuel Espresso are espresso specialists. In 1996, we began making beautifully crafted coffee in a small espresso cart in Wellington, New Zealand. We believe that to express one of the most complex aromatics known to mankind requires a singular focus. Like great vintage champagne, years of devotion have gone into creating each deliciously complex shot of espresso. Known for its consistency, quality, service and ambience, Fuel Espresso has locations across Wellington, Hong Kong and Shanghai.

捐出於 10 月 4-20 日內捐款箱內的捐款

Will donate proceeds from donation boxes from 4th to 20th October, 2024







中環金融街8號國際金融中心商場3樓3023號舖
Shop 3023, 3/F, ifc mall, Central
中環皇后大道中15號置地廣場中庭B樓B47A號舖
Shop B47A, B/F, Landmark Atrium, Central
金鐘金鐘道88號太古廣場L2樓206號舖
Shop 206, 2/F, Pacific Place, Admiralty
鰂魚涌英皇道979號太古坊太古坊一座地下
Area A G/F, One Taikoo Place, Quarry Bay
尖沙咀柯士甸道西1號ELEMENTS圓方金區2樓天際100入口
2/F, ICC, West Kowloon (sky100 lobby main entrance)
觀塘海濱道77號海濱匯地下2號舖
Shop 2, G/F, The Quayside, Kowloon Bay



6593 0955



fuelespresso.com



Maison Kayser

At Maison Kayser, we believe in only giving the very best to our customers. Everything we serve is made fresh daily in Hong Kong with superior ingredients.



MAISON KAYSER
ARTISAN BOULANGER
PARIS

Everything is crafted using French baking techniques and comes with a taste that evokes memories of your childhood or travels to France.

每於 10 月 4-20 日內售出一瓶發酵茶便捐出 港幣 10 元(三種口味選擇,11間分店有售)

Will donate HK\$10 for each sale of Kombucha (3 flavours available, across 13 shops) from 4th to 20th October, 2024





灣仔港鐵會展站EXC 1號舖

Shop EXC 1, Exhibition Centre MTR Station,
Wan Chai

灣仔皇后大道東248號地舖 G/F, 248 Queen's Road East, Wan Chai 黃竹坑香葉道8號Marina 8地舖 G/F, Marina 8, 8 Heung Yip Road, Wong Chuk Hang

尖沙咀棉登徑8號地庫地下Go1及Go2號舖 Shot Go1 & Go2, G/F, 8 Minden Avenue, Tsim Sha Tsui

香港皇后大道東50號太古廣場六座1樓 1/F Lobby, Six Pacific Place, 50 Queen's Road East, Admiralty

中環遮打道10號太子大廈1樓139號舖 Shop 139, 1/F, Prince's Building, 10 Chater Road, Central

中環港鐵中環站CEN L8號舖 Shop CEN L8, Central MTR Station, Central 半山堅道38號地舖

G/F, 38 Caine Road, Mid-Levels 西環西營盤高街75號地舖 G/F, 75 High Street, Sai Ving Pun, N

G/F, 75 High Street, Sai Ying Pun, Western District

鰂魚涌英皇道979號太古坊多盛大廈1樓Kiosk A Kiosk A, 1/F, Dorset House, Taikoo Place, 979 King's Road, Quarry Bay 跑馬地雲地利道60號

60 Ventris Road, Happy Valley 西環堅尼地城爹核士街11號浚峯地下4號舖 11 Davis Street, Kennedy Town, Hong Kong



@maisonkayserhongkong

Matchali

MATCHALI

Matchali began with two cousins, Cara and Laura, who fell in love with matcha's health benefits and culture. A superpowered green tea powder, jam-packed with healthy goodness and clean energy, delivering caffeine minus the crash! Matchali embraces tradition by using hand-picked, first-harvest ceremonial grade matcha. Sourced directly from a fifth- generation tea farm found along the duo's journey through the matcha capital of the world, Uji, Kyoto, Matchali drinks are made to order and hand whisked, like it has been for centuries. While matcha is impressive on its own, Matchali kicks it up a notch with superfoods, plant-based milk options, preservative-free and non- processed ingredients, all while avoiding refined sugars. Every drink is centred around fortifying nutrients with a side of chill energy, completely jitter-free. It tastes as good as it feels with its antioxidant-fuelled, mega-detoxifying green tea powers.

捐出於 10 月 4-20 日內士多啤梨抹茶拿鐵銷售額的 5%

Will donate 5% of the Strawberry Matcha Latte sales from 4th to 20th October, 2024





灣仔月街5號地舖 G/F, No.5 Moon Street, Wan Chai



9880 7661



matchali.com



@matchali_hk





Hogan Coffee



Hogan Coffee is where you relax and recharge. Treat yourself to specially selected coffee beans from Melbourne, Market Lane Coffee, brunch, dessert, and more!



捐出於 10 月 4-20 日內招牌早餐拼盤銷售額的 10%

Will donate 10% profits from the signature Hogan Brekkie Plate from 4th to 20th October, 2024



銅鑼灣伊榮街21號地舖 G/F, 21 Irving Street, Causeway Bay



97803059



@hogancoffeehk





Eve Bliss

Eve Bliss is a wellness lifestyle brand promoting wellness through products, wellness programmes, and community events.



捐出於 10 月 4-20 日內 12 罐裝功能性恢復蘇打水網上銷售額的 5%

Will donate 5% of all online sales of our 12 cans-pack Functional Recovery Soda from 4th to 20th October, 2024





evebliss.co/



@evebliss.co





Potion House



Make magic with Potion House, Hong Kong's first jelly-based bubble tea concept! Enhance your bubble tea experience and top up the chews with our very own magic formula, along with six signature jellies: (Peach-infused Black Tea Jelly, Jasmine Green Tea Jelly, Soybean Milk Jelly, Apricot Kernel Jelly, Grass Jelly); making up to 30 different possibilities to mix and match your unique cup of golden ratio!

捐出於 10 月 4-20 日內壺(中環分店)每日銷售額的 5 %

Will donate 5% of daily sales from Potion House's Central branch from 4th to 20th October, 2024



中環康樂廣場1號怡和大廈LG樓LG7號舖 Shop 7 Area 2 LGF Jardine House, 1 Connaught Place, Central, Hong Kong



6258 8876



@pot.ionhouse









Miam Bakery



We are a small artisan bakery that makes sourdoughs, croissants and all yummy treats. We only use the finest ingredients and everything is additive and preservative-free.

捐出於 10 月 4-20 日內貝果,玉桂卷,及特別食品銷售額的 5 %

Will donate 5% of proceeds from sales of cinnamon buns, bagels, and the special item from 4th to 20th October, 2024



西環西營盤第三街73號興華樓地舖 G/F, 73 Third Street, Sai Ying Pun, HK



5592 5507



beacons.ai/miambakeryhk



@miam_bakery_hk







香港心聆 - 心聆良食週 2024

MIND HK MENTAL HEALTH FOOD WEEK 202L

4-20-10-2024