

## RESTAURANTS AND CAFES

### **Mr and Mrs Fox (Contemporary)**

23 Tong Chong St

Tel: 2697 8500

Opening hours: 12pm to 11pm, Monday to Thursday (open until midnight on Friday and Saturday)

[www.mrmrsfox.com](http://www.mrmrsfox.com)

The meeting place for some of the very first conversations about Banyan Workspace, Mr and Mrs Fox will always be one of our go to restaurants in the area. They serve a great set lunch and it's a good venue to take clients to.

### **Enoteca (Italian and Mediterranean)**

35, 41 Tong Chong St

Tel: 2744 6000

Opening hours: 11am to 2am, Monday to Friday (open until 1am on Friday and Saturday)

[www.enoteca.com.hk](http://www.enoteca.com.hk)

A popular spot with an inspiring mocktail and cocktail menu. The Cucumber & Mint Fizz is a must on a hot day. The set lunch doesn't disappoint with options for carnivores, pescatarians and vegetarians alike.

### **Tulsi (Indian)**

13-15 Hoi Kwong St

Tel: 2561 2968

Opening hours: 11.30am to 11pm, Monday to Sunday  
[www.tulsi.hk](http://www.tulsi.hk)

Recommended by the Michelin Guide, Tulsi is one of Quarry Bay's hidden gems. No dish disappointed our Indian food loving team.

### **Farmer's Cooking** (Vegetarian/Vegan options available)

5 Hoi Chak Street

Tel: 94630458

Opening hours: 11.30am to 3pm, Monday to Friday (closed Saturday and Sunday)

Farmer's Cooking is one of our favourite spots for a casual lunch made with fresh ingredients. Alongside other absolutely delicious choices they serve homemade bread and soup for a light lunch and if you would like a take away offer a \$3 discount if you bring your own box.



## RESTAURANTS AND CAFES

### **Karui Bento (Healthy)**

Hoi Chak Street

[www.karuibento.com](http://www.karuibento.com)

“No MSG All Natural” is their tagline. Each bento box also lists the calories, protein, carbohydrate and fat content. If you like to know exactly what you’re eating this is a great spot for you. The Tofu bento is a must if you are vegetarian. Don’t forget to bring your own box as Karui Bento is take-away only.

### **Tea. Noodle Restaurant**

Hoi Chak Street

Not only do they serve a vast selection of teas and smoothies, you can also select how much sugar you would like: Regular, 70%, 50%, 30% or none at all.

### **Sho Bu, Japanese**

26- 28 Finnie St, Quarry Bay

Opening hours: 12- 3pm, 6-11pm Monday to Saturday (Sunday: closed)

Great little Japanese restaurant with fresh ingredients and very close to Banyan Workspace.

Don’t forget to borrow your chopsticks from Banyan to avoid using their disposable ones.

### **Umimachidon (Japanese)**

Shop 6, Dragon View House, 7-9 Hoi Kwong St, Quarry Bay

Opening hours: 11:30am–3pm, 6–10pm, Monday to Saturday (Sunday: closed)

<http://www.umimachidon.com/>

This popular Japanese restaurant does one thing only: donburi. Particularly its kaisendon, which entails a big bowl of rice overflowing with fresh seafood.



## RESTAURANTS AND CAFES

### **Shugetsu (Japanese Ramen)**

30 Hoi Kwong St, Quarry Bay

Tel. 23367888

Opening hours: 11.30am-9pm, Monday to Saturday (11.30am to 7pm, Sundays)

<http://www.shugetsu.com.hk/>

Serving up delicious, Michelin starred Ramen noodles this is a great spot for a quick casual lunch. Get there early to avoid the queues (and to make sure you're not too late for the edamame!) Don't forget to borrow your chopsticks from Banyan to avoid using their disposable ones.

### **Shiro (Japanese)**

Taikoo Place Lincoln House, 979 King's Rd, Taikoo Shing

Tel: 21164969

<https://www.shiro-sushi.com/experience>

Offering a wide range of dining options and a more formal style of service, this is where you would take your clients for an executive lunch. Expect prices to match the top-notch quality and experience.

### **Ask For Alonzo (Italian)**

18 Hoi Kwong St, Quarry Bay

Tel. 28562911

Opening hours: 11.30am-9pm, Monday to Saturday (11.30am to 7pm, Sundays)

<http://www.askforalonzo.com>

Perfect little trattoria serving freshly made pastas and salads. Try their homemade lemonade with a shot of vodka when you are done for the day!



## COFFEE | TEA | JUICES

### **Grotto**

19 Hoi Chak St, Quarry Bay

Tel: +852 35638935

Opening hours: 9am- 6pm, Monday to Friday (10:30am- 6pm, Saturday & Sunday)

<https://www.instagram.com/grotto.hk/>

Serving a fantastic selection of in-house roasted coffee, this insta-worthy hideaway also offers oat milk options for non-dairy drinkers. If you don't want to queue, get there before 12pm, or use their cute "grab & go" window.

### **Flavilla x Bless**

7-9 Hoi Kwong St, Quarry Bay

Tel: +852 96615201

Opening hours: 8am – 6pm, Monday to Friday, 9am - 7pm, Saturday to Sunday

<http://favilla.com.hk/>

Favilla Café is a coffee shop that infused with Japanese and Scandinavian influences, while Bless is a bottled cold-pressed juice company.

### **Nood Food**

1/F, Lincoln House Taikoo Place 979 King's Road

Tel: +852 3691 3965

Opening hours: 7am - 10pm, Monday to Friday

[www.allnood.com](http://www.allnood.com)

Delicious and healthy salad bar with equally delicious juices. Don't forget to bring your own cup and container to receive \$3 off you. Refreshing, nutrient filled and energy boosting: we are big fans of Nood juices.

### **Espresso Alchemy**

4-6 Hoi Wan St, Quarry Bay

Tel: +852 26132638

Opening hours: 7:30am – 6pm, Monday to Friday, 8:30am - 6pm, Saturday to Sunday

<http://alchemycoffee.net/>

A gorgeous little hole-in-the-wall which brews the best artisan coffee in HK, with a huge range of milk options. The avocado toast makes it the perfect stop for breakfast.



## FITNESS & BEAUTY

### **Hkore (Classes)**

Suite 1201 Dorset House, Taikoo Place, 979 King's Road

[www.h-kore.com](http://www.h-kore.com)

Classes are 45 minutes of intense resistance training on high tech reformer machines. Both flexibility and strength training are incorporated into each sessions. We highly recommend trying an HKore class if you are interested in combining pilates and resistance training. Be prepared to be sore afterwards!

### **Pure (Gym & classes)**

4/F & 5/F PCCW Tower Taikoo Place, Quarry Bay

Tel: +852 8105 5538

[www.pure-fitness.com/hongkong](http://www.pure-fitness.com/hongkong)

### **Pure Yoga (Yoga)**

4/f Lincoln House TaiKoo Place 979 Kings Road

Tel: +852 8129 1188

[www.pure-yoga.com/hongkong](http://www.pure-yoga.com/hongkong)

**Joint Dynamics** (Physiotherapy, Personal Training, Massage, Chiro & Osteo, Run Dynamics, Exercise physiology, Sports therapy, and more)

12th Floor Dorset House 979 King's Road

Tel: +852 27620528

[www.jointdynamics.com.hk](http://www.jointdynamics.com.hk)

HK's premier physiotherapy, sports training and rehabilitation specialists

### **Fitness Academy (Crossfit)**

Hoi Chak Street

Tel: +852 3708 8190

[www.fitnessacademyhk.com](http://www.fitnessacademyhk.com)

Fitness Academy is focused on weight and strength training. Classes are run throughout the day, if you are unable to attend a class it is possible to complete the circuit yourself. Before starting the group classes you must go in for an initial physical assessment, after which they will decide if you are able to join the group classes or need one on one training to start.



## FITNESS & BEAUTY

### **Benefit Brows**

Unit 25D, 13-15 Hoi Kwong Street

Tel: 3579-4000

Opening hours: 11am to 8.30pm, Monday to Friday (11am to 6pm, Saturday and Sunday)

[www.benefitcosmetics.com](http://www.benefitcosmetics.com)

Have your brows transformed in under 30 minutes. The team at Benefit know exactly what they are doing and can almost always fit you into their day.

### **Nail Me**

P408 Podium, Yuan Kuan mansion, 20 Taikoo Shing Road

Tel: 27282250

[www.nailmehk.com](http://www.nailmehk.com)

Very professional and offering a full range of nail services, from gels to SPARTIES. Grab a girlfriend and go...

### **The Barber Shop**

G/F Devon House, Taikoo Place

Tel: 29580037

Opening hours: 10am to 7.30pm, Monday to Friday (10am to 6pm, Saturday and Sunday)

[www.thebarbershop.com.hk](http://www.thebarbershop.com.hk)

Step back in time at The Barber Shop to get your haircut, beard trim or wet-shave at this retro-style gentlemen's retreat. Think "Mad Men"

### **La Vie Hair & Beauty**

Tor Po Mansion, 1-25 Hoi Hong Street

Tel: 25210333

Opening hours: 11am – 7:30pm

[www.laviehairbeauty.com](http://www.laviehairbeauty.com)

Pop in after work to get your blow-dry done before heading out to dinner



## BANKS

### **HSBC Quarry Bay Premier Centre**

971 King's Road

Tel. 2233 3000

Opening hours: 9am to 5pm, Monday to Friday (Saturdays 9am to 1pm)

### **HSBC Westlands Gardens Branch**

1037 King's Road

Opening hours: 9am to 4.30pm, Monday to Friday (Saturdays 9am to 1pm)

### **Bank of China (Hong Kong) Quarry Bay Branch**

1060 King's Road

Opening hours: 9am to 5pm (Saturdays 9am to 1pm),  
ATM area open 24 hours

### **Bank of East Asia Quarry Bay Branch**

1035 King's Road

Opening hours: 9am to 4.30pm, Monday to Friday (Saturdays 9am to 1pm)

### **Citibank, Taikoo Branch**

25 TaiKoo Shing Road, Shop G13 and P27, Fu Shan Mansion

Opening hours: 9.30am-7pm, Monday to Friday (Saturdays 9.30am to 12.30pm)

### **DBS**

1063 King's Rd, Quarry Bay

Opening hours: 9am -5pm, Monday to Friday (Saturday 9am to 1pm, Sunday closed)

### **Citic Bank International**

Westlands Gardens Block F, King's Road

Opening hours: 9am to 5pm, Monday to Friday (Saturdays 9am to 1pm)



## POST OFFICE AND COURIERS

### **Hong Kong Post Office**

Tsat Tsz Mui, 770 Kings Road

Tel. 29212222

Opening hours: 9.30am to 5.30pm, Monday to Friday (Saturdays 9.30am to 1pm)

### **SF Express Customer Service Centre**

Shop A, G/G, King's View Court Block D, No. 9 Hoi Chak Street, Quarry Bay

Tel. 27300273

Opening hours: 9am to 8pm, Monday to Saturday

### **DHL Express Centre**

Shop 13B, G/F, Hoi Kwong Court,, 9-15 Tong Chong Street, Quarry Bay

Tel. 24003388

Opening hours: 10am to 7.30pm, Monday to Friday (Saturdays 10am to 4pm)





## CAR PARKS

### **Kerry Centre**

open 24hrs

Tel: +852 29672200

### **One Island East**

open 24hrs

Tel: +852 28446300

### **Taikoo Place (Oxford House)**

open 24hrs

Tel: +852 34821325

### **Hoi Kwong Court**

open 24hrs

Tel: +852 29672200

### **Dah Chong Hong Commercial Centre**

open 24hrs

Tel: +852 27981688



## BITS & BOBS

### **Elegant One (Shoe Repairs and Key Cutting)**

Shop 11A, Hoi Kwong Court, 13-15 Hoi Kwong St

9:00am-7:30pm

Tel: +852 5595 2001

### **Professional Altering Co.**

Shop A, Flat E2 G/F, Tor Po Mansion, 2K Finnie Street

8:30am - 18:00pm

Tel: +852 2967 8529

### **Golden City Stationery Company**

G/F 6A Hoi Kwong Street

Tel: +852 2561 0008

### **Wing Tai Fresh Fruit Shop**

On the corner of Finnie Street and King's Road

### **Natural Pet Store**

G/F, 19 Hoi Chak Street

Tel: +852 51002997

[www.naturalpetstorehk.com](http://www.naturalpetstorehk.com)

### **Pacific Computer Market (laptop and phone repairs)**

Shop 23A, 13 Hoi Kwong Street

Tel: +852 2880 9733

### **E-print and e-banner**

G/F, 24 Hoi Kwong Street

Tel: +852 2344 7776

### **Ming Ngai Drycleaning and Laundry Centre**

Hoi Kwong Court, Hoi Kwong Street

Tel: +852 2561 0631

