

**GF**  
**Edible Evidence**  
**Eatery + Kitchen**

—  
hello@grainofsalt.co  
grainofsalt.co  
f o grainofsalthk

+ 852 2968 1083  
47 Gough Street, Sheung Wan



# Inspired by Nature, Enhanced by Science.

**Welcome to Grain of Salt.**

Led by Tiffany Shek, a Registered Dietitian that understands the science of nutrition and art of great good.

Our philosophy is centred on approaching nutrition with a 'Grain of Salt' - not too salty, not too sweet, and a little nutty. Combining our eatery and dietetic clinic upstairs, we hope to empower healthier habits and debunk 'diet hacks' that often do more harm than good.

Our food is inspired by global cuisines, offering a rainbow of colours to fill your body with the nutrients it requires to thrive. With an abundance of plant-based options, we make sure no one misses out and that everyone leaves feeling happy from the inside out.

Eat good, feel good, look good, and in turn, do good.



# Breakfast All Day Every Day.

08:00 - 17:30

Because breakfast is the most important meal of the day.

|  |            |
|--|------------|
| <b>Avocado Toast</b> <b>PB G N</b>   | <b>128</b> |
| <b>The breakfast of champions, packed with good fats and complex carbohydrates</b>   |            |
| Avocado, almonds, whole wheat sourdough  |            |
| <b>Soup-er (Veggie) Dumplings</b> <b>PB G</b>  | <b>88</b>  |
| <b>An umami filled veggie delight made with shiitake mushrooms and tofu</b>  |            |
| <b>Perfect for lowering cholesterol levels</b>   |            |
| Shiitake tofu dumplings, mushroom broth  |            |
| <b>Chia-up Pudding</b> <b>PB N</b>   | <b>88</b>  |
| <b>Sticky, toasty chia pudding, a heaven sent for your gut health</b>  |            |
| Chia seeds, house-made almond milk, goji, fresh berries, toasted quinoa  |            |
| <b>The GOS Yoghurt Bowl</b> <b>PB N</b>  | <b>98</b>  |
| <b>The colours of the rainbow in a bowl. Eat to your heart's content in a carefully curated bowl of healthy fats and fibre</b> |            |
| Almond yoghurt, fresh fruits, granola, chia seed, house-made goji puree  |            |
| <b>Green, Eggs And No Ham</b> <b>G</b>   | <b>108</b> |
| <b>We do this literary classic, veggie style, and better.</b>  |            |
| <b>It's full of beta-carotene and vitamin C</b>  |            |
| Poached egg, sautéed broccolini, spinach, carrot hummus, sourdough   |            |

## SALADS

|  |            |
|--|------------|
| <b>GOS Salad</b> <b>PB N</b>   | <b>128</b> |
| <b>Our OG gives you the perfect blend of complex carbohydrates, healthy fats, high in fibre &amp; phytonutrients</b> |            |
| Kale, avocado, quinoa, pickled carrots, cucumbers, topped with nori & almond butter dressing                         |            |
| <b>Kale Caesar</b> <b>PB N K</b>   | <b>118</b> |
| <b>Our take on the classic Caesar salad, 100% plant-based, rich in unsaturated fatty acids - the good fats</b>       |            |
| Kale, shiitake “anchovies”, chickpeas, “bacon”, plant-based Caesar dressing  |            |

## ADD-ON ITEMS

|                                      |           |
|--------------------------------------|-----------|
| <b>Carrot Hummus</b> <b>PB</b>       | <b>30</b> |
| <b>House-made Kimchi</b> <b>PB K</b> | <b>25</b> |
| <b>Avocado</b> <b>PB K</b>           | <b>20</b> |
| <b>Poached Egg</b> <b>K</b>          | <b>20</b> |



**SCAN HERE FOR  
NUTRITIONAL VALUES**

Please note that there may be traces of these ingredients in all of our dishes, so please let a GOS staff member know if you have any allergies.

## DIETARIES

- PB** PLANT BASED
- D** DAIRY
- K** KETO-FRIENDLY
- G** CONTAINS GLUTEN
- N** CONTAINS NUTS

# Drink Up.

## SMOOTHIES

|  |             |           |
|--|-------------|-----------|
| <b>The Hulk</b>  | <b>PB</b>   | <b>78</b> |
| Kale, romaine, celery, banana, cucumber, ginger + hemp seed                                |             |           |
| <b>Uplift</b>  | <b>PB N</b> | <b>78</b> |
| Cacao powder, almond butter, avocado, banana, agave, almond milk + cacao nib sprinkle      |             |           |
| <b>Berry Good</b>  | <b>D N</b>  | <b>78</b> |
| Blueberries, blackberries, strawberries, yoghurt, honey, almond milk + goji berry sprinkle |             |           |
| <b>Serenity</b>  | <b>D</b>    | <b>78</b> |
| Tart cherry juice, banana, yoghurt, honey, almond milk, oats + freeze dried strawberries   |             |           |
| <b>Follow Your Gut</b>   | <b>D N</b>  | <b>78</b> |
| Mango, turmeric, yoghurt, almond milk, cinnamon + hemp seed                                |             |           |

## COFFEE

### BLACK

|              |         |
|--------------|---------|
| <b>Black</b> |         |
| Espresso     | 30      |
| Americano    | 35 / 39 |

### WHITE

|                   |    |
|-------------------|----|
| <b>Mini White</b> |    |
| Macchiato         | 35 |
| Piccolo           | 35 |
| Dirty             | 39 |

|              |         |
|--------------|---------|
| <b>White</b> |         |
| Flat White   | 40      |
| Cappuccino   | 40 / 44 |
| Caffè Latte  | 40 / 44 |
| Mocha        | 48 / 52 |

|                      |           |
|----------------------|-----------|
| <b>Gear Up (1+1)</b> | <b>68</b> |
|----------------------|-----------|

No extra charge for alternative milk  
+ 4 for iced + 5 for extra shot

## THANKS A LATTE

|                             |                |
|-----------------------------|----------------|
| <b>Beetroot Cacao Latte</b> | <b>50 / 54</b> |
| <b>Liquid Gold</b>          | <b>50 / 54</b> |
| <b>Matcha Milk</b>          | <b>50 / 54</b> |
| <b>Chai Latte</b>           | <b>50 / 54</b> |

## HOT TEA BY COCOON TEA ARTISANS

|                          |           |
|--------------------------|-----------|
| <b>Darjeeling Oolong</b> | <b>42</b> |
| <b>Earl Grey</b>         | <b>42</b> |
| <b>English Breakfast</b> | <b>42</b> |
| <b>Green Quince Tea</b>  | <b>42</b> |
| <b>Herbal Tea</b>        | <b>42</b> |
| <b>Oolong Tea</b>        | <b>42</b> |
| <b>White Tea</b>         | <b>42</b> |

