

	Vendor 1	Vendor 2	Vendor 3
Agave Syrup	iherb	Gateway	Marketplace
Liquid Aminos	iherb	Just Green	Spice Box Organics
Apple Cider Vinegar	Most Supermarkets	Olivers, Great, CitiSuper	Just Green
Apricot Jam (St Dalfour)	Most Fusions and Park N Shop	Great	Marketplace
Balsamic Vinegar Glaze	Marks and Spencers	Great	CitiSuper
Brown rice syrup	Just Green and Olivers	iherb	Natures Village occasionally
Coconut Oil	Huorganics.com	Just Green and iHerb	Marketplace, Fusion, Great, Olivers, Citisuper,
Dijon Mustard smooth	Fusion /Marketplace	Great and Olivers	Citisuper
Dijon Mustard Grainy	Fusion /Marketplace	Great and Olivers	Citisuper
Korean soy bean paste- Doenjang	Citisuper	Fusion	Great
Korean Chili Paste- Gochuang	Citisuper	Fusion	Great
Maple syrup	Most Supermarkets	Just Green	Great and Olivers
Mirin (Sugar free)	Just Green has one with no sugar	Citi Super	
Mustard Oil	4 Seasons Indian Provision Shop	Indian Provision Shops	
Oil Sprays	Great stocks the Winona Brands are great	Marketplace has many	
Pomegranate Molasses	Pomegranate Kitchen  www.pomegranate.com.hk- this is a catering company however they take order for pomegranate molasses	You can make your own very easily by boiling pomegranate juice for about 30 minutes or until it becomes a thick syrup. Take care not to burn it.	
Red wine vinegar	Most Fusions and Park N Shop	Great	Olivers and Citisuper
Rice Paper Wrappers	Most supermarkets	Great	Citisuper
Rice Vinegar	Olivers	Just Green	
Sesame Oil	Most supermarkets		

	Vendor 1	Vendor 2	Vendor 3
Sriracha Sauce	Gateway	Great	
Sunflower Oil	Best Value and Quality from "Enjoi" order High Oleic Sunflower Oil from <a href="http://www.enjoi.com.hk">www.enjoi.com.hk</a>	Olivers and Great	Marketplace
Tabasco sauce	Most Supermarkets		
Tamari sauce	Just Green	Great	Citisuper
White Vinegar	Most Fusions and Park N Shop	Great	Olivers and Citisuper
White Wine Vinegar	Most Fusions and Park N Shop	Great	Olivers and Citisuper
<b>Seeds, grains, nuts and dried fruits and legumes</b>			
Almonds	iherb	Most Supermarkets	
Brown Lentils	Most supermarkets	Indian provision shops	
Channa Dahl (split chickpeas)	Indian provision shops	Spice Box Organics	
Chia Seeds	iHerb	Fusion and Marketplace	Great and Olivers
Chickpeas (Dried)	Indian Provision Shops such as 4 Seasons	Fusion	Spice Box organics
Coconut Desiccated and Unsweetened	Just Green	CitiSuper	Fusion
Coconut Toasted Flakes	Just Green	iherb	
Currants	Olivers	Citisuper	
Ground Flaxseed	Fusion	Just Green	Olivers/Great/Citisuper
Green Lentils	Fusion and Marketplace	Just Green	Olivers/Great/Citisuper
Red lentils	Fusion and Marketplace	Indian Provision Stores	Olivers/Great/Citisuper
Oats Rolled	Citi Super	Most Supermarkets	
Oats Instant	Citi Super	Any supermarket	
Pecans	iherb	Fusion	Olivers/Great/Citisuper
Pine nuts	iherb	Fusion	Olivers/Great/Citisuper

	Vendor 1	Vendor 2	Vendor 3
Popcorn kernels	Fusion	Great	Great
Prunes	Fusion	Most supermarkets	Olivers/Great/Citisuper
Pumpkin seeds	iherb	Natures village	Fusion/Citisuper/Great/Olivers
Quinoa tri colored	iherb	Fusion	Just Green
Basmati rice	Any fusion or supermarket	Indian Provision shops	
Split mung beans	Indian Provision shops	Spice Box Organics	
Spilt yellow mung beans	Indian Provision Shops	Spice Box Organics	
Sunflower seeds	Any supermarket	iherb	
Urud dahl (split black gram)	Indian Provision Shops	Spice Box Organics	
Walnuts	iherb	Fusion	Olivers/Great/Citisuper
<b>In the Pantry Cans and other</b>			
Almond butter	Just Green	iherb and <a href="http://foodcraft.hk">foodcraft.hk</a>	Marketplace
Almond Milk	Fusion and Marketplace Most supermarkets	Just Green	Great
Black Beans Canned	Fusion and Marketplace	Most supermarkets	Great/Citisuper/Olivers
Cocoa powder	Any supermarket	Great/Citisuper/Olivers	Just Green
Capers	Fusion	Great/Citisuper/Olivers	
Chicken Broth (Vegetarian - Imagine Brand)	Fusion	Great	
Chickpeas (canned)	Any supermarket	Great/Citisuper/Olivers	
Healthy Chips	Just Green and Natures Village have the best selection - try a quinoa chip or a bean based one	Great has an amazing selection	Olivers
Chocolate chips (Dairy Free)	Just Green has a vegan brand	Ghirardelli at Olivers	A&M

	<b>Vendor 1</b>	<b>Vendor 2</b>	<b>Vendor 3</b>
Chocolate Dark (Dairy Free)	Just Green	Ghiradelli at Olivers	Lindt (70%) at Fusion, Olivers, great, Citisuper
Coconut Milk	Any supermarket		
Coconut Milk Light	Marketplace "Amoy" brand		
Coconut Sugar	iherb	Spicebox Organics and Just Green	Fusion and Marketplace
Corn flour	Any supermarket		
Flour (Gluten Free)	Fusion and Marketplace	Just Green	Great/ Citisuper/ Olivers
Flour (whole wheat )	Any supermarket	Olivers and Great	
Kelp noodles	iherb	Just Green-usually stocks	
Lasagna sheets	Any supermarket		
Olives (Green and pitted)	Any supermarket	Olivers	
Penne Pasta (Gluten Free)	Fusion	Just Green and Natures village	Great/ Citisuper/ Olivers
Peanut butter	Sugarfree ones can find in almost any large chain supermarket	iherb Just Green Natures village	iherb
Quinoa Bread Crumbs	Just Green	iherb	
Rice Milk	Fusion and Marketplace	Great and Olivers	Just Green
Sardines in a tin	Most supermarkets		
Seaweed	Great	Citisuper	Just Green
Stevia Powder	Fusion and Marketplace	Just Green	Green Common
Sun Warrior Protein Powder	Just Green	Natures Village	
Tomatoes Chopped (Box or canned)	Fusion or marketplace	Great	Great/ Citisuper/ Olivers
Tomatoes Crushed (Box or Canned)	Fusion or marketplace	Great	Great/ Citisuper/ Olivers
Tomato Salsa	Marks n Spencers	Great	Citisuper
Vanilla	All supermarkets	Alcohol free one at Just Green	Large one at Gateway
Vegenaise	Fusion	Just green	Great

	Vendor 1	Vendor 2	Vendor 3
Xantham gum	Just Green	Great	iherb
Yellow Curry Paste (Vegan ones Pantai brand and Blue Elephant brands)	Great	Green Commons	
Amaretto liqueur	“Disaronno” brand at Soho Wines	Watsons wines	Olivers
Anise liqueur (“ouzo”)	Soho Wines	Watsons wines	
Contreau Liqueur	Soho wines	Watsons wines	
Dry red Cooking wine	Any red Cabarnet Savignon or Merlot will do		
Dry red Cooking wine	Buy an inexpensive brand for cooking		