

HG BOWL ALL BOWLS ARE MADE FRESH DAILY WITH VEGETABLES FROM OUR VERY OWN ORGANICALLY CERTIFIED FARMS



SEASONAL

HAIRY CRAB HARVEST BOWL

MIXED MEATBALLS DE DE HAIRY CRAB SAUCE BASE

Red Brown Rice / Roasted Pumpkin & Carrot / Sweet Corn Mix / Kale Mix with Paprika-Vinegar Mayo / Scallions / Cured Egg Yolk

SWAP RED BROWN RICE FOR SALAD

88 **RMB**





BACK TO CALL MISO SALMON FILLET PRESERVED LEMON CASHEW SAUCE

 ${\sf Red\text{-}Brown\ Rice\ /\ Cherry\ Tomatoes\ /\ Smashed\ Avocado\ /}$ Sauteed Edamame & Zucchini / Seasonal Roasted Fruit / Arugula / Crispy Quinoa MAKE IT VEGETARIAN (TOFU)

78 RMB

68

RMB





BEEFY CURRY WARMING BOWL @

BRAISED BEEF CURRY MIX

Red Brown Rice / Braised Farm Greens / Roasted Pumpkin & Carrot / Beetroot Pickled Radish / Marinated Shiitake Mushrooms / Scallion





SMOKEHOUSE BBQ 🚳 🙃 🙃

BRAISED PORK SHOULDER SMOKY BBQ SAUCE

Red-Brown Rice / Bacon-Braised Cabbage / Cherry Tomato / Roasted Pumpkin & Carrot / Beetroot Pickled Radish / Kale Chips





MALA SPICE 👽 🚭







70

PULLED CHICKEN SICHUAN PEPPER SAUCE

Red-Brown Rice / Bacon-Braised Cabbage / Sauteed Green Garlic & Onion / Chili Bamboo / Pickle Cucumber / Cilantro / Pickled Jalapeño / Mala Peanuts / Fresh Ground B&W Pepper / Scallion







SIMPLY UMAMI ® @

MISO SALMON FILLET MISO DASHI SAUCE

Red-Brown Rice / Japanese Mushroom Mix / Sauteed Edamame / Multicolor Pickled Daikon / Cured Egg Yolk / Crispy Leek / Scallion









78

RMR

KOREATOWN L.A. ® ® **BULGOGI BRAISED BEEF**







72

Red-Brown Rice / Kimchi / Mixed Sesame Seeds / Perilla Leaf / Beetroot Pickled Radish / Scallion / Sauteed Green Garlic & Onion / Pickled Jalapeño / Avocado / Sesame Oil

BUILD YOUR OWN BOWL

1. PICK YOUR BASE (55 RMB)

RICE

SALAD

Red-Brown Rice

Mixed Kale & Romaine

PICK YOUR SAUCE

RICE SAUCE

Smoky BBQ Sichuan Pepper Miso Dashi Preserved Lemon Cashew Bulgogi Sauce Hairy Crab Sauce +36

SALAD SAUCE

Black Rice Vinegarette Ceasar Dressing Apple Cider Dressing Trufle Balsamic Dressing

2. PICK YOUR PROTEIN

Pulled Chicken +20 Braised Pork Shoulder +20 Miso Salmon Fillet +30

Braised Beef +35 Large Meatball with Hairy Crab Sauce +48 Braised Beef Curry Mix +50

"Try our tofu, on us! "

3. PICK TWO VEGGIES

Sauteed Edamame Sauteed Green Garlic & Onion Seasonal Roasted Fruit Roasted Pumpkin & Carrot

Bacon Braised Cabbage

Japanese Mushroom Mix Sauteed Edamame & Zucchini Braised Farm Greens

Sweet Corn Mix +12

4. PICK YOUR TOPPING

Cherry Tomato

Pickle Cucumber

Egg

Beetroot Pickled Radish Arugula

Multicolor Pickled Daikon

Chili Bamboo

Kimchi

Marinated Shiitake Mushrooms +8

Smashed Avocado +8 Half Avocado +16

Kale Mix with Paprika-Vinegar Mayo +18

5. ADD ONE CRUNCH

Sunflower Seeds Mala Peanuts Pickled Jalapeño Scallion

Crispy Leek Crispy Quinoa Kale Chips

ASK OUR TEAM FOR SINGLE ITEM PRICING

WE ONLY SOURCE SUSTAINABLY RAISED MEATS THAT ARE HORMONE AND ANTIBIOTIC FREE

SPICE LEVEL CHEF'S PICK VEGAN VEGETARIAN NF NUT FREE DF DAIRY FREE GF GLUTEN FREE

GRILL

BURGERS ARE SERVED WITH SMASHED TRUFFLE BABY POTATOES.

88

GATHERER BURGER 🐠 💟





68

GRASS-FED AUSTRALIAN BEEF cheddar cheese and pickles on a brioche bun roasted eggplant and parmesan patty with carrot cumin mustard, crisp butter lettuce and a parmesan crisp on a brioche bun

SMALL BITES

KALE CEASAR SALAD No

30 RMB

36 RMR

KALE & TATER SALAD

V1 NF DF GF

30

SMASHED TRUFFLE BABY POTATOES W @ NE 38

ARUGULA & 4 SHROOM SALAD 🐠 🕫

PARMESAN ASPARAGUS FRIES Nº V with truffle aioli

38 BMB

CARVERY

🖒 8 SPICED ROAST CHICKEN 🐠 📭 🗓



(1/4) **78**

CAROLINA BARBECUED BABY BACK RIBS NF 05 GF

98 RMB

NPG CHICKEN with pan roasted tomatoes

MARINATED PORK RIBS

98 RMB CRISPY PAN SEARED SALMON 🐠 😎 🎟

CHILEAN SALMON

atop an apple vinegarette sweet potato salad

SOUP

YAN DU XIAN SOUP No DE GE

CHICKEN MUSHROOM SOUP 🐠 🥶

25 RMB

carrot, bean sprouts, spring onion





OUR MEAT



NEW ZEALAND AUSTRALIA
GREENLEA CAPE GRIM

GRASS-FED HORMONE FREE



UNITED KINGDOM

KARRO

PASTURED HORMONE FREE ANTIBIOTIC FREE



CHINA NPG CHINA DAIBO

HORMONE FREE ANTIBIOTIC FREE



IMPORTED

HORMONE FREE ANTIBIOTIC FREE

WE SOURCE ALL OF OUR MEATS FROM **TRUSTED PARTNERS** TO ENSURE THAT THE FOOD WE SERVE IS **HORMONE FREE, ANTIBIOTIC FREE AND HIGHLY NUTRITIOUS.**

NPG|CHINA

PARTNER SPOTLIGHT

MALA SPICE

ROASTED CHICKEN

WHAT DO NPG CHICKENS EAT?



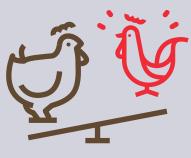


rn Wheat

Traditional Chinese Medicine NPG chickens are raised on a farm at Yantai, Shandong, using natural, traditional methods with zero antibiotics, hormones, or harmful additives. The chickens are raised indoors in a clean, safe, and cage-free environment with ample space to roam around freely. As a result, NPG chickens are more nutritious and 30% less fatty than conventionally grown chickens.



Interestingly, NPG also uses plant-based Traditional Chinese Medicine (TCM) to raise a better and healthier flock. These responsibly raised chickens eat a 100% vegetarian diet made up of corn, wheat, soya, and other important nutrients.



30% LESS FATTY



△ SEASONAL

JEASONAL	
PUMPKIN SPICE LATTE RED DATE & GINGER TEA GINGER HONEY BOOSTER TEA THYME	38 25 25 25
JUICE	
PINK PUNCH THE DAILY ROUTINE SWEETHEART PURE CELERY JUICE PURE DRAGONFRUIT JUICE PURE CARROT JUICE PURE APPLE JUICE PURE ORANGE JUICE	36 36 36 48 48 30 30
COFFEE	
OATLY MATCHA LATTE OATLY VEGAN LATTE OATLY CHAI LATTE OATLY DIRTY CHAI LATTE ESPRESSO AMERICANO CAPPUCCINO LATTE FLAT WHITE	35 35 35 38 22 22 30 30
HOT TEA	
EARL GRAY OOLONG TEA THROAT SOOTHER SKIN SMART	26 26 26 26

it's froyo

ENERGY

FIND MORE FROYO IN BERRY BAKERY.

***froyo is a frozen dessert similar to ice cream but has zero fat and is a bit more tart. It's naturally crafted using California milk and imported from the US. Frozen fresh to order.

OUR STORES

HG ARCHWALK NEW!

L105A ArchWalk Mall, 533 Loushanguan Road, Shanghai (021) 6231 9975

HG YANPING ROAD

#105, 135 Yanping Rd., Shanghai (Near Wuding Rd.) 021-5228 1862

HG IFC MALL

L4-21, ifc mall, 8 Central Avenue, Shanghai 021-5077 0286

HG HKRI TAIKOO HUI

LG161, HKRI Taikoo Hui, 288 Shimenyi Rd., Shanghai 021-5266 8118

PERKS & REWARDS:

Earn points towards seasonal products
Earn points towards Berry Bakery products
Free HG bowl on your birthday month
Exclusive access to HG member events



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