

**FOR IMMEDIATE RELEASE**

**YOGA & GLUTEN-FREE DIM SUM BREAKFAST  
AT HOI KING HEEN**



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**Hong Kong SAR, China, 2 July 2025** – InterContinental Grand Stanford Hong Kong proudly presents the **Yoga & Gluten-Free Dim Sum Breakfast** at Hoi King Heen, a serene morning ritual that beautifully embodies the restaurant’s commitment to wellness and fine Cantonese dining. This distinctive experience highlights Hoi King Heen’s thoughtfully curated **gluten-free menu, crafted year-round for guests with gluten intolerance**. Designed for those who seek both inner balance and gourmet indulgence, it offers a harmonious blend of mindful movement and nourishing cuisine in a tranquil environment.

Set within the peaceful, Siheyuan-inspired interior of Hoi King Heen, the experience begins with a soul-soothing yoga session led by certified instructor Alla Semiletova. This gentle, restorative practice encourages mindful movement and breath, easing physical tension, supporting abdominal detoxification, and enhancing flexibility. It's the perfect way to reset body and mind for the day ahead.

After yoga, guests are invited to a wellness-driven breakfast of gluten-free dim sum, meticulously crafted by Executive Chinese Chef Yu Chiu Kwan. The well-balanced menu begins with a delicate trio of signature dim sum — **Steamed Shrimp Dumpling, Steamed Spicy Beef Dumpling**, and **Pan-fried Pork Dumpling**. These are followed by the tender and succulent **Steamed Garoupa Fillet with Spring Onion**, plus freshly **Stir-Fried Seasonal Vegetables**. For carbohydrates, guests can select from **Fried Rice, Conpoy, Sergestid Shrimp with Egg White**, or Inaniwa Udon with Mushrooms in Fish Broth for gluten tolerant guests.

To complete the experience, sip on two exquisite teas: **Dancong Tea**, delicately infused with Dancong tea, osmanthus and dried peach, to reduce stress and promote a radiant glow. This acclaimed tea is exclusively blended for Hoi King Heen and is not available anywhere else in the world. Its distinctive aroma gently infuses the restaurant each day. **Sweet Memory Tea**, a fragrant blend of rose, osmanthus, jasmine, and white tea that calms the spirit and invites deep relaxation.

Hoi King Heen offers a dedicated selection of **gluten-free dishes on its à la carte menu** featuring an enticing variety of premium dim sums, nourishing soups, and flavourful mains. Scrupulously crafted, these options provide a delicious alternative tailored for guests with gluten intolerance. **All gluten-free dishes are prepared without flour, soy sauce additives, cured meats or seafood ingredients.**

## **Yoga & Gluten-Free Dim Sum Breakfast**

**Dates:**

20 July and 3 August 2025

**Time:**

9am – Yoga Class

10:30am – Breakfast at Hoi King Heen

**Venue:**

Hoi King Heen, B2, InterContinental Grand Stanford Hong Kong

**Prices:**

HK\$388 per person

HK\$368 per person (hotel's official [eShop](#))

All prices are subject to a 10% service charge.

This activity is a celebration of nourishment and flavour, meticulously created to align with holistic well-being.

### **About Hoi King Heen**

Synonymous with sophistication and authenticity, the star-studded Chinese restaurant Hoi King Heen is celebrated for its exceptional Cantonese cuisine set within a traditional Siheyuan-inspired environment – a courtyard that embodies harmony and love, cultivating a tranquil and inviting ambiance for family gatherings and business entertainment.

Under the helmsmanship of Executive Chinese Chef Yu Chiu Kwan, the restaurant expertly preserves the rich heritage of Cantonese cuisine craftsmanship while infusing it with contemporary twists. By embracing cherished family recipes and deploying fresh, high-quality ingredients, Chef Kwan takes classic dishes to a new horizon.

Location	B2/F
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## **About InterContinental Grand Stanford Hong Kong**

InterContinental Grand Stanford Hong Kong is a five-star hotel that offers breath-taking views of Hong Kong's Victoria Harbour. The hotel features 572 luxuriously appointed rooms including 37 suites and world-class dining outlets from The Mistral's authentic Italian cuisine to Café on M's contemporary delights, Hoi King Heen's award-winning Cantonese cuisine, and Tiffany's New York Bar's impressive whisky collection. The state-of-the-art meeting facilities are versatile, catering to various functions and scales. Located within easy reach of the world-famous Star Ferry and the Mass Transit Railway (MTR), the award-winning hotel offers refined services and facilities for savvy business and leisure travellers alike.

Visit our [official website](#), [official online shop](#) and follow the hotel **@InterConGSHK** on Facebook and Instagram.

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