

Hong Kong: Food Worth Eating (HK Part 4)

Food

1. The food is not for the faint of heart. Personally, I discovered I love Cantonese, but it is SUPER intense. It took down half of the group within the first night and then Adam the next night. The flavors are unlike anything I've ever tried. There is a lot of emphasis on fish, pork, and duck. There is plenty of chilli, as well as veggies. The first two nights were rough for the group since we ate traditional Cantonese (Chinese). The last night we ate THE BEST FOOD EVER. We went to [Mario Batali's restaurant, Lupa](#). Say it with me: Seafood Riosotto.
2. Diet Coke in HK is Coke Light--is is definitely superior. I'm addicted. Even from Hong Kong to Thailand the taste changed a bit, but I love it. Diet Coke for life.
3. The Chinese eat Chinese food for every meal and never tire of it. Imagine seafood for breakfast--I tried it. It wasn't too bad, but I wanted my usual breakfast smoothie.
4. McDonald's is the shiz. People love McDonald's and in HK McCafe is a thing. In fact, it's more than a thing. People love it. They even sell *French Macarons*. Freaking ridiculous and awesome.