

# Welcome to Hung Long Asian Market



**Great Deals Sweeten the Meal:**  
Affordably priced general Asian market featuring a complete selection of fresh fruits and vegetables, a huge variety of specialty meats and live/fresh/frozen seafood, and pantry staples like beans, grains, rices, sauces, and condiments for Latin and Asian foods.



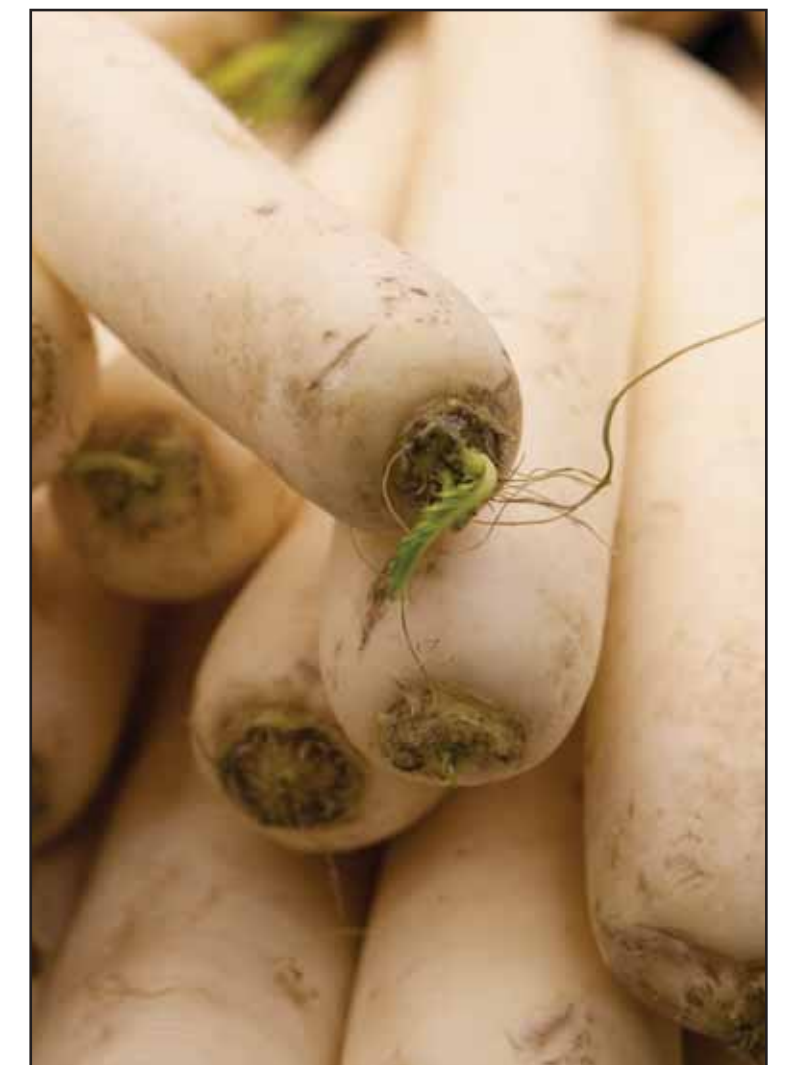
## HUNG LONG ASIAN MARKET

9988 15th Ave SW  
Seattle, WA, 98146  
(206) 403-1626

### OPEN:

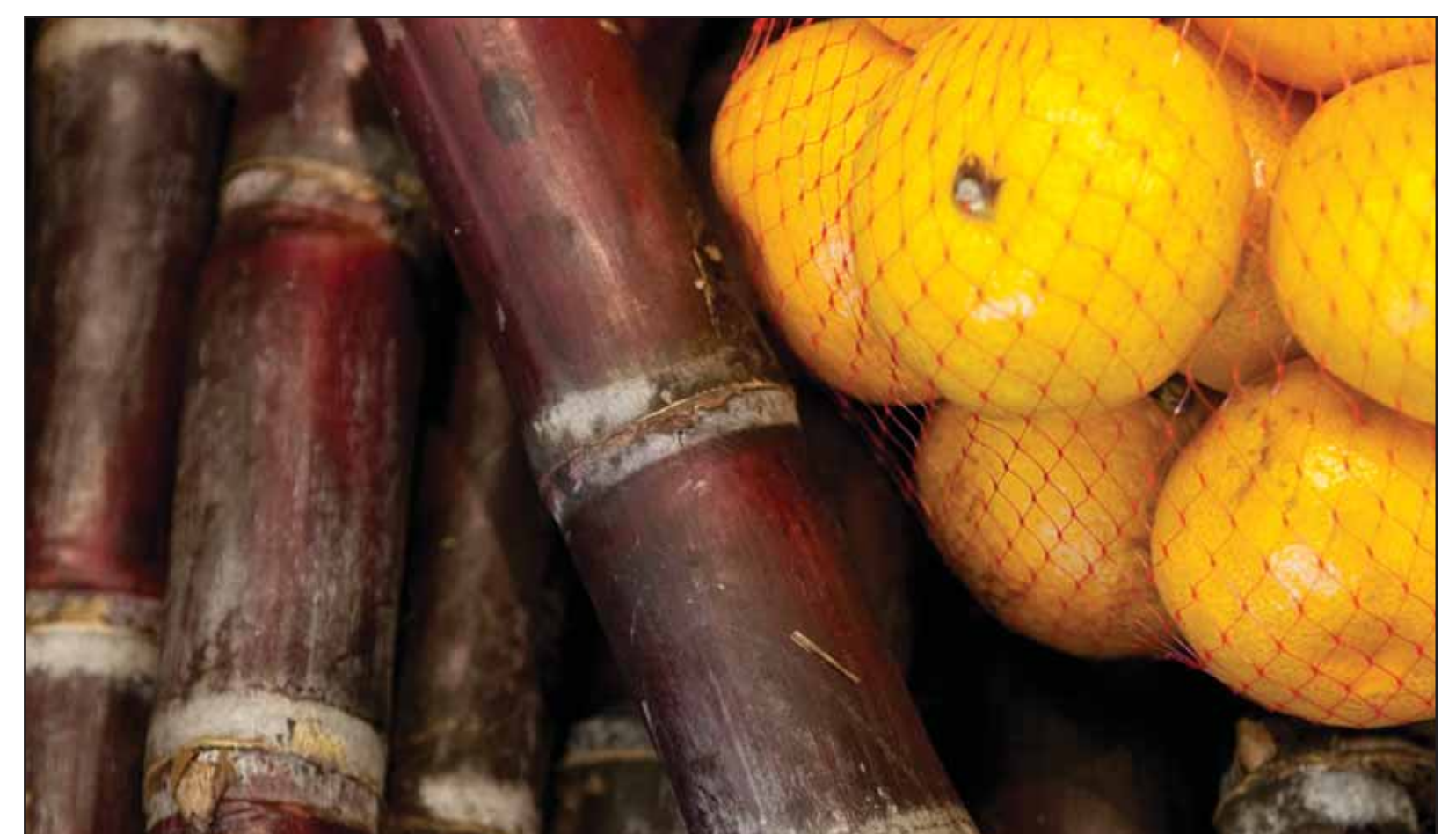
Daily: 8am-8pm

Cash; Credit; Food Stamps/EBT



## HOT CHINESE BBQ TO-GO

If you're looking for a fast meal you'll find it at Hung Long Asian Market. The hot deli serves roasted and barbecued Hong Kong specialties like duck, pork, ribs, egg rolls, bhan bao (a dumpling cooked with eggs, meat, and vegetables inside), and combination lunch boxes. Complement your meal with a quick visit through the produce section for your choice of fresh, crunchy vegetables and sweet, tropical fruits.



## Healthy Foods for Growing Families

"In our family, we say that we have planted the root," explains Willie Vong. "Once we plant the root, we stay and grow." The Vong family of grocers moved to Seattle from Vietnam in 1985 and opened Hung Long Asian Market in 1996. "White Center was pretty quiet in '85," says Willie amid the bustle of Hung Long customers, "we've been here 26 years watching the community grow and change."

Hung Long Asian Market specializes in fresh, affordable foods for growing families. Shoppers here will find all the ingredients for Mexican / Latin, Vietnamese, Chinese, Cambodian, and Filipino cooking. The Vong family stocks fruits and vegetables daily: greens and cabbages like cilantro, leaf lettuce, mustard greens, cai be xanh, bok choy, choy sum, and om choy; roots and tubers such as taro, jicama, cassava, potatoes, and Japanese yams; citrus and tropical fruits including key limes, durian, coconut, and mangoes; plus squash and melons like chayote, upo, Asian eggplant, and bitter melon. "My favorite fruit is tomatoes," says Willie, "I squeeze fresh tomato juice to drink every day. It's delicious!"

Fish and seafood are eye-catching meal attractions at Hung Long Asian Market. Customers have their pick of the catch from tanks of live clams, catfish, and tilapia. Fresh and frozen choices include oysters, shrimp, basa, ca luoi trau, jack fish, parrot fish, snake head, and herring. "We have the best selection and prices for meats," says Willie. Specialties include organ meats, oxtails, tendons, pork snouts, and beef tongues. Refrigerators hold eggs from Springbrook Farms in Renton, as well as vegan ham, cotija cheese, duck eggs, and dumplings. Center aisles offer a tempting variety of Asian and Latin condiments, sauces, spices, and staples: canned fruits and vegetables, rices and noodles, dried seaweed and jellyfish, shiitake mushrooms and lily flowers, plus teas, coffees, flours, beans, and grains.

Growing families are busy families, and simple meals can save time and money. Ask Willie for advice on how to feed a party of people, and he'll respond first with a question, "Who's in the party, and how many? Once you know that," he says, "you want to pick something that is low in price and convenient, like chow fun, chow mein, fried rices, or sandwiches."



**White Center**

GROWING A GLOBAL VILLAGE  
GLOBALLY DELICIOUS PRODUCE



healthy  foods here  
BUSINESS SUPPORT



King County FOOD & FITNESS Initiative