

Interval's bar at HKG: Much more than a bar

This article is 2 of 5 in a series. *PAX International* Managing Editor Jane Hobson takes readers through a visit to Intervals cocktail bar at Hong Kong International Airport ([HKG](#)), operated by Plaza Premium Group ([PPG](#)).



The entrance to Intervals at Hong Kong International Airport

Before we take off with this story, I encourage you to read the first article in this series about my visit to the Plaza Premium Lounge in Toronto. After a Premium Economy flight to Hong Kong for a day of meetings, the next stop on my Asia tour brought me back to HKG for an evening flight to Singapore. I had been invited to check out Intervals, PPG's innovative cocktail bar located between Gates 12 and 24. After a wonderfully busy day in Hong Kong, stepping away from the buzz of one of the world's

busiest airports felt like both a treat and a necessity.

[Intervals](#) was a little tricky to find at first—several floors up and tucked around a corner—so it was a bit of a “trust the signs” journey. But once I stepped off the final escalator, the bar appeared glowing and unmistakable, with neon lighting, soaring ceilings and floor-to-ceiling windows overlooking the apron. With its modern, groovy vibe, Intervals makes a striking first impression.



While lively, the bar still felt private and relaxing

It is always happy hour

In an August 2024 interview with *PAX International*, Me Mei Song, Plaza Premium Group’s Director of Global Brands and Transformation—and Co-creator of Intervals—said the bar was designed to bring something fresh and innovative to the airport.

“The airport is a destination where every journey begins. For us, it is important to keep innovating and instilling creativity into what we do, offering unique and engaging experiences for travelers,” she said.



I was shown to a roomy booth as the sun sank below the horizon. The curved banquette and polished table created a chic, cozy atmosphere

Intervals absolutely delivers on this vision. The space feels grand and airy, yet somehow still private. The décor leans into sleek curves, reflective chrome, glossy finishes and rich, dark tones warmed by soft lighting. On this particular evening, a cotton-candy sunset stretched across the 270-degree view of the tarmac, amplifying the glow of the bar and creating an ambience unlike anything I have ever experienced in an airport.

I was guided to a spacious booth just as the sun was dipping beyond the horizon. The curved banquette and glossy table gave the space a chic, intimate feel.



Intervals features a 270-degree view of the tarmac

The best avocado toast you will ever have

A cocktail bar review must begin with the drink, so I ordered the Signature Iced Perfume Lemon Tea (non-alcoholic). Aromatic and refreshing, it paired perfectly with the Let's Go Vegan dish: smoky chipotle chickpeas, semi-dried cherry tomatoes and avocado toast served with dressed microgreens.

This may sound dramatic, but it was the best avocado toast I have ever had. The chickpeas had a melt-in-your-mouth texture, the bread was toasted to that perfect balance of crisp and fluffy and the avocado was perfectly ripe.



The Signature Iced Perfume Lemon Tea with the avocado toast

Another standout at Intervals is its signature cocktail flights. While I did not have the chance to try one myself, Song tells *PAX International* they are an absolute “must-try.” The flights come in sets of two to five miniature cocktails, giving travelers the opportunity to sample multiple flavor profiles and customize their selection based on how much time they have before their flight—whether it is 15 minutes or a full hour.

To top it off, my server was warm, enthusiastic and genuinely interested in chatting about my travels. As a solo traveler, this little moment of connection meant a lot. Intervals truly understands service.



Warm, enthusiastic service that sparked genuine conversation about my travels

A glowing review

Intervals may not be a large space, but it delivers a significant dose of airport-dining luxury. From the complimentary welcome drink to the signature iced tea, panoramic views and outstanding vegan avocado toast, the experience stands out.

But what really elevates Intervals is the staff. Their energy mirrors the bar's upbeat, inviting vibe—making it genuinely feel like it is always happy hour.



Staff at Intervals were warm, inviting and very helpful

Sitting at Intervals feels more like being in a chic downtown cocktail bar than inside an airport terminal.

PPG describes Intervals as a unique airport destination, and that description is spot-on. It is not a lounge, yet so much more than a bar. Introduced during PPG's 25th anniversary in 2023, the concept represents a fresh, creative step in airport hospitality and reinforces PPG's mission to make travel better for everyone.

The bar offers a sense of privacy and exclusivity, paired with bold, contemporary design that creates a truly memorable culinary experience. The next time you are at Hong Kong International Airport, do yourself a favor and head up the skybridge to Intervals. You will be glad you did.