

# Eating ■

## City Centre 123

City Bowl & Bo-Kaap 123

Waterkant 127

Gardens & Surrounds 128

## Atlantic Coast 129

Green Point & Waterfront 129

Beaches & Suburbs 130

## Southern Suburbs 131

Observatory 131

Constantia 132

Newlands 132

Other Suburbs 132

## False Bay & Southern Peninsula 133

Muizenberg 133

Kalk Bay 133

Simon's Town 133

Noordhoek 134

Kommetjie 134

# Eating

Dining in the Mother City is a pleasure. There are places to suit practically everyone's tastes and budgets, with a particularly strong selection of cafés and delis. With both the sea and fruitful farmlands on hand, you can be pretty much assured of fresh, top-quality ingredients wherever you eat.

If we have a gripe, it's that accomplished cooking tends to run in third place to the inventive décors and lively atmospheres of many restaurants. That old South African predilection for incinerated meat, stodge and viscous sauces seems ingrained. But we have been pleased to see that the influx of capital and demands of overseas visitors in recent years has begun to raise the standard and selection of what qualifies as a great meal.

Most restaurants are licensed but some allow you to bring your own wine for little or no corkage. Call ahead to check the restaurant's policy. For more information on wine, see p40. Many bars serve excellent food; see p136 for some recommendations. And for details of cookery courses where you can learn how to prepare traditional Cape Malay and African dishes, see p151.

The magazine **Eat Out** ([www.eatout.co.za](http://www.eatout.co.za)), an annual restaurant guide to South Africa, is the place to look for the latest dining news; the website has a searchable database of reviewed Cape Town eateries.

## Opening Hours

Cafés and restaurants generally open seven days a week, the former serving food from 7.30am to about 5pm. A few places (commonly in the City Bowl) are closed on Sunday or occasionally Monday. If a restaurant opens for lunch it will generally be from 11.30am to 3pm; dinner usually kicks off around 7pm with last orders at 10pm.

## How Much?

Dining here is good value compared to what you'd pay for a similar standard of food elsewhere in the developed world. For breakfast or a quick alcohol-free lunch you'll be looking at around R50 to R70. The cost of dinner, including a couple of glasses of wine, is more typically in the range of R150 to R200, although you can easily pay R300 or more. The reviews in this chapter are broken down by neighbourhood, and under each neighbourhood heading, the reviews are listed in budget order, with the cheapest first.

Watch out for the sign 'Sq' on the menu where the price should be. This usually applies to premium seafood items, such as crayfish and Mozambique prawns, and means that you'll pay whatever the establishment considers the market price that day. Check what the price is for the dish (not just per kilogram) before you finally order if you want to avoid a nasty shock in the bill.

## Booking Tables

Most restaurants take reservations for lunch and dinner, so call ahead if you want to ensure a seat. We've included reservation recommendations for especially popular restaurants.

## Tipping

Waiters in Cape Town earn a pittance and rely heavily on tips. The standard tip for good service is 10% to 15%, but leave more if you think the staff have earned it. A few places include a service charge on the bill.

### PRICE GUIDE

\$\$\$	over R100 a meal
\$\$	R70-100 a meal
\$	under R70 a meal

## TOP FIVE PICNIC SPOTS

Cape Town's many green spaces and beaches are crying out for a well-stocked picnic hamper. Our favourite locations for an alfresco feast:

- Clifton (p102) – sunset supper on the beach. Bring candles for the ultimate romantic experience, but keep the alcohol hidden – it's actually illegal to imbibe on the beach.
- Cape of Good Hope Nature Reserve (known locally as Cape Point; p73) – take your pick from several beautiful and largely deserted beaches in the nature reserve, and keep an eye out for hungry baboons.
- Kirstenbosch Botanical Gardens (p105) – a Sunday-afternoon institution, particularly from December to March when you can enjoy a concert on these verdant, rolling lawns.
- Constantia – at Buitenverwachting (p44) picnics come prepacked (R90); book on ☎ 083 257 6083 or 082 974 8543. Or take your own to enjoy in the lovely grounds of Groot Constantia (p44).
- Silvermine (p72) – spread your picnic blanket beside the tannin-stained waters of the reserve's central reservoir.

## Self-Catering

Cape Town has some fantastic delis, such as **Melissa's** (p129), **Giovanni's Deli World** (p129), **Newport Market & Deli** (p130), **New York Bagels** (p130) and **Carlucci's** (Map p254; ☎ 021-465 0795; 22 Upper Orange St, Oranjezicht), which are ideal places to stock up for a picnic.

The main supermarkets – Pick 'n' Pay, Checkers and the more upscale Woolworths (modelled on Marks & Spencer in the UK) – are also well stocked and reasonably priced. You'll find branches of the three operations at **Victoria Wharf** (Map pp252-3; Waterfront), **Gardens Centre** (Map p254; Mill St, Gardens) and **Cavendish Square** (Map pp246-7; Cavendish St, Claremont) shopping malls. In the City Bowl there is a **Pick 'n' Pay** (Map pp248-9; Picbal Arcade, 58 Strand St) as well as a **Checkers** (Map pp248-9; Golden Acre Centre, Adderley St).

## Meal Times

Capetonians start the day early, particularly in the summer months; join them for breakfast between 7am and 9am. Lunch runs anywhere from noon to 3pm, while dinner starts around 7pm and finishes at 10pm. Note that at weekends dining later in the evening is more common, so if you're finding it difficult to get a reservation, ask for an early dinner and promise you'll be done by 9pm.

## CITY CENTRE

Dining options are spread liberally across the city centre, with particular concentrations in the hip Waterkant district, Heritage Sq (which has no fewer than five restaurants and cafés), and that eternal favourite, Long St. Cafés are plentiful around Greenmarket Sq and St George's Mall, too. The Bo-Kaap, a good location for Cape Malay food, is best visited during the day; in the evenings it's dead.

famously decorated with blindingly bright icing designs by his wife Jacqui. There's also a fantastic range of baked goods, including pies.

**CRUSH** Map pp248-9 Café \$  
☎ 021-422 5533; 100 St George's Mall, City Bowl; mains R20-30; ☎ 7am-7pm

One on the most pleasant and interesting places to eat on St George's Mall, Crush offers freshly squeezed juices, smoothies and tasty wraps, proving healthy eating need not be boring. There's also a branch on the **Foreshore** (Map pp248-9; Lower Loop St).

## CITY BOWL & BO-KAAP

### CHARLY'S BAKERY

Map pp248-9 Bakery & Café \$  
☎ 021-461 5181; [www.charlysbakery.co.za](http://www.charlysbakery.co.za);  
20 Roeland St, City Bowl; cupcakes R10;  
☎ 7.30am-4pm Mon-Fri  
Don't leave Cape Town without having eaten one of Charly's chocolate cupcakes,

### BLOWING SMOKE

Restaurants that allow smoking will have a separate section for smokers.

**LOLA'S** Map pp248-9 Café/Vegetarian \$

☎ 021-423 0885; 228 Long St, City Bowl;

mains R20-30; ☎ 8am-midnight

Whether you come for breakfast or a late-night coffee or beer, a visit to pastel-painted Lola's is a right of passage on Long St. Grab a street table and watch the passing parade.

**PORTOBELLO** Map pp248-9 Café/Vegetarian \$

☎ 021-426 1418; 111 Long St, City Bowl;

mains R20-30; ☎ 8am-5pm Mon-Fri, 9am-3pm Sat

This rustic and peaceful veggie café serves a great range of all-day breakfasts, toasts and freshly made sandwiches. If none of that appeals, go for the lunch buffet: R30 for three hot or cold servings, R40 for four serves.

**FRIEDA'S** Map pp248-9 Café \$

☎ 021-421 2404; 15 Bree St, City Bowl;

mains R30-40; ☎ 8am-4pm Mon-Fri

Hung with giant paper lanterns and plastered with technicolour Indian posters, jumble-sale chic is the look at this cavernous and highly convivial café. It's in the louche but up-and-coming area at the base of Bree St. It does a fine line in sandwiches, wraps, salads and comfort food, including lasagne.

**MR PICKWICK'S** Map pp248-9 Café \$

☎ 021-423 3710; 158 Long St, City Bowl;

mains R30-40; ☎ 8am-1.45am Mon, Tue &amp; Thu, 8am-2.45am Wed, 8am-3.45am Fri &amp; Sat, 7am-12.45am Sun

Few places in Cape Town keep hours as long as raucous Mr Pick's, which explains its long-running appeal to the clubbing set. At all times, though, this licensed, deli-style café is worth dropping by for the good snacks and meals.

**R CAFFÉ** Map pp248-9 Café \$

☎ 021-424 1124; 138 Long St, City Bowl; mains

R30-40; ☎ 6.30am-5pm Mon-Fri, 8.30am-4pm Sat

An appealing addition to Long St's collection of cafés. Minimalist décor and lots of

space allow you to enjoy an awesome berry smoothie or the homemade quiches and sandwiches.

**SPEAKERS CORNER** Map pp248-9 Café \$

☎ 021-461 8872; 3 Church Sq, Parliament St,

City Bowl; mains R30-40; ☎ 6.30am-7pm Mon-Fri,

8.30am-2pm Sat

The spirited debate of politicians from nearby parliament rings through this smart café. The menu is delicious: the cakes and desserts are especially yummy. Here's hoping it survives the redevelopment of the building – if not, try the sister operation **Bread, Milk & Honey** (Map pp248-9; ☎ 084 585 8085; 10 Spin St, City Bowl) across the square.

**SUNDANCE** Map pp248-9 Café \$

☎ 021-465 9990; www.sundancecoffee.co.za;

21 Adderley St, City Bowl; sandwiches R30-40;

☎ 6.30am-9.30pm

Leading the way with daily opening hours in the city, this mini-chain café is stealing some of Vida e Caffé's thunder on the coffee scene. It does good set-menu coffee and sandwich menus for breakfast and lunch. There's another branch in City Bowl (Map pp248-9; 59 Buitengracht St), on the corner of Heritage Sq.

**BIRDS CAFÉ** Map pp248-9 Café \$

☎ 021-426 2534; 127 Bree St, City Bowl;

mains R40; ☎ 8am-5pm Mon-Fri, 9am-2pm Sat

This delightful café, run by a Namibian family, takes birds as its theme. The sophisticated yet rustic style – think milk-bottle-crate seats in a grand old Dutch building, and handmade crockery – matches the artisanal food, which includes delicious homemade pies, strudels and chunky scones.

**CAFÉ AFRICAN IMAGE**Map pp248-9 African/Café \$

☎ 021-426 1857; 48 Church St, City Bowl;

mains R30-45; ☎ 8am-6pm Mon-Fri, 8am-3pm Sat

Easily Cape Town's most colourful café, sporting groovy African-print cushions and tablecloths, a fabulous chandelier made of recycled plastic and a wall painting of a voluptuous African mermaid. Sample Tanzanian fish curry, African village stew or a range of healthy salads.

**TOP FIVE EAT STREETS**

- Kloof St, Gardens (p128) – this road up Table Mountain is paved with dining treasures.
- Lower Main Rd, Observatory (p131) – join the bohos and student set at Cape Town's best range of cheap and colourful ethnic eateries.
- Main Rd, Kalk Bay (p133) – fuel up on the culinary goodies available along the False Bay coast.
- Church St, City Bowl (p123) – between Haiku and Birds Café on the corner of Bree St, you'll find a smattering of the city centre's top casual dining spots.
- Main Rd, Green Point (p129) – the Portside complex has added to the appeal of this long-established dining strip.

**CASTLE HOTEL** Map pp248-9 Portuguese \$\$

☎ 021-461 4946; cnr Canterbury &amp; Constitution Sts,

City Bowl; mains R40-80; ☎ noon-3pm,

7-10pm Mon-Fri, 7-10pm Sat

Amazing what a lick of paint, some arty photos and sexy young waiters can do to the room above a very untrendy pub (see p136). A well-executed menu of generously portioned Portuguese staples, such as *trinchado* (beef stew; R64) and peri peri chicken (R37), make dining here a pleasure.

**BIESMIELLAH** Map pp248-9 Cape Malay \$\$

☎ 021-423 0850; Wale St, Bo-Kaap; mains R50;

☎ noon-10pm Mon-Sat

Many swear by the authenticity of the Cape Malay and Indian food at this Bo-Kaap institution, decorated with tapestries of the Taj. There's certainly no doubting its spiciness! It's all halal and no alcohol is served.

**COL' CACCHIO** Map pp248-9 Italian \$\$

☎ 021-419 4848; Seeff House, 42 Hans Strijdom

Ave, Foreshore; mains R50; ☎ noon-11pm Mon-Fri,

6.30-11pm Sat &amp; Sun

One of the best reasons for venturing towards the Foreshore to eat is this long-running pizzeria. The 29 varieties of topping are inventive, the bases light and crispy, and there are even options for those avoiding wheat and dairy.

**GRANDE CAFÉ** Map pp248-9 Brasserie \$\$

☎ 021-424 1748; 114 Hout Lane, Bo-Kaap;

mains R30-70; ☎ 8am-10pm

Despite the name, this unpretentious place has a relaxed vibe, pleasant décor and de-

cent food – big salads, sandwiches, pastas and the like – which you can enjoy on an raised outdoor deck.

**NOON GUN TEAROOM & RESTAURANT** Map pp248-9 Cape Malay \$

☎ 021-424 0529; 273 Longmarket St, Bo-Kaap;

mains R50-70; ☎ 10am-10pm Mon-Sat

There's a fantastic view of Table Mountain and the bay from this simple, family-run restaurant high on Signal Hill. Cape Malay dishes such as bobotie (delicate carried mince with a topping of savoury egg custard, usually served on a bed of turmeric-flavoured rice), bredies (pot stews of meat or fish, and vegetables) and *dhajtjies* (deep-fried balls of chickpea-flour batter mixed with potato, coriander and spinach), are excellent.

**ROYALE EATERY**Map pp248-9 Gourmet Burgers \$

☎ 021-422 4536; 273 Long St, City Bowl;

mains R60; ☎ noon-midnight Mon-Sat

Our favourite gourmet burger bar keeps growing, taking over the upstairs area of its original venue and opening a cute satellite branch in a former brothel around the corner on Vredenburg Lane. For something different try the Big Bird ostrich burger.

**BUKHARA** Map pp248-9 Indian \$\$

☎ 021-424 0000; www.bukhara.com; 33 Church

St, City Bowl; mains R70; ☎ noon-3pm Mon-Sat,

6.30-11pm

Bukhara's been serving highly palatable traditional North Indian and Tandoori-style cuisine in a dark and stylish setting for over a decade. The vegetarian options are plentiful.

**FIVE FLIES**Map pp248-9 Modern South African \$\$\$

☎ 021-424 4442; 14-16 Keerom St, City Bowl;

2/3/4 courses R100/135/155; ☎ noon-3pm &amp;

7-11pm Mon-Fri

There are few more-atmospheric places to dine in Cape Town than in the wood-panelled Dutch Club building (1752), which also has tables set up in a central cobbled courtyard. Unfortunately, however, the contemporary cooking is sometimes poorly executed.

**CAPE TOWN'S TOP FIVE RESTAURANTS**

- Aubergine (p129)
- Madam Zingara (p126)
- Ginja (p126)
- Savoy Cabbage (p126)
- La Colombe (p132)

## CAPE TOWN'S TOP FIVE CAFÉS

- Birds Café (p124)
- Manna Epicure (p128)
- Olympia Café & Deli (p133)
- Frieda's (p124)
- Café Neo (p129)

### HAIKU Map pp248-9 Asian \$\$\$

☎ 021-424 7000; 33 Church St, City Bowl; mains R35-70; ☎ noon-2.30pm & 6-10.30pm Mon-Fri, 6-10.30pm Sat

This is the guys from Bukhara's take on a modern, sophisticated Asian brasserie, with a sushi counter thrown in for good Oriental measure. The 'Asian tapas' menu promiscuously plunders dishes from Japan, China and Southeast Asia, and the quality is good. Booking for dinner, when the minimum spend is R132, is recommended. The entrance is on Burg St.

### VERANDA

Map pp248-9 Modern South African \$\$\$

☎ 021-424 7247; Metropole Hotel, 38 Long St, City Bowl; mains R55-70; ☎ 6.30-11pm

This starched-white, smart restaurant on the 1st floor of a boutique hotel serves delicious and beautifully presented food. It's worth booking to sit in Veranda's enclosed veranda overlooking Long St.

### MADAME ZINGARA & CARA LAZULI

Map pp248-9 Modern South African \$\$\$

☎ 021-426 2458; 192 Loop St, City Bowl; mains R70; ☎ 7-11pm Mon-Sat

Silly hats to wear, candlelight and courtyards, belly dancers, snake charmers, magicians and super-friendly waitresses – we defy you not to have a wildly fun night at the bohemian Madame Zingara and its sister establishment Cara Lazuli. The same hearty menu of big-flavour dishes, such as beef in chilli-chocolate sauce, is served in both interlinked spaces, and portions are huge.

### SAVOY CABBAGE

Map pp248-9 Modern South African \$\$\$

☎ 021-424 2626; 101 Hout Lane, City Bowl; mains R70-90; ☎ noon-2.30pm Mon-Fri, 7-10.30pm Mon-Sat

The standard-bearer of the city's contemporary dining scene remains a great place

for inventive cooking, and gives diners the chance to try local game meats, such as zebra and wildebeest. The tomato tart is legendary, as are the stuffed cabbage rolls.

### MINATO Map pp248-9 Japanese \$\$\$

☎ 021-423 4712; 4 Buiten St, City Bowl; mains R70; ☎ 7-9pm Mon-Fri

Make a booking or come early as the Japanese chef and proprietor, Muraokasan, only serves 35 people per night and closes up when he feels like it. The sushi and authentic Japanese food far surpass those at trendier sushi joints around town. Cash only.

### 95 KEEROM Map pp248-9 Italian \$\$\$

☎ 021-422 0765; 95 Keerom St, City Bowl; mains R50-100; ☎ 12.30-2pm Mon-Fri, 7pm-11pm Mon-Sat

Bookings are essential for this super-stylish Italian restaurant round the back of the Rhodes House nightclub, especially if you want to sit near the famed olive tree, the centrepiece of the 1st floor. Given the quality of food, the prices are very reasonable, particularly for the handmade pastas.

### AFRICA CAFÉ Map pp248-9 African \$\$\$

☎ 021-422 0221; www.africacafe.co.za; 108 Shortmarket St, City Bowl; set banquet R160; ☎ 6.30-11pm

Age hasn't withered the Africa Café's appeal as the best place to sample African food. Come with a hearty appetite as the set feast comprises some 15 dishes from across the continent, of which you can eat as much as you like. The décor and friendly staff who dance and sing around the restaurant are equally fantastic. If only all tourist-oriented restaurants were as good as this. Booking advised.

### GINJA

Map pp248-9 Modern South African/Asian \$\$\$

☎ 021-426 2368; 121 Castle St, Bo-Kaap; 1/2/3 courses R95/175/195; ☎ 7-10pm Mon-Sat

You must book well ahead for this dining gem, based in a renovated warehouse. Chef Mike Basset conjures up inventive fusion dishes, such as the amazing skewers of salt-and-pepper prawns dipped in coriander foam and sprayed with coriander perfume. Upstairs is the more-casual bar and brasserie Shoga (p138).

## WATERKANT

The Cape Quarter continues to be the nexus around which this trendy, compact neighbourhood revolves, although new residential developments nearby are bound to offer up alternative options.

### DUTCH Map pp248-9 Café \$

☎ 021-425 0157; 34 Napier St, Waterkant; mains R30; ☎ 8am-5pm Mon-Fri, 8am-3pm Sat

A Euro vibe lingers over this popular orange-coloured Waterkant café. People-watch from the terrace while sipping a cappuccino or tucking into a toasted ciabatta.

### LA PETITE TARTE Map pp248-9 Café \$

☎ 021-425 9077; Shop A11, Cape Quarter, 72 Waterkant St, Waterkant; mains R30-40; ☎ 8am-3pm Mon-Fri, 8am-2pm Sat

Fancy teas and delicious homemade, sweet and savoury French-style tarts are served at this adorable café on the Dixon St side of the Cape Quarter – it's a great spot for a pick-me-up or light meal.

### ANATOLI Map pp248-9 Turkish \$\$\$

☎ 021-419 2501; 24 Napier St, Waterkant; meals R70-100; ☎ 6.30-11.30pm Mon-Sat

This little piece of Istanbul in Cape Town has been serving its tasty meze (R15 to R28 per dish), both hot and cold, for around 20 years. It remains a very popular party spot and at the weekends you might even be treated to a belly dance.



Dutch (above)

### ANDIAMO Map pp248-9 Italian \$\$\$

☎ 021-421 3687; Shop C2, Cape Quarter, 72 Waterkant St, Waterkant; mains R60; ☎ 8am-11pm

Andiamo's tables had colonised a large chunk of the Cape Quarter since our last visit, confirming its popularity as one of the best casual eateries in the area. The well-stocked deli also serves as a chichi food store for Waterkant's well-heeled residents.

### PIGALLE Map pp248-9 Seafood \$\$\$

☎ 021-421 4343; 57A Somerset Rd, Waterkant; mains R80-100; ☎ noon-3pm Mon-Sat, 7pm-midnight Mon-Sun

Enter off Highfield Rd into a dramatic interior that's hung with huge silver chandeliers, and features multiple Elvis prints on the wallpaper. The menu offers retro favourites, such as shrimp cocktail; the seafood platter (R250) is good value. There's live music most nights, too.

### TANK Map pp248-9 Seafood \$\$\$

☎ 021-419 0007; Shop B15, Cape Quarter, 72 Waterkant St, Waterkant; mains R80-100; ☎ noon-3pm & 6-11pm Tue-Sun

A luminous bar, giant fish tank and obligatory sushi bar create the ideal environment for the chic set. If you don't fancy the sushi, which isn't too bad, there are some appealing Pacific-rim-style dishes, including seared tuna.



## GARDENS & SURROUNDS

Fashionable Kloof St is the focus of dining in this part of the city, but you'll also uncover a few other gems around Dunkley Sq, east of the Company's Gardens, and further up the hill in Vredehoek.

### VIDA E CAFFÉ Map p254

Café \$

☎ 021-426 0627; www.caffe.co.za; 34 Kloof St, Gardens; mains R20; ☎ 7.30am-5pm Mon-Fri  
Capetonians have taken this home-grown chain's freshly brewed coffee, orange juice, Portuguese-style pastries and filled rolls to their hearts. It's ideal for breakfast or a fast lunch. There are also branches at Victoria Wharf (Map pp252-3; Waterfront), Thibault Square (Map pp248-9) in the City Bowl, Cavendish Square (Map pp246-7), and at the Portside complex (Map pp252-3; Somerset Rd) in Green Point.

### HMMM Map p254

Bakery &amp; Café \$

☎ 021-462 1950; 6 Clare St, Gardens; mains R20-30; ☎ 8.30am-5pm Mon-Fri, 8.30am-noon Sat  
Come discover this charming café and bakery set in an up-and-coming former industrial area. It bakes delicious cakes, biscuits (try the chocolate-and-chilli flavour) and makes its own ice cream. Sandwiches and soups round out the menu.

### WILD THINGS Map p254

Café \$

☎ 021-424 3445; 96 Kloof St, Tamboerskloof; mains R30; ☎ 7am-7pm Mon-Fri, 7.30am-7pm Sat, 8am-5pm Sun  
Specialising in game meats such as kudu, springbok, gemsbok and eland, this delicatessen prepares its own biltong, bakes its own pies and offers a range of tempting preserves, as well as fresh oysters. Try the traditional venison bobotie with rice (R28) or the venison sandwich (R24.50).

### DEER PARK CAFÉ Map p254

Café \$

☎ 021-462 6311; 2 Deer Park Dr West, Vredehoek; mains R30-40; ☎ 8am-4pm Mon & Tue, 8am-10pm Wed-Sat, 8am-6pm Sun  
Families love this relaxed café, fronting onto a playground. The chunky wooden furniture gives it the feel of a big nursery, but the tasty food is anything but child's play. There're some great vegetarian options and a kids' menu. Yum (☎ 021-461 7607), next door, is also worth checking out.

### LAZARI Map p254

Café \$

☎ 021-461 9895; cnr Upper Maynard St & Vredehoek Ave, Vredehoek; mains R30-40; ☎ 7.30am-6pm Mon-Fri, 8am-3pm Sat, 9am-3pm Sun  
Few patrons work as hard as Chris Lazari to be friendly to their customers who, understandably, are a loyal bunch. A metrosexual air hangs over the buzzy joint – great for brunch or an indulgent moment over coffee and cake.

### CAFÉ GAINSBOURG Map p254

Café \$

☎ 021-422 1780; 64 Kloof St, Gardens; mains R40-50; ☎ 7.30am-10.30pm Mon-Fri, 8.30am-10.30pm Sat & Sun  
Success has allowed this minimalist-decorated café to expand its dining area and menu. It's a great spot for any of the day's three meals, with its lamb shanks, burgers and salads being especially recommended.

### GREENS Map p254

Brasserie \$\$\$

☎ 021-422 4415; 5 Park Rd, Gardens; mains R35-60; ☎ 8am-5pm Mon, 8am-11pm Tue-Sun  
Keeping handily long hours (and open on Sundays), this relaxed brasserie with a spacious outdoor seating area specialises in wood-fired pizza, which comes with classic, Californian (topped with fresh greens) or gourmet toppings. It also has a good selection of wines by the glass.

### KITAMA Map p254

Asian \$\$\$

☎ 021-422 1633; Rheede Street Mall, Rheede St, Gardens; mains R60; ☎ 6am-11pm Mon-Sat  
The menu at this hip, self-styled 'eastern eatery' rambles around the Orient, but the food on the whole is tasty, beautifully presented and comes in giant portions. The décor, including a table that doubles as a fish tank and candy-floss-style lampshades, is striking.

### MANNA EPICURE

Map p254

Modern South African \$\$\$

☎ 021-426 2413; 151 Kloof St, Tamboerskloof; mains R40-80; ☎ 8am-7pm Tue-Sat, 8am-3pm Sun  
Join the style set for a deliciously simple breakfast or lunch at this trendy white-box café, or come for late-afternoon cocktails and tapas on the veranda. The freshly baked breads – coconut, or pecan and raisin – alone are worth dragging yourself up the hill for. Check out the toilets where the designers had a lot of fun with a calking gun.

### CAPE COLONY

Map p254

Modern South African \$\$\$

☎ 021-483 1850; Mount Nelson Hotel, 76 Orange St, Gardens; mains R80-120; ☎ 6.30-10.30pm  
Although it's far from Cape Town's liveliest dining scene, the imaginative and beautifully presented food complements the sumptuousness of the Mount Nelson's premier restaurant. We enjoyed the luxurious take on a Cape Malay curry. Jazz and a dinner dance take place on Saturday night. Booking is essential. Also consider dropping by the Nellie for a delicious afternoon tea (R120) from 2.30pm to 5.30pm, served in the lovely lounge or under the trees in the garden.

### AUBERGINE Map p254

Modern South African \$\$\$

☎ 021-465 4909; www.aubergine.co.za; 39 Barnet St, Gardens; mains R65-125; ☎ noon-3pm Thu, 7-10pm Mon-Sat  
At some Cape Town restaurants it's all about the wild party atmosphere. Here it's all about the food, which is world class. Harald Bresselschmidt's innovative dishes, such as warthog *confit*, fried crocodile fillet or salmon-trout ice cream are on the à la carte menu, but we recommend indulging in the degustation menu (three/four/five courses R220/260/295). This includes old favourites, such as prawn and fish satay on vegetable spaghetti or a sweet-pumpkin soufflé. A sommelier is on hand to advise on wine and service is uniformly excellent.



Afternoon tea, Cape Colony (above)

## ATLANTIC COAST

### GREEN POINT & WATERFRONT

It's natural that you'll want to dine with an ocean view while in Cape Town. The Waterfront's plethora of restaurants and cafés fit the bill nicely, although it's essentially a giant tourist trap. Better value and a less-touristy dining experience are on offer a short walk away in Green Point and Mouille Point.

### GIONVANNI'S DELI WORLD

Map pp252-3

Deli/Café \$

☎ 021-434 6983; 103 Main Rd, Green Point; mains R20-30; ☎ 8.30am-9pm  
Bursting with flavoursome products, Gionvanni's can make any sandwich you fancy – ideal for a picnic if you're on your way to the beach. The pavement café is a popular hang-out; try the Red Espresso, a shot of rooibos tea prepared like a regular espresso.

### MELISSA'S Map pp252-3

Deli/Café \$

www.melissas.co.za; 1 Portside, cnr Upper Portswood & Main Rds, Green Point; mains R30; ☎ 7.30am-8pm Mon-Fri, 8am-8pm Sat & Sun  
We love the latest in Melissa's chain of distinguished deli and café emporiums on the corner of Green Point's trendy Portside complex. Pay by the kilogram for the delicious buffets, then browse the shelves for goodies – such as handmade fudge, nougat, potato chips and muesli rusks – for a picnic or gourmet gifts. Other branches are in Newlands (Map pp246-7; cnr Kildare & Main Rds) and in Tamboerskloof (Map p254; 94 Kloof St).

### CAFÉ NEO Map pp252-3

Greek/Café \$

☎ 021-433 0849; 129 Beach Rd, South Seas, Mouille Point; mains R30-40; ☎ 7am-7pm  
Our favourite seaside café has a relaxed vibe and pleasingly contemporary design. Check out the big blackboard menu and order your food and drinks at the counter before taking a seat on the deck overlooking the red-and-white lighthouse.

### MARIO'S Map pp252-3

Italian \$\$\$

☎ 021-439 6644; 89 Main Rd, Green Point; mains R40-70; ☎ noon-2.30pm Tue-Fri & Sun, 6.45-10.30pm Tue-Sun  
Homely and unpretentious is the best way to describe this eternally favourite Italian restaurant. It serves a wide range of dishes,

including perfectly *al dente* pasta. Customer praise is scribbled all over the walls and ceiling.

## WILLOUGHBY & CO

Map pp252-3 Seafood \$\$\$

☎ 021-418 6115; Shop 6132, Victoria Wharf, Waterfront; mains R60-70; ☎ deli 9am-8.30pm, restaurant 11.30am-10.45pm

We'll let its dodgy location in the middle of a shopping mall pass and throw our weight behind the frequent recommendations from Capetonians. This seafood operation serves bumper plates of sushi, calamari prepared in a variety of ways, and hearty pan-fried fish dishes.

## MANO'S

Map pp252-3 Mediterranean/Portuguese \$\$\$

☎ 021-434 1090; 39 Main Rd, Green Point; mains R40-80; ☎ noon-3pm Mon-Fri, 7-11pm Mon-Sat

A simple menu of Greek salad, fillet steak, chicken schnitzel, and egg and chips might not set your mouth drooling, but the crowds that regularly dine here would beg to differ, proving you don't need to be fancy to be successful. It also runs the similarly pared-back Castle Hotel (p125).

## WAKAME

Map pp252-3 Seafood \$\$\$

☎ 021-433 2377; www.wakame.co.za; cnr of Beach Rd & Surrey Pl, Mouille Point; mains R70; ☎ noon-10pm

Tucking into Wakame's salt-and-pepper squid or sushi platter while gazing at the glorious coastal view is a wonderful way to pass an afternoon. Book for a balcony spot for sunset drinks, away from the crowds at Camp's Bay. Downstairs is the Newport Market & Deli (☎ 7.30am-8pm Mon-Fri, 8am-8pm Sat & Sun), another of Cape Town's cool deli-cafés.

## EMILY'S

Map pp252-3 Modern South African \$\$\$

☎ 021-421 1133; Shop 202, Clock Tower Centre, Waterfront; mains R80; ☎ noon-3pm Mon-Sat, 7-11pm Mon-Sun

Flamboyant is a word that could have been coined for Emily's, both for its décor and its approach to cooking, which can seem wildly reckless in its mixture of ingredients. Everything is beautifully presented and there's an epic wine list. It also runs the café in the historic Clock Tower outside – a nice spot for a sundowner or snack.

## ONE.WATERFRONT

Map pp252-3 Modern South African \$\$\$

☎ 021-418 0520; Cape Grace, West Quay, Waterfront; mains R70-100; ☎ noon-3pm & 7-10.30pm Bruce Robertson is an accomplished chef and, although it's the daring combinations of ingredients that catch the eye on the menu, the best dishes are those that keep it simple (such as the lovely fish cakes). The inventive vegetarian options are welcome, too.

## BEACHES & SUBURBS

Along Sea Point's Main Rd and Regent St, you can cruise a range of budget dining spots, such as Ari's Souvlaki (Map p255; ☎ 021-439 6683; 83A Regent St; ☎ 10am-midnight), a Greek joint, or the 24-hour Saul's (Map p255; ☎ 021-434 5404; 152 Main Rd), famed for its gut-busting burgers. In Camps Bay, a playground of the rich and beautiful, making a booking is essential if you wish to get a prime spot for sunset drinks and nibbles. Further south in Hout Bay there are several good places to dine, too.

## Sea Point

**KAUAI** Map p255 Hawaiian \$

☎ 021-434 7645; cnr Regent St & Clarens Rd, Sea Point; mains R20-40; ☎ 8am-10pm Mon-Sat, 9am-10pm Sun

If only all fast food was as healthy as that from this slick Hawaiian-franchise operation. It offers a tempting range of smoothies, juices and wraps. There are other branches around the city, including one at Lifestyles on Kloof (Map p254; 50 Kloof St, Gardens) and one in the City Bowl (Map pp248-9; Mostert St).

## NEW YORK BAGELS

Map p255 Deli/Café \$

☎ 021-439 7523; 51 Regent Rd, Sea Point; mains R30-40; ☎ 7am-11pm

At this Sea Point institution you can browse the well-stocked deli or tempting food court. Put together a mix 'n' match meal of, say, a hot-beef-on-rye sandwich followed by freshly made waffles and fruit salad.

## CEDAR

Map p255 Lebanese \$

☎ 021-433 2546; 100 Main Rd, Sea Point; mains R40; ☎ 11.30am-9.30pm

Nothing fancy but this family-run operation rates highly for its tasty range of meze and

Middle Eastern dishes. There are also many flavoured tobaccos for its hookah pipes.

## LA PERLA

Map p255 Italian \$\$

☎ 021-439 9538; cnr Church & Beach Rds, Sea Point; mains R70; ☎ noon-11.30pm Retro-stylish La Perla has been a permanent fixture on the Sea Point promenade for decades. Enjoy something from its long menu of pasta, fish and meat dishes on the terrace shaded by stout palms, or retreat to its intimate bar.

## SEA POINT GARDENS

Map p255 European \$\$\$

☎ 021-439 2820; 78 Regent St, Sea Point; 2/3 courses R99/129; ☎ noon-10.30pm

Dine on dishes such as tuna carpaccio and sole with Béarnaise sauce, in the romantic courtyard garden with its Italianate fountain. This 1919 villa was once the official residence of Cape Town's mayor. Afterwards, head upstairs to the sleek cocktail lounge Asylum (☎ 5pm-2am).

## Camps Bay

**SINFULL** Map p256 Café \$

☎ 021-438 3541; Shop 5, Promenade Centre, Victoria Rd, Camps Bay; ice cream R10; ☎ 10am-11pm

In need of a sugar rush or something to cool the tongue? Head to this haven of delicious ice creams and cakes tucked away upstairs in the Promenade Centre. It also has an Internet café.

## SANDBAR

Map p256 Café \$

☎ 021-438 8336; 31 Victoria Rd, Camps Bay; mains R30-40; ☎ 9.30am-10pm

This good-value, relaxed café proves you don't need to have a glitzy venue or big prices to succeed in Camps Bay. Sit at street tables and enjoy good sandwiches and light meals.

## PARANGA

Map p256 Modern South African \$\$\$

☎ 021-438 0404; Shop 1, Promenade Centre, Victoria Rd, Camps Bay; mains R90

Paranga's success means it now sells its own chill-out CDs and branded range of clothing alongside its seafood, salads, burgers and sushi. The soft, cream-coloured furnishings and terrace make it one of the most pleasant places to dine on a very competitive strip.

## Hout Bay

**FISH ON THE ROCKS** Map p258 Seafood \$

☎ 021-790 0001; Harbour Rd, Hout Bay; mains R25; ☎ 10.30am-8.15pm

While the tourist coaches all stop at the kitsch and pricey Mariner's Wharf (Map p258; ☎ 021-790 1100; Harbour Rd; mains R70-100; ☎ 9am-9pm), locals know it's better to continue to the end of Hout Bay Harbour Rd to find some of Cape Town's best fish and chips. Watch out for the dive-bombing seagulls if you eat on the rocks, though.

## SUIKERBOSSIE

Map pp244-5 European \$\$\$

☎ 021-790 1450; 1 Victoria Ave, Hout Bay; mains R70; ☎ 9am-4.30pm Tue-Sun

The garden at this large 1930s house, perched at the top of the hill before you descend to Hout Bay, is a lovely spot for breakfast or afternoon tea. It's often used for functions, so call ahead. The Sunday carvery (R120) is very popular.

## SOUTHERN SUBURBS

Around Lower Main Rd in Observatory the menus are slanted towards the tastes and budgets of the resident student population. More-upmarket restaurants can be found in and around Constantia's wineries. Kirstenbosch also has decent cafés in case you forget your picnic basket.

## OBSERVATORY

**MIMI** Map p256 Café \$

☎ 021-447 3316; 107 Lower Main Rd, Observatory; mains R20-30; ☎ 8.30am-6pm Mon-Sat

This pleasant café is a good place for a snack or lunch. You'll find plenty of magazines to browse through and there is a wide range of sandwiches and wraps available, including a decent selection of vegetarian ones.

## CAFÉ GANESH

Map p256 Indian/African \$

☎ 021-448 3435; 38B Trill Rd, Observatory; mains R30-40; ☎ 6-11.30pm Mon-Sat

Sample pap (maize porridge) and veg, grilled springbok or lamb curry at this funky hang-out, where junkyard décor and matchbox-label wallpaper create that chic-shack look.

**CAPERS** Map p256 Modern South African \$\$

☎ 021-448 4038; Black River Park North, Link Rd, Observatory; mains R50; ☎ 8am-3.30pm Mon-Fri  
Head into the business park to find this extremely good breakfast and lunch place, staffed by graduates from the nearby chefs academy. The chic pink-and-white décor is lovely, and the food is great value and of a high standard.

**DIVA** Map p256 Italian \$\$

☎ 021-448 0282; 88 Lower Main Rd, Observatory; mains R50; ☎ 10am-11.30pm  
Diva's thin-crust pizzas are excellent (the Mediterranean with wine-soaked aubergine is a favourite) and it does plenty of other Italian goodies in a faded Venetian-style atmosphere.

**CONSTANTIA****JONKERHUIS** Map pp244-5 Brasserie \$\$

☎ 021-794 6255; Groot Constantia, Constantia; mains R50-80; ☎ 10am-10pm Mon-Fri, 9am-10pm Sat, 9am-4pm Sun

A change of management has led to a more-casual brasserie style at this atmospheric restaurant, with its pleasant vine-shaded courtyard. Sample cured meats with a glass or two of the local wines, or you can satisfy your sweet tooth with the desserts.

**RIVER CAFÉ**

Map pp244-5 Modern South African \$\$\$

☎ 021-794 3010; Constantia Uitsig, Spaanschemat River Rd, Constantia; mains R60; ☎ 8.30am-5pm  
At the entrance to the Constantia Uitsig estate, this delightful and popular café serves big portions of food made with organic and free-range products. A booking is essential, especially for weekend brunch.

**LA COLOMBE** Map pp244-5 French \$\$\$

☎ 021-794 2390; Constantia Uitsig, Spaanschemat River Rd, Constantia; mains R90; ☎ 12.30-2.30pm & 7.30-9.30pm  
Booking is essential at this highlight of the Constantia dining scene. The shady garden setting is one of Cape Town's nicest and the service exceptional, but it's chef Franck Dangereaux' fine touch on his Provençal-style dishes that really impresses at this hugely decadent restaurant.

**NEWLANDS****KIRSTENBOSCH TEA ROOM**

Map pp244-5 Café \$

☎ 021-797 4883; Kirstenbosch Botanical Gardens, Rhodes Dr, Newlands; mains R25-35; ☎ 8am-5pm  
Fresh breads and cakes baked on the premises are available at this popular café at the top entrance to the gardens. For more of a fancy meal on a crisp, white tablecloth try the Silver Tree (☎ 021-762 9585; ☎ 8am-10pm), near the gardens' main gate. The attached Fynbos Food Court is good for take-away food and sells beer and wine.

**GARDENER'S COTTAGE**

Map pp246-7 Café \$

☎ 021-689 3158; Montebello Craft Studios, 31 Newlands Ave, Newlands; mains R40; ☎ 8am-4.30pm Tue-Sun  
After exploring the Montebello craft studios (p169), head for this lovely café and tea garden in the grounds. It serves simple, hearty meals in a relaxed atmosphere.

**OTHER SUBURBS****FAT CACTUS** Map pp246-7 Mexican \$\$\$

☎ 021-685 1920; 47 Durban Rd, Mowbray; mains R50; ☎ 11am-11pm  
All the usual Mexican suspects are on the menu at this fun café-bar, where the combo platter is big enough to share. There's also a kids' menu. Across the road is the owner's wife's appealing Greek restaurant, simply called Greek! (☎ 021-686 4314).

**PERIMA'S** Map pp246-7 Indian \$\$\$

☎ 021-671 3205; 3 Newmarket Pl, Belvedere Rd, Claremont; mains R40-60; ☎ noon-10.30pm Mon-Sat  
It's worth venturing into the suburbs to sample Perima's authentic South Indian cuisine, served in a colourfully decorated room that avoids the usual clichés of the genre. The spicy curries will have your taste buds swaying in time to the Bollywood soundtrack.

**LUPO'S** Map pp244-5 Italian \$\$\$

☎ 021-762 3855; 19 Wolfe St, Wynberg; mains R70; ☎ 7.30am-4pm & 6.30-10pm  
In the heart of the picturesque area known as Chelsea Village, Lupo's offers a very tempting buffet of home-style Italian dishes, as well as à la carte dishes. At lunch it costs R10 per 100g, while for dinner it's a flat R93.

**FALSE BAY & SOUTHERN PENINSULA**

If anything should convince you to spend a bit more time around False Bay it should be the following selection of restaurants and cafés. Kalk Bay's Main Rd has long runneth over with appealing cafés, but Muizenberg now competes as a convivial dining destination. St George's St is home to the bulk of Simon's Town's dining options, but there are a few other good places just out of town, including decent cafés at both the **Boulders Beach Lodge** (p183) and the **Southern Right Hotel** (p183). Elsewhere in the southern peninsula, you can get a good meal in Noordhoek and on the way to Kommetjie.

**MUIZENBERG****OLIVE STATION** Map p257 Deli/Café \$\$

☎ 021-788 3264; 165 Main Rd, Muizenberg; mains R40-50; ☎ 8am-5pm Mon-Wed, Fri & Sat, 8am-9pm Thu, 9am-5pm Sun  
Dine on Lebanese dishes at the relaxed café overlooking the sea or in a wind-sheltered courtyard. The olives sold in the attached deli are grown locally and cured in wooden barrels. Try the Middle Eastern-style *throubs* (dry cured olives) and the olives with roasted garlic.

**EMPIRE CAFÉ** Map p257 Café \$\$

☎ 021-788 1250; 11 York Rd, Muizenberg; mains R50; ☎ 7am-4pm Mon-Sat, 8am-4pm Sun  
The surfies' favourite hang-out is a great place for breakfast or a lunch of well-made pasta dishes and salads. Local art exhibitions enliven the walls. Call to see if it's open for dinner on Thursday and Saturday.

**KALK BAY****OLYMPIA CAFÉ & DELI** Bakery & Café \$\$

Map p257  
☎ 021-788 6396; 134 Main Rd, Kalk Bay; mains R40-75; ☎ 7am-9pm  
Still setting the standard for relaxed rustic cafés by the sea, Olympia has now opened a branch in the City Bowl (Map pp248-9; Shortmarket St). Breads and pastries made on the premises are great for breakfast, and its Mediterranean-influenced main dishes are generally delicious, too.

**GET SASSI OVER SEAFOOD**

Seafood restaurants are prevalent in Cape Town and are particularly good in Kalk Bay, where the leap from fishing boat to plate could hardly be shorter. But in these days of overfishing, how do you know that what you're eating is not from some seriously endangered species?

To the rescue comes the Southern African Sustainable Seafood Initiative (SASSI), helping to educate consumers and allowing them to enjoy seafood in a responsible and sustainable manner. Visit [www.panda.org.za/sassi](http://www.panda.org.za/sassi) to download a handy wallet card and booklet that tells you more about the conservation status of local seafood supplies. Among the many excellent sustainable choices available are yellowtail and yellowfin tuna.

**LIVE BAIT** Map p257 Seafood \$\$\$

☎ 021-788 4133; Kalk Bay harbour, Kalk Bay; mains R60; ☎ noon-4pm & 6-10pm  
Sit within arm's reach of the crashing waves and the bustle of the Kalk Bay harbour at this breezy, Greek-island-style fish restaurant, the less-fancy but equally appealing sibling of **Harbour House** (☎ 021-788 4133; mains R70-90; ☎ noon-4pm & 6-10pm), upstairs.

**SIMON'S TOWN****SWEETEST THING** Map p258 Café \$

☎ 021-786 4200; 82 St George's St, Simon's Town; mains R20; ☎ 8am-6pm Mon-Fri, 9am-6pm Sat & Sun  
The quiches, cakes and biscuits are all freshly made at this adorable patisserie. Worth dropping by for afternoon tea with scones, if nothing else.

**TIBETAN TEAHOUSE** Map p258 Tibetan/Café \$

☎ 021-786 1544; [www.sopheagallery.com](http://www.sopheagallery.com); 2 Harrington Rd, Seaforth; mains R30-40; ☎ 10am-5pm  
Attached to the Sophea Gallery of Tibetan and Tibetan-inspired arts and crafts, this is a lovely café in which to revive, with its view across the bay. All the food is vegetarian and there are some vegan dishes.

**MEETING PLACE** Map p258 Café \$

☎ 021-786 1986; 98 St George's St, Simon's Town; mains R40; ☎ 9am-4pm Mon, 9am-9pm Tue-Sun  
There are lots of appealing menu items at this café, deli and interior-design shop,



which has a distinct Martha Stewart feel. Sit on the balcony overlooking Simon's Town's main street.

**BERTHA'S** Map p258 Seafood \$\$\$

☎ 021-786 2138; Quayside Centre, 1 Wharf Rd, Simon's Town; mains R55-90; ☎ 7am-10pm  
This long-running crowd pleaser is about as close to dining by the water as you'll get in Simon's Town. Indulge in a seafood platter (R155) and watch the boats come and go across the harbour.

**BON APPETIT** Map p258 French \$\$\$

☎ 021-786 2412; 90 St George's St, Simon's Town; mains R80-90; ☎ noon-2pm & 6.30-10pm Tue-Sat  
Fine French dining doesn't get much better than that on offer at this intimate bistro. In the evenings enjoy a set menu for R155 or R175.

## NOORDHOEK

### NOORDHOEK VILLAGE FARMSTALL

Map pp244-5 Deli/Café \$

☎ 021-789 1317; www.noordhoekvillage.co.za; cnr Noordhoek Main Rd & Village Lane, Noordhoek; mains R30-40; ☎ 8am-6pm

There are several places to eat at this faux-village complex, but the best is the farm stall. It does great sandwiches, salads made from its organic vegetables, and baked goods. Take a seat under the shady oaks outside or in the coffee shop inside.

## TOWNSHIP DINING

You don't go to the townships for fine dining, but there are a few restaurants where you can try traditional Xhosa cuisine (see p17 for some examples). **Dinner@Mandelas** (see p82) is a great option, or you can arrange to visit the following eateries with a tour company or private guide:

**Eziko** (Map pp244-5; ☎ 021-694 0434; cnr Washington St & Jungle Walk, Langa; mains R30-40; ☎ 9am-6pm Mon-Fri, 9am-10pm Sat) Offers simple, good food in a pleasant setting; try the chef's special fried chicken or the breakfast.

**Lelapa** (Map pp244-5; ☎ 021-694 2681; 49 Harlem Ave, Langa; buffet R85) Sheila has been so successful with her delicious African-style buffets that she's taken over the neighbours, extending the once-cosy home restaurant into a space for big tour groups. You need to book as there are no set opening hours at this place.

## KOMMETJIE

**MNANDIS** Map pp244-5 Modern South African \$\$

☎ 021-785 3248; Solole Game Reserve, 6 Wood Rd, Sunnydale; mains R55-85; ☎ 9am-11pm Tue-Sat, 9am-5pm Sun

Even if you're not touring the game reserve (see p110), this very stylish restaurant set in a historic homestead is a great place for a meal. The wine list has hilarious descriptions and a local marimba group plays in the convivial bar every Friday night.

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