



WELCOME TO MY

Monthly Newsletter



Behind the Plate



Welcome to the December edition of Paige's Page!

December felt like a deep exhale. A month of comfort, colour, and those quietly special bites that make you pause mid-conversation. From slow mornings by the sea to generous plates shared across tables, this month reminded me why food is never just food, it's memory, mood, and moment.

Inside, you'll find the dishes that stayed with me long after the plates were cleared. The ones that grounded me, surprised me, and brought a lot of joy.

Let's eat!



In this newsletter you will find:

My top eats, sips, and foodie finds from Cape Town's December scene



Breakfast

SOFT, SAVOURY COMFORT WITH
A SEA BREEZE
AT HANG TEN, MUIZENBERG

This is my idea of a perfect slow morning. Warm, grounding and quietly indulgent, without trying too hard. The crêpe is thin and tender, filled generously, and hits that sweet spot between rich and balanced. Salty, herby, creamy. The kind of breakfast that makes you exhale a little. Best enjoyed unhurried, with coffee in hand and the ocean doing its thing nearby.

HANG TEN CAFE



Lunch

CLEAN FLAVOURS, GENTLE
NOSTALGIA
AT EAST CITY GRILL

This dish felt thoughtful and comforting in a way I didn't expect. Soft textures, delicate freshness, and just enough savoury depth to keep things interesting. Nothing overpowering, everything considered. It reminded me why I fell in love with sushi in the first place. It's simple, satisfying, and quietly joyful. One of those plates that feels light, but leaves you completely content.

EAST CITY GRILL



Dinner

MESSY, INDULGENT,
UNAPOLOGETICALLY SATISFYING
AT HUDSON'S, MUIZENBERG

I'll say it, vegan burgers sometimes do it better. This one is nostalgic in the best way: juicy, indulgent, and a little bit chaotic. Comfort food you don't need to overthink. It's rich, familiar, and deeply satisfying, especially after a long day, with the sea just outside. Proof that simple pleasures still deserve their moment.

HUDSONS



Dessert

A CHEESECAKE I WILL THINK ABOUT FOREVER AT EAST CITY GRILL

I don't usually order cheesecake, and this one made me question everything. The base was thick, buttery, proper biscuit energy, climbing up the sides like it meant business. The filling was dense and luxurious, holding onto the spoon for dear life. A soft bitterness from the matcha cut through the richness beautifully, while the puffed rice ice cream kept things light and playful. Just when I thought it couldn't get better, the glossy gel cubes popped with sweetness and contrast. No notes. Zero. Built like a house.

EAST CITY GRILL



Drink

A DANGEROUSLY GOOD SIP AT BATANGA

This cocktail leaned unapologetically dessert-adjacent, and I loved it. Bright, fruity, and beautifully balanced, with a creamy coconut foam that was thick, sweet, and ridiculously satisfying. Every sip felt indulgent but not cloying, playful without being chaotic. Add Batanga's moody, sexy atmosphere and suddenly one drink turns into a moment. Easily one of the most memorable cocktails I've had all year.

BATANGA



Foodie Find

YORKSHIRE PUDDINGS & ZERO SELF-CONTROL

As a culinary student, I fully expected these to be intimidating. Turns out they're simple, wildly delicious, and absolutely best eaten fresh, which is how I accidentally ate all twelve in one sitting. Crisp on the outside, soft and airy inside, and deeply comforting in that nostalgic, roast-dinner way. Consider this both a success story and a warning.

A Note from Paige

THANK YOU FOR SHARING MY TABLE

Thank you for being here and for spending December with me. This month was full of flavour and feeling, slow mornings, comforting dishes, generous portions, and a few standout moments that reminded me why I love exploring Cape Town one plate at a time. From neighbourhood favourites to polished dining moments, December was about food that lingered, the kind you keep thinking about the next day.

I WANT TO HEAR FROM YOU

Food is always better when it's shared.

I'd love to know what caught your eye this month, what you've been eating lately, or which dishes are still living rent-free in your head.

Reply to this newsletter or send me a DM, your recommendations might just make it into next month's issue.

STAY HUNGRY, STAY CURIOUS

Follow along on Instagram and TikTok for daily eats, behind-the-scenes foodie adventures, and sneak peeks of what's coming next. A new year is around the corner, and I can't wait to take you with me.



Let's Stay Connected

COME HUNGRY, LEAVE INSPIRED

If you loved this issue, share it with a fellow foodie who'd enjoy the stories, flavours, and hidden gems too. Want more in real time? Follow me on Instagram and TikTok for daily bites, behind-the-scenes food fun, and fresh reviews each week. Your thoughts matter, reply to this newsletter, tag me in your favourite bites, or send a DM anytime. Let's keep this delicious conversation going.



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