



WELCOME TO MY

Monthly Newsletter



Behind the Plate



Welcome to the February edition of Paige's Page.

February feels golden. Long lunches, late sunsets, and plates that linger a little longer than expected.

This month was about balance; bright acidity against creamy comfort, bold truffle against fresh bread, slow-cooked richness beside crisp, clean bites.

Inside, you'll find dishes that didn't just taste good; they stayed with me.

Let's eat!



In this newsletter you will find:

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



Breakfast

STARLING'S CAFÉ

FAMILY MORNINGS, GARDEN LIGHT, AND PLATES THAT FEEL LIKE HOME.

Starling's has always been part of our story; my gran's favourite, my mom's too... and now mine. I order the sourdough with their seasonal veg scramble, generously folded through creamy feta and finished with a bright tomato salsa that cuts perfectly through the richness.

It's wholesome, abundant, beautifully balanced. Add a good coffee and unhurried conversation in that tranquil back garden, and breakfast becomes something more.

STARLINGS CAFE



Lunch

FOCACCIA BAR

THE NEW KID, ALREADY UNFORGETTABLE.

The truffle prosciutto crudo stole the show; whipped truffle ricotta layered with silky prosciutto and shaved pecorino on fresh, house-made focaccia. The ricotta is outrageously good. Deeply umami, bold, indulgent without being heavy.

The bread? Soft, fragrant, made daily. Every bite feels intentional.

Simple ingredients. Big flavour.

THE FOCACCIA BAR



Dinner

BOUCHON WINE BAR

BOUCSOPHISTICATED, CELLAR-LIT, QUIETLY CONFIDENT.

Bouchon is all warm stone walls and good bubbles. Three tapas for R335 makes sharing easy; choosing a favourite doesn't.

The slow-cooked short rib over creamy polenta with herb gremolata? Pure comfort.

The layered hummus with tahini, chilli chickpeas and aubergine salsa; vibrant and generous.

The tuna tataki with glass noodles and crispy onions; fresh, acidic, beautifully clean.

Rich, bright, balanced. No notes.

BOUCHON BISTRO



Dessert

MARU

MODERN KOREAN SOUL, RIGHT ON BREE.

Maru's black cherry dessert is rich but impossibly light; silky white chocolate mousse layered with tart cherry, delicate jelly, roasted pine nuts and just enough texture to keep every bite interesting. Nothing overly sweet. Everything balanced.

There's a nostalgic berry note, but refined. Creamy, chocolatey, gently sharp in all the right places.

Elegant without trying.

MARU



Drink

THE DRINKERY

SHORTMARKET STREET COOL, DONE PROPERLY.

Apple of my eye... Yes, indeed.

Jameson Select Reserve, blackberry liqueur, lemon and cloudy apple; think whiskey sour energy, but fresher. Crisp apple brightness cuts through the depth, and it's strong in the best way.

Balanced, not sweet. Smooth, not soft.

The kind of cocktail you sip slowly in that moody lounge corner and immediately order again.

THE DRINKERY



Foodie Find

FURNEY'S FINE WINES & TASTING ROOM

NO PRETENSE. JUST VERY GOOD WINE AND EVEN BETTER SNACKS.

Bubbles outside in that tranquil courtyard is always a win. The truffle and Parmesan arancini with basil pesto? Dangerously snackable (and very hot; patience required).

And the toasted ciabatta with tomato, basil pesto, mayo and mozzarella proved something simple done right is unbeatable. Fresh bread, proper ratios, buttery crisp edges.

Quality speaks.

FURNEY'S FINE WINES & TASTING ROOM

A Note from Paige

THANK YOU FOR SHARING MY TABLE

February was full of contrast; bold truffle beside fresh garden mornings, cellar-lit dinners followed by citrus-bright cocktails. These were the plates that stayed with me.

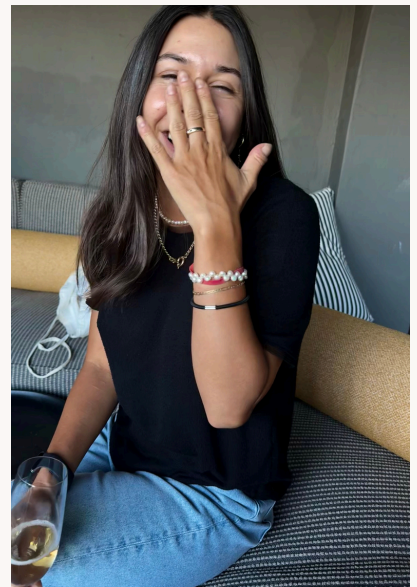
I WANT TO HEAR FROM YOU

What did you eat this month that you're still thinking about?

Reply to this newsletter or send me a message; your recommendation might just make next month's edit.

STAY HUNGRY, STAY CURIOUS

Follow along for daily eats, behind-the-scenes moments and fresh finds from around Cape Town.



Let's Stay Connected

COME HUNGRY, LEAVE INSPIRED

If you enjoyed this, share it with someone who loves good food.

Your thoughts matter.

Reply, DM, or tag me anytime.

Let's keep the conversation (and the eating) going.



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