



WELCOME TO MY

Monthly Newsletter



Behind the Plate



Welcome to the January edition of Paige's Page!

January feels like a soft landing. Slower mornings, lighter plates, and meals that feel grounding rather than showy.

This month was about comfort done properly, familiar flavours executed well, and those quietly excellent bites that linger long after the table's cleared.

Inside, you'll find the dishes that stood out. Not because they tried too hard, but because they didn't have to.

Let's eat!



In this newsletter you will find:

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



Breakfast

SALMON BENEDICT BY THE WATER KALK BAY COURTYARD

I absolutely love Kalk Bay Courtyard. It's calm, airy, and effortlessly beautiful, especially on a sunny morning.

The salmon Benedict is a standout. A potato rösti that's crisp outside and soft within, topped with silky smoked salmon, cream cheese, perfectly poached eggs, and a hollandaise that's rich but never heavy. Finished with deep-fried capers and mustard greens for a salty, savoury lift. Sit outside, take in the sea air, and order a mimosa. Weekend energy, exactly as it should be.

Weekend energy, sorted.

KALK BAY COURTYARD



Lunch

COMFORT FOOD, DONE PROPERLY YUMCIOUS, CAPE TOWN

Yumcious is honest, nourishing food that always delivers. You build your plate, weigh it, and eat. Simple, fresh, and satisfying.

The chicken pie is packed with flavour and generous chunks of chicken, wrapped in crisp, golden pastry that's rich without being overwhelming. The vegetarian frittata is light, fluffy, and far from dry, with salty pops of feta throughout.

Add crunchy wasabi coleslaw, clean beetroot, and a deeply savoury seaweed salad, and you've got comfort food done right.

YUMCIOUS CAFE



Dinner

MONDAY STEAK WORTH LEAVING THE HOUSE FOR HQ STEAKHOUSE

HQ's Monday steak special is dangerously good. A perfectly cooked 250g sirloin topped with Cape de Paris butter, served with fries and an HQ salad, with top-ups if you need them.

The steak is tender and juicy, the sauce is pure spoon-licking territory, and the fries are some of the best around. Even the salad shines. Fresh leaves, crunchy walnuts, generous Parmesan, and bright lemon dressing.

Proof that Mondays don't have to be boring.

HQ STEAKHOUSE



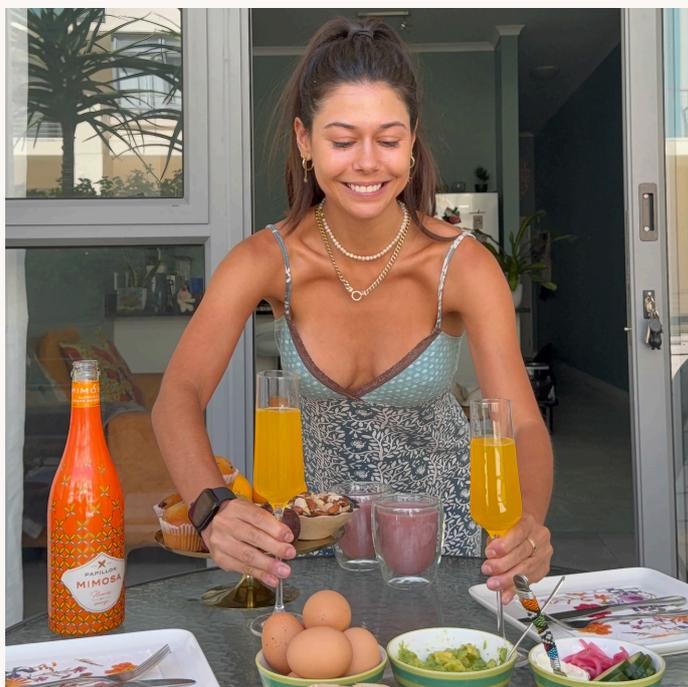
Dessert

CREAMY, CARAMELISED BASQUE
CHEESECAKE IMPOSSIBLE TO
RESIST
HQ STEAKHOUSE

This cheesecake arrived looking elegant without trying, that signature Basque finish giving way to something absurdly creamy inside.

Gently caramelised, impossibly smooth, and somehow light, with zero heaviness and all pleasure. I've always claimed I'm "not a cheesecake person," but it turns out I just hadn't met the right one. Consider me loyal to HQ's version from now on.

HQ STEAKHOUSE



Drink

BUBBLES THAT BELONG AT BRUNCH
PAPILLON SPARKLING MIMOSA

Bright, zesty, and exactly what brunch calls for. The citrusy orange notes are fresh and lively, balanced by gentle bubbles that keep it feeling celebratory without being sweet. Perfect with breakfast, birthdays, or any excuse to make the moment feel a little more special.

PAPILLON SPARKLING MIMOSA



Foodie Find

A CLASSIC DONE RIGHT
THE REGINA
PICCOLO POSTICINO RONDEBOSCH

I never thought much about the Regina back in the day. Turns out I was very wrong.

This pizza is quietly spectacular.

Generous with the ham (meaty, smoky, deeply satisfying), perfectly matched with melted cheese on a thin base that stays crisp, never soggy, and holds its structure beautifully.

The kind of pizza built for a journey, and worth every bite when it arrives.

Simple, classic, comforting.

Elite takeaway energy.

PICCOLO POSTICINO RONEBOSCH

A Note from Paige

THANK YOU FOR SHARING MY TABLE

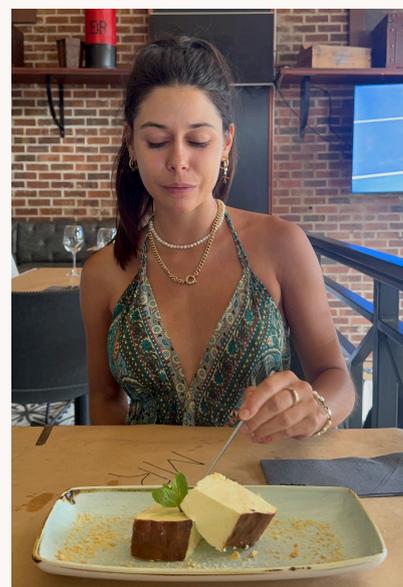
Thank you for being here and spending January with me. From slow breakfasts to comforting dinners, these were the plates that stayed with me, and I loved sharing them with you.

I WANT TO HEAR FROM YOU

What did you eat this month that you can't stop thinking about? Reply to this newsletter or send me a DM. Your recommendation 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 moments, and fresh reviews each week. More deliciousness coming soon.



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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