



PAIGE'S PAGE

The July Edit

Breakfast • Lunch • Dinner • Dessert • Drink • Foodie Find



NORFOLK DELI

The sandwich that makes eating your veggies feel like a reward.



Norfolk Deli completely won me over with the **Eggplant Hot Press**.

Think sweet, caramelised roasted vegetables, creamy hummus and fragrant basil pesto all tucked inside beautifully crisp, golden toasted bread. Every bite has that perfect balance of crunchy, creamy and fresh, with the roasted peppers and eggplant bringing all the rich, smoky flavour. Honestly, I'm a bread girl at heart, and that golden crust is what keeps me coming back.

Pair it with a coffee, grab a table outside, and you've got one of my favourite breakfasts in Cape Town.

HUGO SOCIAL CLUB

The salad you'll crave long after lunch is over.



I don't usually order salads, which is exactly why the **Marinated Chicken Salad** deserves a spot here. Every forkful is packed with fresh, vibrant flavour, from the juicy grilled chicken to the sweet little cubes of caramelised butternut that almost taste like nature's candy. The creamy feta, crisp cucumber, baby spinach and fluffy quinoa are all brought together with a fresh, herby dressing that somehow makes every bite even better than the last.

It's wholesome, nourishing and seriously satisfying without ever feeling heavy. Honestly, I dream about this salad, and that's saying a lot coming from someone who'd usually order the sandwich.

OISHI SUSHI

Restaurant-quality sushi, no reservation required



Some dinners deserve a reservation. Others deserve fluffy socks and Netflix.

The **Beta Box** delivers beautifully fresh sushi with enough variety to keep every bite exciting, from silky Salmon Roses and colourful Rainbow Rolls to classic Salmon California Rolls and the always-delicious Rock & Roll.

It's generous, seriously satisfying and exactly the kind of dinner that turns an ordinary night on the couch into something you'll actually look forward to.

Fair warning though... deciding which roll gets the last dip in the soy sauce might just be the hardest decision of your evening.

DALEBROOK CAFE

Because you're never too old for a proper milkshake.



The **Coffee Milkshake** had me singing “my milkshake brings all the boys to the yard” before I’d even finished the first sip.

It’s ridiculously creamy, crowned with an unapologetically generous swirl of whipped cream and somehow manages to feel nostalgic and grown-up at the same time.

Think childhood milkshake memories with a proper coffee twist.

Honestly, skip the sugar in my coffee... just blend it with ice cream instead. Add the sea view, and it’s one of those simple little moments that reminds you why Dalebrook is such a favourite.

THREE WISE MONKEYS

Everything I love in one very dangerous cocktail.



If you ever see “yuzu” on a menu, there’s a very good chance I’ve already ordered it. The **Yuzu Whiskey Sour** takes everything I love about a classic whiskey sour and gives it a bright, citrusy lift that’s completely addictive.

The velvety egg white, punchy yuzu and warming whiskey all work together so beautifully that every sip somehow tastes even better than the last. It’s elegant, refreshing and just dangerous enough to make you wonder if one was ever really going to be enough.

GRUB & VINE

The Friday reservation every foodie needs to make.

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The **Beef Wellington Friday Special** is one of those experiences where you keep waiting for the highlight, only to realise every course is the highlight. From beautifully executed canapés and comforting soup to the perfectly blushing Wellington and a dessert that ends the meal exactly as it should, every bite feels thoughtfully crafted. Pair that with expertly selected wines, genuinely passionate service and the irresistible smell of fresh pastry drifting from the kitchen, and you've got something truly special.

Honestly, this isn't just my foodie find of the month. It's one of the best restaurant experiences I've had all year.



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