



WELCOME TO MY

Monthly Newsletter



Behind the Plate



Welcome to the November edition of Paige's Page!

This month was full of colour, comfort, and those unforgettable Cape Town bites that make you stop mid-sentence. From a bright caprese omelette at Chardonnay Deli, to Foxcroft's beautifully crafted duck, to Black Sheep's iconic venison pappardelle, November served pure joy.

Dessert was a nostalgic slice of Lazari's white-chocolate cheesecake, my drink of the month was Harvest's velvety chai latte, and my foodie find? Khao Hom's phad thai, fresh, generous, and full of heart.

Let's dive into this month's favourites.



In this newsletter you will find:

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



Breakfast

A CHEESY, COMFORTING MORNING AT CHARDONNAY DELI

This Caprese omelette is peak Paige: fluffy eggs wrapped around nostalgic mozzarella, bright basil pesto to cut through the richness, and juicy tomatoes for freshness. It's generous, cosy, and honestly the perfect morning hug. I paired it with my favourite rye toast.

Hot tip: ask for a little jam on one slice to finish on a sweet note.

CHARDONNAY DELI



Lunch

A THAI-STYLE DUCK DREAM AT FOXCROFT

My favourite dish of the month, and easily top three of 2025. The Thai BBQ duck was incredibly juicy with a thin, crispy layer of fat that even I couldn't resist (and I never eat the fat). The sticky rice suddenly made sense once I used it to scoop the velvety red curry sauce, sweet, spicy, glossy, and genuinely transportive. It felt like Bali, but better. Every bite was special.

FOXCROFT



Dinner

THE BEST PASTA I'VE HAD ALL YEAR AT BLACK SHEEP

This venison pappardelle is the pasta of 2025. Silky, glossy ribbons of fresh pasta tangled with tender, melt-in-your-mouth venison and earthy mushrooms, all finished with a snowfall of good Parmesan. The venison is lean but unbelievably soft, rich, meaty, comforting, and beautifully balanced. A must-order.

BLACK SHEEP



Dessert

A WHITE CHOCOLATE DREAM AT LAZARI

This cheesecake completely surprised me. Silky on the tongue with that gentle, custardy firmness underneath, it tasted like a perfect marriage between classic cheesecake and airy white-chocolate mousse. The flavour was real white chocolate, not sugary or artificial, just creamy, delicate sweetness. And the crust? Golden, buttery, and beautifully crumbly, with the slightest kiss of salt. Even, perfectly baked, and honestly unforgettable.

LAZARI CAFE



Drink

A COSY ZEN MOMENT AT HARVEST

This chai latte is pure comfort. A warm, spiced hug in a mug. Sweet without being heavy, softly fragrant, and instantly calming. It's the kind of drink that makes everything slow down for a moment. A tiny slice of zen in the middle of Muizenberg.

HARVEST CAFE



Foodie Find

A FRESH, FLAVOUR-PACKED PAD THAI FROM KHAO HOM

This Pad Thai hit every note. Generous, full of well-cooked chicken, and lightly sauced so the noodles stayed fresh instead of sticky. The flavour is balanced. Not too sweet, not oily, not overpowering. Just bright, savoury, comforting. The peanuts add the perfect crunch, and I loved the marinated tofu folded through. A simple, honest, delicious bowl you'll finish without even trying.

KHAO HOM THAI CUISINE

A Note from Paige

THANK YOU FOR SHARING MY TABLE

Thank you for joining me for another month of flavours, finds, and foodie joy. November had its own magic, slow mornings, soul-hugging dishes, festive energy starting to bubble, and a few standout bites that reminded me why I love exploring Cape Town one plate at a time. From simple neighbourhood comfort to polished fine-dining moments, this month was full of the kind of food that lingers.

I WANT TO HEAR FROM YOU

Food is always better when it's a two-way conversation. I'd love to know which of November's favourites caught your eye, what you've tried recently, and which dishes stopped you in your tracks. Tag me in your foodie finds, reply to this newsletter, or drop me a DM, your picks might 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. December is shaping up to be a delicious month, 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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