



WELCOME TO MY

Monthly Newsletter



Behind the Plate



Welcome to the October edition of Paige's Page!

This month has been all about sunshine, fresh air, and flavours that feel like the start of something new. From lazy brunches overlooking the sea to unexpected bites that stopped me mid-sentence, October's eats were full of colour and character. Each month, I'll keep sharing the spots, dishes, and foodie finds that truly stand out across Cape Town and beyond. Food is never just flavour. It's the stories, the moments, and the people that make it memorable. Let's dig into this month's delicious discoveries.



In this newsletter you will find:

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



Breakfast

WHOLESOME MORNINGS AT WILDSPROUT

I love Wildsprout for their honest, feel good food that never skimps on flavour. Their Bircher muesli is one of my all time favourites, beautiful to look at, perfectly wholesome, and just the right balance of sweet and refreshing. It's full of chewy raisins and goji berries, crunchy almonds, and a hint of cinnamon that makes every bite feel like a hug. Light, satisfying, and finished with a dollop of creamy coconut, oat yoghurt. This bowl is as nourishing as it is delicious. Plus, it's the ideal spot to linger with a cortado and get some work done.

WILDSPROUT



Lunch

A GREEN DREAM AT UPPER UNION

This dish was so good, I was relieved it wasn't meant for sharing. The charred green tartare arrived like something out of a minimalist art exhibit. Glossy, sculptural, and just begging for a deep analysis from your artsy ex. Paneer rested in a pool of vibrant green palak, buttery soft and holding onto that sauce like they were in love. Then came the surprise hit, a citrusy, Cape Malay-style naartjie atchar that brought the whole dish to life. It was indulgent yet balanced, complex yet comforting, confident, mysterious, and utterly unforgettable.

UPPER UNION



Dinner

GOLDEN HOUR AT MEUSE

This tart was pure art: golden and crumbly, topped with creamy goat's cheese, glistening jelly, and delicate microgreens. Each bite balanced salty sweet perfection, rich, tangy, and lifted by a whisper of floral brightness. Paired with Chenin, it was the kind of harmony that makes you close your eyes for a second. Honestly, I'm still dreaming about it.

MEUSE FARM



Dessert

BURNT HONEY BLISS AT UPPER UNION

It's easily one of the best desserts I've ever had. The plating alone had me sitting up straight, soft curves, golden tones, and that perfect light bounce that makes food look like it's about to sign a modelling contract. The rooibos flavour came through first, comforting and familiar, followed by fragrant poached pear, crisp caramelised pastry, and layers of silky crêmeux. The Clemengold added a sun kissed brightness, but the star of the show was the burnt honey semifreddo. Cold, smoky sweet, and impossibly smooth, like crême brûlée with a passport. Every element felt intentional, balanced, and quietly confident. The kind of ending that lingers long after the last bite.

UPPER UNION



Drink

THE WHISKEY SOUR: CLASSIC, CONFIDENT, COMPLETELY ADDICTIVE AT BELLY OF THE BEAST

This Whiskey Sour stopped me in my tracks. Perfectly balanced between smooth and sharp, it was one of those "oh wow" first sips, the kind that makes you pause mid-conversation. The frothy top had that silky texture you only get when someone really knows what they're doing behind the bar. Tart lemon, mellow whiskey, a whisper of sweetness, and that unmistakable velvety finish that lingers just long enough to make you crave another. Simple in theory, flawless in execution, this is how a Whiskey Sour should taste.

BELLY OF THE BEAST



Foodie Find

MY HAVE-TO-HAVE TREAT FROM THANK GOODNESS FOODS

These White Chocolate, Pistachio, Fig & Walnut Shortbread squares are pure luxury in bite form. Every bite is rich but balanced, sweet yet sophisticated, like dessert with a passport. It's my ultimate "treat yourself" moment, festive, fabulous, and dangerously addictive.

THANK GOODNESS FOODS

A Note from Paige

THANK YOU FOR SHARING MY TABLE

Thank you for joining me for another month of flavours, finds, and foodie joy. October brought a burst of warmth and creativity to the Cape Town food scene – think bright seasonal produce, new menu launches, and that unmistakable spring energy.

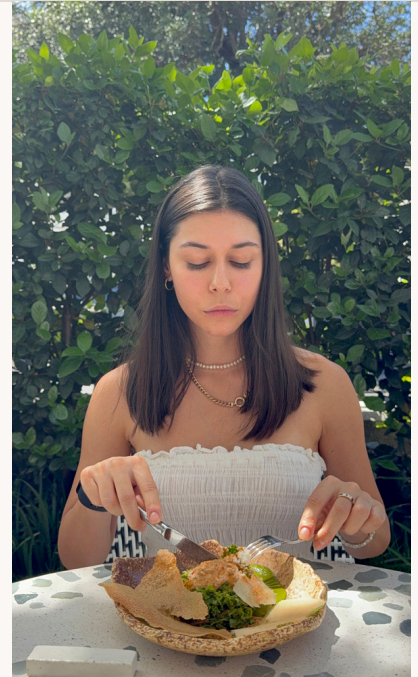
Every plate I've shared this month reminded me why I love doing this: the people behind the food, the artistry on every plate, and the way one bite can change your whole mood.

I WANT TO HEAR FROM YOU

Food is always better when it's a two-way conversation. I'd love to know what your October favourites were, maybe a new café, a market gem, or a dish that surprised you. 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 at what's coming next. November is already shaping up to be a delicious one, and I can't wait to share what's cooking.



Let's Stay Connected

COME HUNGRY, LEAVE INSPIRED

If you loved this issue, share it with a fellow foodie who'd enjoy the flavours, stories, and hidden gems too. Want more in real time? Follow along on Instagram and TikTok for daily bites, behind-the-scenes foodie fun, and new reviews dropping each week.

Your thoughts and taste buds matter, reply to this newsletter, tag me in your foodie finds, or drop me a DM.

Let's keep this conversation delicious.



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