



WELCOME TO MY

# Monthly Newsletter



## Behind the Plate



Welcome to my very first monthly newsletter!

Each month I'll be sharing my favourite eats, sips, and foodie finds from Cape Town and beyond.

From unforgettable restaurant dishes to hidden Woolworths gems. Think of it as a little round-up of the bites and sips that truly stood out. Food is more than flavour, it's the atmosphere, the people, and those small moments that make it memorable. I can't wait to bring you along with me on this delicious journey.



In this newsletter you will find:

My top eats, sips, and foodie finds in and around Cape Town



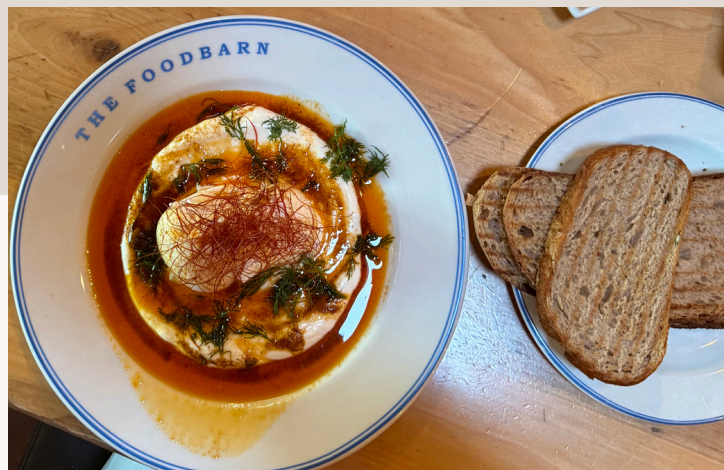
## Lunch

### A MEDITERRANEAN BITE TO REMEMBER

At Florentin, my favourite bite of the day was without a doubt the Tavuk. Glossy, vibrant, and glowing with spices, it arrived with ruby-red peppers, fresh herbs, and a creamy chilli labneh that lined the dish like a fiery halo. The fluffy pita on the side was the perfect vessel for scooping everything up, and trust me, I kept going long after the chicken was gone.

The chicken itself was insanely succulent, with those crisp, charred edges that make each bite a little addictive. The pilpelchuma paste deserves its own mention, smoky, sun-dried tomato punch, a little fiery, a little sweet, honestly irresistible. This is the dish I'd go back for today.

#### FLORENTIN



## Breakfast

### WHOLESOME MORNINGS AT THE FOODBARN

These Turkish eggs (Çilbır) were pure magic, poached eggs over garlicky yoghurt, finished with paprika butter and dill. Silky, garlicky, and full of flavour, hands down the best I've had. What makes it even better? The Foodbarn's commitment to sourcing locally and supporting sustainable farming. A breakfast that feels as good as it tastes.

#### THE FOODBARN



## Dinner

### SLOW-COOKED COMFORT IN THE HEART OF CAPE TOWN

At Woodlands Eatery, the Ragu di Agnello tagliatelle stole the show. Slow-cooked lamb, melt-in-your-mouth tender, coated in a rich tomato sauce and wrapped around silky ribbons of pasta. Rustic, generous, and packed with soul, this is pasta worth lingering over.

#### THE WOODLANDS EATERY





## Dessert

### A NOSTALGIC TWIST ON MAIZE MAGIC

The day ended on a high note with the maize dessert at Chefs Warehouse & Canteen. Earthy, rustic, and playful, it arrived with soft polenta sponge, glossy caramel, and a perfect scoop of ice cream. Whimsical yet familiar, it felt like a memory reimagined.

Each bite took me back, the sponge and ice cream reminded me of childhood pap with milk and sugar, while the burnt mealie caramel echoed my primary school breakfasts of cornflakes, sugar, and love. It was nostalgic, comforting, and sophisticated all at once, the kind of dessert that doesn't just taste good, but makes you feel something.

CHEFS WAREHOUSE & CANTEEN



## Drink

### THE NO.87: BOLD, PURPLE, UNFORGETTABLE

Deep purple with a frothy crown, the No.87 looked like the main character. Luscious and almost smoothie-like, it was rich with berry compote, lifted by orange syrup and tart cranberry. Fun, chic, and gone in minutes.

FLORENTIN



## Foodie Find

### FAST, FRESH, FABULOUS

Fresh, crunchy, and full of flavour. The avo-wasabi dressing gives this Woolies Booster Bowl the perfect kick, quick, wholesome, and seriously yum.

AVO, WASABI & PORK BOOSTER BOWL

# A Note from Paige

## THANK YOU FOR SHARING MY TABLE

Thank you for being here and for reading my very first newsletter. This little project has been a dream of mine, and I can't wait to keep sharing the flavours, moments, and stories that make Cape Town's food scene so special. Your support means the world.

## I WANT TO HEAR FROM YOU

Food is always better when it's a conversation. I'd love to know what your favourite bites around Cape Town have been this month. Tag me in your foodie finds, reply to this newsletter, or drop me a DM – your recommendations might just make it into the next issue.

## STAY HUNGRY, STAY CURIOUS

Follow along on Instagram and TikTok for daily eats, behind-the-scenes foodie adventures, and upcoming reviews. And keep an eye out for the October edition of Paige's Page, I've got some exciting spots lined up that you won't want to miss.



## Let's Stay Connected

### COME HUNGRY, LEAVE INSPIRED

This is just the beginning. 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.



@paigesculinarypage | paigeellisgreen@gmail.com

WWW.PAIGESPAGE.CO.ZA