

CAPE TOWN RESTAURANTS

A guide to eating out in the Mother City



Fine Dining

Aubergine Restaurant // 39 Barnet Street, Gardens

Aubergine has been featured as a top restaurant numerous times and has a loyal following. Owner and Chef Harald Bresselschmidt uses classical techniques, and both European and Asian influences appear through the degustation, à la carte and winter bistro menus. Menus change regularly, and you're encouraged to mix and match items. This historic old house, which used to be the home of the first Chief Justice of the Cape, dates back to 1830 and is packed with character. Aubergine is sophisticated but not stuffy.

Tel. [021 465 0000](tel:0214650000)

Belly of the Beast // 110 Harrington Street, City Centre

This online-bookings-only fine-dining restaurant sprang up rather quietly on Harrington Street in August 2018. Owner-chef Neil Swarts sold his wildly popular Arugula Bistro in Welgemoed to pursue dreams of unhindered culinary creativity, which he has done with co-owner and Anouchka Horn in their secret daily set menu. The industrio-mod eatery serves a maximum of 20 guests per service, which Neil explains: "Cooking dishes on a smaller scale enhances the depth of flavour of each element." An entirely exposed kitchen lines one side of the small space, with a street-facing window on the other. The food is exceptional!

Tel. [021 461 0335](tel:0214610335)

Chefs Warehouse at Beau Constantia // Beau Constantia, Constantia Main Road

In a sleek dining room overlooking the Constantia wine valley, this is laidback, refined dining at its best from one of Cape Town's most influential chefs, Liam Tomlinson, in partnership with co-owner and head chef, Ivor Jones. The glass cube that houses the restaurant is a welcome dash of modernity in a suburb where most restaurants are houses in 100-year-old Cape Dutch buildings. The menu changes weekly and features nine plates to share, from local line-fish sashimi to venison, all with ingredients grown on the on-site farm - about which the staff know every last detail.

Tel. [021 794 8632](tel:0217948632)

Chefs Warehouse Tintswalo // Chapman's Peak Drive, Cape Town

Dining at the incredible seaside setting of Tintswalo Atlantic on Chapman's Peak Drive, is unlike any other, with the Atlantic Ocean lapping below your table - and like with Liam Tomlinson's other projects, this Chefs Warehouse (CW) is steered by a young and talented team of chefs. Head Chef, Braam Beyers from CW Beau Constantia has taken over the reins here under the guidance of Liam and Chef Patron Ivor Jones. The contemporary tapas is a set menu of small plates for sharing over 4 courses with an emphasis on fresh, local and sustainable that pays homage to its ocean setting. The restaurant and deck have been completely revamped to incorporate the Chefs Warehouse signature style and personality, ranging from furniture and décor to tableware.

Tel. [021 541 0165](tel:0215410165)

Foxcroft // Shop 8, High Constantia Centre, Groot Constantia Road, Constantia

The food at Glen Foxcroft Williams' bustling fine-dining restaurant (which he co-owns with famed La Colombe chef, Scot Kirton) is inspired and utterly sensational. Scot is known for his rigorous attention to detail, immaculate plating and boundary-pushing dishes, while Glen - who is behind the restaurant's name and inspiration - is a patisserie whiz. The menu, remarkably simple at first glance, delivers bold, thoughtfully put-together dishes and the wine list is comprehensive but not overwhelming.

Tel. 021 202 3304

FYN // 5th Floor, Speakers Corner, 37 Parliament Street, City Centre

FYN - in reference to fynbos and Afrikaans for the word "fine" - located on the top floor of Speakers' Corner on Parliament Street revels in the most superb views of Lion's Head and Table Mountain. With a distinct cosmopolitan and Manhattan-inspired feel, the menu (and décor) is African-inspired, with an overarching Japanese aesthetic, making for an utterly seductive (and delicious) combination of tastes, flavours, textures and styles. Chef Ashley Moss and Jennifer Hugé, make up the dynamic duo in charge of the most exciting restaurant to grace the Cape Town dining scene. The menu is a condensed five-course kaiseki - style experience - with some of the most original wine pairings, courtesy of Jennifer (who spent 17 years at La Colombe as sommelier and manager). This one is not to be missed!

Tel. 021 286 2733

La Colombe // Silvermist Wine Estate, Main Road, Constantia Nek

Perched atop the Silvermist Estate against the slopes of Constantia Nek, La Colombe is one of the country's exemplary beacons of culinary mastery. Long likened to a treehouse, due to its unique eye-level views of the tree canopies, the restaurant is an inviting, airy and superb designer dining room with an adjacent al fresco seating area. Executive chef Scot Kirton's philosophy and approach lies in the fusion of Asian and French cuisine and the pursuit of excellence and perfection on each plate, resulting in numerous local and international awards. The freshest seasonal produce, uncomplicated clean flavours and classical elegance are the essence of his inspiration and passion for food. Impeccable service and an award-winning wine list.

Tel. 021 794 2390

Salsify at The Roundhouse // The Roundhouse, Roundhouse Road, Camps Bay

Salsify burst onto the Cape Town scene with its exciting, juxtaposed décor, elegant food and sensational Camps Bay views. Perched on the lower slopes of Lion's Head, the Roundhouse building looks out over Camps Bay's leafy glen to the ocean and Twelve Apostles mountains. The space overlooking the incredible view has been kept beautifully classic - featuring white tablecloths and Persian rugs - but the entrance room and back lounge have been given an electric shock with some more modern graffiti.

Tel. 021 010 6444

Signal Restaurant // Cape Grace Hotel, West Quay Road, V&A Waterfront

Housed inside the Cape Grace hotel at the V&A Waterfront and led by Executive Chef, Malika van Reenen, Signal's menu draws inspiration from several of the cultures that have influenced the Cape, with a strong classic French thread running throughout. Simple, delicious and wholesome fare is on offer for lunch and dinner with more sophisticated options over dinner, including the wine-pairing tasting menus (also available for vegetarians). Expansive views of Signal Hill coupled with high-volume ceilings, gleaming crystal, striking bouquets of proteas and crisp white linen add to the elegant feel.

Tel. 021 410 7080

Bistro

Bistro Sixteen82 // Steenberg Estate, Steenberg Road, Constantia

This is bistro cuisine at its absolute best and Bistro Sixteen82 rewards diners with excellent food that is simply irresistible. Expect treats like the best steak tartar in the valley, hand-chopped, with a painting of beetroot to support it. Also popular are the charcuterie platters: the meat option consists of some excellent salamis, and equally tempting is the seafood platter. Housed in a large, delightful double-volume space with a gorgeous outside seating area featuring ponds and some sculptural pieces, this is a wonderful dining option in summer.

Tel. 021 713 2211

Black Sheep Restaurant // 104 Kloof Street, Gardens

This neighbourhood local is right on trend and is conveniently located on Kloof Street, commonly referred to as the hipster hill of Cape Town. The menu is bursting with flavour and interesting dishes like grilled rabbit or lamb kidneys, wrapped in bacon and sage, and the wild rocket soup with parmesan also comes highly recommended. The small but friendly team deliver swift and cheerful service and the wine list consists of a great selection of local choices. The three-tiered design of the restaurant creates a relaxed café, bistro-style ambience with views of Table Mountain. This is a great spot to soak up the local scene whilst enjoying a great meal.

Tel. 021 426 2661

Bouchon Wine Bar & Bistro // 95 Hout Street, City Centre

The ever-changing seasonal tapas has the same Mediterranean-inspired flavours as sister restaurant La Boheme, only at Bouchon the dishes are more elegantly plated and are served in smaller, refined portions. Owner Faisal Khakoo and co-owner and winemaker Christophe Durand are a hands-on duo, often present and happy to chat about the food and wine offering. This inner-city restaurant capitalises on the earthy, industrial charm of its urban wine cellar setting. A glass wall that separates the working cellar from the restaurant space lends the feeling of being in a quaint winery in the heart of the winelands. If you're looking for an intimate venue for a truly special occasion, reserve the exclusive cellar table - between the wine tanks and barrels!

Tel. 021 422 0695

Carne on Kloof // 153 Kloof Street, Gardens

Giorgio Nava, chef and owner of the esteemed Carne SA (winner of Eat Out's Best Steakhouse for 2013) has opened a second, smaller Carne on Kloof Street to supply growing demand for his excellent, meaty fare. As a smaller version of the Keerom Street restaurant, Carne on Kloof features a suitably trimmed-down menu and as the name indicates, there's a great range of meaty fare available. It's easy to see why Carne on Kloof is, after only recently opening, already drawing full crowds of locals, as well as the occasional visiting celebrity. Elegant, classy but totally relaxed, the venue has an industrial feel; nevertheless, it exudes warmth and comfort.

Tel. 021 426 5566

Grand Africa Café & Beach // 4 Haul Road, Granger Bay, V&A Waterfront

Located in a secluded cove from the main road on Granger Bay, a man-made beach and an abandoned warehouse pair up to offer you one of Cape Town's most popular beach-dining experiences. Wildly popular in summer for sundowners and the venue of choice for languid weekend lunches, this establishment draws a crowd from all over the world. The massive, made-to-share wood-fired pizzas, seafood pastas and cocktails are perennially popular, and the views over Granger Bay are simply beautiful.

Tel. 021 425 0551

Grub & Vine // 103 Bree Street, City Centre

Chef Matt Manning cut his teeth under the likes of Marcus Wareing in London and locally at Top 10 restaurant La Colombe, before going on to make a name for himself as a private chef. At the end of 2019, Matt set his sights on opening Grub & Vine, on Bree Street, which serves refined bistro-style fare. The bistro-style eatery serves tasty, seasonal-driven meals in a relaxed, yet vibey, atmosphere. Diners can expect to find dishes such as hanger steak, fresh scallops and a spring vegetable salad, as well as a contemporary take on coq au vin. The small, curated wine list featuring some of the best local vino producers. As chef Matt says: "No-nonsense, good grub. Beautiful produce and honest cooking."

Tel. 087 898 2207

Kloof Street House // 30 Kloof Street, Gardens

Buzzing Kloof Street House is often packed to the rafters over weekends with locals setting in for long social gatherings and the menu here can best be described as a bistro-style eatery, with a showcase of Mediterranean and Moroccan-style dishes. The wine list is impressive, and the service is friendly and swift, even during the busier periods. The interior oozes glamour with a dark colour palette, chandeliers and beaded lamp shades, combined with a touch of Moroccan mystery. Attracting both beautiful young things and well-to-do middle-aged patrons, the space is divided into several dining areas, including a busy bar.

Tel. 021 423 4413

Societi Bistro // 50 Orange Street, Gardens

Run by the same team behind Jonkershuis at Groot Constantia and The Brasserie in Tokai, you can't fault Societi Bistro. From seafood to free-range meat, grill and roast-based dishes and even a vegan curry, the options are tasty and accompanied by an extensive wine list which you can order by the glass. Not only is Societi Bistro's patio perfect for those peachy Cape Town days when you want something cold and wet in your hand and a view of Table Mountain for a backdrop - but it's also a great choice in winter with its cosy fireplaces. A good all-rounder and a local favourite.

Tel. 021 424 2100

Modern

Ëlgr // 75 Kloof Street, Gardens

Breathing new life - and new concepts - into Kloof Street (in the spot previously home to Janse & Co), Ëlgr is the brainchild of 27-year-old chef Jesper Nilsson, who spent lockdown conceptualising this moody, effortlessly cool restaurant that peels back from the buzz of Kloof Street to a plant-filled courtyard. Born in Sweden, Jesper moved to South Africa as a teenager, so his menu is a delicious combination of the two cuisines. The ultra-

Instagrammable visual feast of minimalist, moody design opens onto an outdoor bar where crafted cocktails and artisanal pizzas make for a perfect for a post-beach pop-in.

Tel. [021 422 0384](tel:0214220384)

Beyond // Buitenverwachting, 37 Klein Constantia Road, Constantia

In the shadow of Table Mountain in the Constantia winelands, Beyond is housed in a historic thatched building on the family-owned Buitenverwachting wine estate but is bright and modern in every other way. Chef Peter Tempelhoff (of inner-city fine-dining restaurant FYN) delivers a compelling line-up of pitch-perfect à la carte dishes with an emphasis on plating and provenance. Nab a vineyard-facing table and feast on locally caught seafood, roast springbok or handmade burrata cheese, paired with the estate's stellar wines - try the limited release Maximus, or to finish off, there is a whiskey trolley for fun!

Tel. [021 794 0306](tel:0217940306)

Hemelhuijs // 71 Waterkant Street, City Centre

Familiar café classics in this comfort zone get a makeover, served on designer crockery created by quirky stylist and owner Jacques Erasmus. Unusual ingredients infuse every dish with robust natural flavour and the bistro-style menu reflects the seasons as they change. The fare is down to earth and satisfying, but the dishes are presented with a flourish, gorgeously plated, ready to be photographed - and eaten. A great place for breakfast, brunch or lunch in an avant-garde sanctuary in the city, with black Zen interiors filled with flowers and objet d'art.

Tel. [021 418 2042](tel:0214182042)

Mulberry & Prince // 12 Pepper Street, City Centre

When Mulberry & Prince first opened its doors, the locals 'in-the-know' flocked to the elegant eatery based on swinging Bree Street, to grab a slice of New American cuisine - expect to be bowled over by inventive and beautifully plated dishes. It's been a favourite since then, and when it started serving brunch a few weeks ago; even more so! Inspired by the Big Apple, Mulberry & Prince has brought NYC's wildly popular brunching trend to Cape Town, with its "lazy Sunday" menu. The up-to-the-minute space is a delicious mix of exposed-brick walls, stained glass, lush velvets, mid-century modern-inspired furniture, with beautiful artwork by Kurt Pio (available for purchase) on the walls.

Tel. [021 422 3301](tel:0214223301)

Nobu // One & Only Hotel, Dock Road, V&A Waterfront

A fantastic culinary experience infused with a Peruvian-style and possibly the best raw seafood experience in Cape Town. The menu is so extensive that it is tempting to select one of the set dinners, but be sure not to miss out on the flagship dishes. This has been dubbed the most affordable Nobu in the world due to the favourable exchange rate against the Pound and US Dollar and a visit to this famed institution will not disappoint. Whilst Nobu does struggle to shake off the hotel feeling somewhat, once the food arrives you will no longer be paying attention to anything else.

Tel. [021 431 5888](tel:0214315888)

Reverie Social Table // 226A Lower Main Road, Observatory

The concept of social dining dates all the way back to Ancient Greece, but it's arguably been perfected by Chef Julia Hattingh at her warm and intimate restaurant, aptly named the Reverie Social Table. Julia's antique wooden table - seating a maximum of 18 guests, dominates her eclectic restaurant in the quirky neighbourhood of Observatory. It is around this table d'hôte style eatery that Julia invites guests, whether friends or strangers, to break bread and get to know one another while enjoying an immaculate five course food and wine pairing dinner. Julia's wealth of culinary experience, gleaned during her years spent in Michelin-star restaurants, is evident in each morsel, inspired by French and local flavours alike - and her menu changes weekly.

Tel. 021 447 3219

Table Seven // The Salt Orchard, Unit C5, Corner of Briar & Yew Street, Salt River

Private chef Luke Wonnacott and his wife Katie come with lorry loads of culinary experience, most notably a stint at Gordon Ramsay's Maze at the One&Only (Luke also served as head chef at Ossiano at Atlantis in Dubai). For the past few years, they've been focusing on event catering, menu consultation, and cooking classes; though, they've missed being able to cook for and entertain guests in their own space - and hence, the launch of their Chef's Table experience, where around 20 guests can enjoy a smorgasbord of flavours - seven courses to be precise - in a relaxed and intimate environment. It differs from a regular restaurant experience in that it's more intimate: guests get to sit at a long wooden table in the heart of Luke's kitchen, while he cooks up a storm. The Chef's Table is available for dinner on an exclusive basis for a minimum of 16 and maximum of 20 guests - and is also open daily for lunch on an individual table basis.

Tel. 079 286 1811

Thali // 3 Park Road, Gardens

An Indian-style tapas bar founded by the Chefs Warehouse guru Liam Tomlin, in partnership with Dimo Papachristodoulou (Fat Cactus and Long Street Cafe), and with head chef John van Zyl at the helm. Thali takes you on a visual journey where intricate postcard art, kaleidoscopic patterns, vibrant colour and Indian intrigue abound. The interiors (five different sections) and garden area make for an exotic and unique eating experience indeed! Try the tapas for two which includes eight dishes, with the likes of tantalising tandoori chicken, as well as golden lamb and chicken curries included in the mix.

Tel. 021 286 2110

The Foodbarn Café & Tapas // Noordhoek Farm Village, Corner Village Lane & Noordhoek Main Road, Noordhoek

The Foodbarn has always been a great choice for a lazy weekend lunch and boasts a loyal following of diners who appreciate Chef Franck Dangereux's French- flair. Chef-patron Franck originally put La Colombe in Constantia on the map. His food relies on fresh, seasonal produce and classic French techniques parcelled into bold, earthy and hearty dishes. The building, with its dark blue and crystal accents, is no barn but rather a modern and relaxed venue and it's worth making the trip out to Noordhoek to sample this local eatery. Light and bright inside, surfers and families drift straight from the beach to al fresco tables, with sand still between their toes. The nearby children's play area and garden is a no-brainer for families who don't want to eat in a bland family friendly restaurant. In the same farm village complex, Franck also owns the Foodbarn Deli - a great go-to for stocking up on deli items, with a great wine selection to boot.

Tel. 021 789 1390

The Granary Café at The Silo // The Silo Hotel, Silo Square, V&A Waterfront

There are NO better views of the city, than The Granary Café. Located on the sixth floor of the new Thomas Heatherwick-designed Silo Hotel and tastefully decked out by interior designer Liz Biden (who owns The Royal Portfolio collection of hotels), the restaurant is headed by chef Veronica Canha-Hibbert (formerly Ellerman House and The Belmont Mount Nelson), whose contemporary comfort food is pitch perfect! And if you don't have to dash home, round off your evening with a digestif at The Willaston Bar on the same floor. Reservations recommended to avoid disappointment. The Silo Rooftop is for in-house guests only and is open to the public by prior reservation only.

Tel. 021 670 0500

The Pot Luck Club // The Silo, The Old Biscuit Mill, 373-375 Albert Road, Woodstock

Cape Town has been on the tourist radar for decades, but it was arguably Luke Dale Roberts who put her on the international fine-dining map back in 2010. In all of his exceptional Cape Town restaurants, you'll find intelligent, seasonal cooking that's, most importantly, incredibly tasty. Sporting killer city views, this is undoubtedly one of our favourites, with an energetic energy to match. It feels like going to New York for the night - well, maybe Brooklyn, which is perhaps the bigger compliment. It's accessible - but sensational. Sticking to what works, The Pot Luck Club's tapas-style menu is divided into themes (sweet, salty, sour, bitter and umami) and abounds with extravagant flavour and edgy dishes. Attentive and well-trained staff members are clearly pleased to be working here and are eager to ensure diners' satisfaction.

Tel. 021 447 1505

Italian

Il Leone Mastrantonio // 22 Cobern Street, Corner of Prestwich Street, Green Point

While most Italian restaurants worth their salt can serve excellent Parma ham and melon, it takes someone really special to make the most delicious Carpaccio di manza! Famed for serving the best gnocchi in town, this little gem will surprise and delight with its excellent cuisine and impeccable service. While the terrace is popular in summer, the downstairs and upstairs dining rooms are elegantly casual, with plenty of light coming in from the sash windows, the tables set with crisp white napery and art works, which are for sale, adorning the walls.

Tel. 021 421 0071

Limoncello Ristorante Noordhoek // Corner of Beach Road & Pine Street, Noordhoek

The recent revival of Limoncello, the fabulous neighbourhood eatery that once graced a quiet side street in Gardens has been a trip down memory lane for die-hard Italian fans! Just like Luca and Cecilia Castiglione's original southern Italian ristorante, the new incarnation is relaxed, romantic, and is fast becoming one of the most sought-after spots in the deep south. Luca's melanzane alla parmigiana and Cecilia's marinated fresh yellowfin tuna, fior di latte and rocket pizza is not to be missed. And now you can enjoy all of that, and more, under the shade of ancient milkwood trees, with ocean and mountain views. And, don't leave without enjoying a shot of Luca's homemade Limoncello!

Tel. 021 224 0830

Villa 47 // 47 Bree Street, City Centre

Housed in a heritage building on Bree Street, this three-in-one Italian emporium has a little something for everyone. Locanda at street level does delicious traditional Italian dishes; Seta on the first floor is a sexy cocktail bar that's

perfect for a pre- or post-dinner tippie (and a whirl around the dancefloor); while Pierino Penati on the top floor is headed by a Michelin-starred chef whose painstaking creations are, ironically, simply delicious. Coupled with that, his attention to the guest experience makes dining here a pleasure.

Tel. 021 418 2740

Seafood

Bilboa // Shop 120, The Promenade, Victoria Road, Camps Bay

For delectable seafood, uninterrupted ocean views, and very friendly service, the latest restaurant from the Kove Collection is the place to be. Modern furnishings - from recessed timber ceilings to slick lighting and gold accents throughout - create a sophisticated vibe. On a perfect wind-free summer's day, the see-through blinds that span the length of the restaurant are rolled up for guests to soak up the exquisite surrounds. The menu offers a variety of seafood from prawns and langoustines to salmon; as well as a varied selection of meats. If you're a seafood lover, you won't be disappointed.

Tel. 021 286 5155

Chapman's Peak Hotel Restaurant // Chapman's Peak Drive, Hout Bay

This established landmark on the scenic Chapman's Peak Drive has a covered outdoor patio that's perfect for a long, lazy lunch, while you take in the sweeping views of the bay, harbour and the Sentinel. The fresh seafood menu includes mouth-watering pan-prepared calamari, prawns and linefish, and the widely renowned seafood platters that come with chips or rice. Their legendary pan of succulent calamari - fried and served with a bowl of tangy tartare sauce - remains perhaps the best reason to visit!

Tel. 021 790 1036

Harbour House Restaurant // Quay Four, Dock Road, V&A Waterfront

As the name indicates, the speciality here is seafood and this restaurant, by the same group, is formulated after the original one in Kalk Bay, established in 1996. The Waterfront branch is the more contemporary, upmarket outlet. A new small plates concept has been introduced at this branch of Harbour House. Think game fish crudo, crispy prawns and white fish goujons. Have sushi with friends upstairs or share a lavish seafood platter with a glass of local wine.

Tel. 021 418 4744

Live Bait // Kalk Bay Harbour, Kalk Bay

Lunching at Live Bait is like enjoying a meal inside a seashell. Situated in the picturesque old-world charm of Kalk Bay's working harbour, Live Bait is perched on the breakwater, and boasts exquisite views overlooking False Bay and the mountains beyond on one side, and the colourful harbour on the other. Enjoy mouthfuls of fresh seafood as waves crash metres away. Mains to try include grilled calamari with olive oil, aioli, chilli salsa verde and chips, and charred sardines right off the coals. Casual and laidback with a distinct seaside feel, the this eatery is a favourite amongst locals and the seafood is as fresh as it comes

Tel. 021 788 4133

Riva Fish Restaurant // 24/4 Napier Street, De Waterkant

If you love your seafood packed with authentic flavours, and served by warm, passionate hosts, then you must try Riva, the newest kid on the De Waterkant block. Opened by Italian chefs and friends, Nico Rovarini and Federico Rocca, it's already a popular haunt. Pasta is made in-house and the bronze-drawn spaghetti, served with cherry tomatoes and clams, is perfectly al dente. The restaurant takes its name from the legendary boat-building company, Riva, which makes the kind of wood-clad speedboat that James Bond would pilot. The white walls are cleverly decorated with broad blue stripes, a clutch of black-and-white photos and a little boat-themed bric-a-brac. All in all, the feeling is of a relaxed seafood trattoria, with lights just dim enough for it to feel romantic rather than simply cheap and cheerful.

Tel. 021 418 0657

SeaBreeze Fish & Shell // 213 Bree Street, City Centre

A new seafood restaurant on perennially popular Bree Street (where else?) offering sustainably sourced seafood dishes. Its Scottish owners Alex and Ruth Grahame left the icy climes of Aberdeen, where they owned a seafood restaurant, opting instead to open shop in Cape Town. At SeaBreeze, fresh and exciting versions of traditional seafood offerings are the order of the day. The one-page wine list is cleverly curated for pairing with seafood. The interior section of the restaurant is a calm oasis, with soothing blue walls, pale wooden tables, and tasteful ocean-inspired accents. In warmer weather, opt for one of the wooden bench tables outside. There are also high counters with stools lining the Bree Street sidewalk.

Tel. 074 793 9349

Asian

Bao Down // 1st Floor, Exhibition Building, 79 Main Rd, Green Point

Big things, they say, come in small packages - which is certainly the case for Bao Down that started off as a bijoux neighbourhood culinary gem in the city suburb of Oranjezicht. The original Asian-American restaurant was always packed to the brim with fans of the little bao steamed buns and 2021 has heralded an expansion and a move to new premises in Green Point. The food has retained its strong influences from Korea, Japan and China with former head chef of Chefs Warehouse, Graham Oldfield - devising a concise menu of small sharing plates that are great for casual meals his wife Philippa is the creative behind the beautifully designed calm space of soft-pink interior walls, vintage exotic-bird prints, antique mirrors and origami-esque lights.

Tel. 066 022 1165

Haiku // 58 Burg Street, City Centre

When Haiku opened over two decades ago, Asian tapas was a brand-new concept in the Mother City. Now 21 years later, the ever-popular eatery is still bowling us over with its simply delicious East Asian flavours - from Thai and Chinese to Japanese and Korean. The elegant Chinese-tearoom vibe allows diners to watch the skilled chefs in action, as you wait for your tantalising tidbits to arrive. The dark but glamorous interior can get a little loud, so opt for a table by the bar at the front if you want more privacy. Don't forget to order bowl of fragrant coconut rice with the mains!

Tel. 021 424 7000

Kyoto Garden Sushi Japanese Restaurant // 11 Kloof Nek Road, Gardens

This is easily the finest Japanese food in the city and is consistently ranked among the best by some of Cape Town's top chefs and connoisseurs (Franck Dangereux, Peter Tempelhoff and John Maytham, to name a few). While the sushi is certainly superb, you'd be foolish to miss out on the wide-ranging menu of dishes that take classic Japanese ingredients and flavours and reinvent them into a new realm of Asian cuisine. Flavours are clean and elegant - don't expect sweet chilli sauce or deep-fried California rolls here. Bamboo and blonde wood make for a serene dining experience.

Tel. 021 422 2001

Three Wise Monkeys // La Rhone Building, 77 Regent Road, Sea Point

The latest addition to Sea Point's burgeoning Regent Road is an izakaya (informal Japanese gastropub) that's fast becoming an after-work favourite. From Monday to Saturday evenings, it's bursting at the seams with Atlantic Seaboard locals, popping in for a bowl of ramen after a promenade stroll. The menu is small but offers variety: ramen (noodles) with chicken, beef or vegetables; kushiyaki (from the grill), which changes daily; poke (sliced raw-fish salad) and sushi. The space is compact and simply, yet tastefully styled with exposed bricks and navy accents.

Tel. 021 433 1837

Tjing Tjing // 165 Longmarket Street, City Centre

The brand-new, reimagined Tjing Tjing is back! And bursting with energy, inspiration and a riot sights and sounds. At street level, you'll find the buzzy Torii, where the pulsating pace, ultra-cool electro-indie beats, Harajuku-inspired decor and on-the-ball service are the perfect backdrop for flavour-popping, designed-to-share Japanese street food. The first floor is home to the low-slung, reservations-only Momiji Bar, and the cool and composed Momiji restaurant, where diners can enjoy a 12-course kaiseki (multi-course haute cuisine) menu that pays homage to the seasons. And, the cherry on top, is the perennial rooftop bar where top-drawer tipples, a selection of Japanese snacks and ice-cool beats are the order of the night.

Tel. 021 422 4374

Casual Eateries

Between Us // 176 Bree Street, City Centre

Twin sisters Jesse and Jamie Friedberg have created a fresh, modern New York-style space that serves vibrant and original breakfasts and lunches with a wholesome edge. The morning menu includes items such as honeycomb cashew butter fruit-compote oats; trout-and-greens frittata; and, of course, a full English breakfast. Lunches include deconstructed salad Niçoise, an utterly heavenly oxtail ragu pasta, Chalmar beef fillet and chargrilled chicken.

Tel. 021 823 8695

Clarke's Bar & Dining Room // 133 Bree Street, City Centre

Another favourite hangout for the young and beautiful, Clarke's is bang up-to-date. This is where the hip crowd comes for generous sandwiches, tasty free-range burgers and hearty breakfasts. Potted plants line the walls, adding pops of greenery to the pared-down natural-wood palette and it is especially popular at happy hour between 5pm-7pm daily for after-work drinks with colleagues. Don't leave here without trying to the legendary Clarke's cheeseburger.

Tel. 087 470 0165

El Burro Taqueria // 79 Main Road, Green Point

This lively and trendy Mexican restaurant is much acclaimed for its décor and service, as well as its great food. Recently relocated to a new, spruced-up street level location (occupying the old Cabrito Bar space), El Burro Taqueria Green Point is your go-to for authentic Mexican food. Veg lovers will be well satisfied are well catered for too and the drinks menu features a comprehensive list of tequilas, including local ones. For the same appealing buzz and cosy, casual atmosphere, head over to El Burro's Tamboerskloof branch - it's perfect. The spot is perfect for an in-and-out dinner dash thanks to its fast kitchen, informal seating and individual taco servings

Tel. [021 433 2364](tel:0214332364)

Jason Bakery // 83 Main Road, Green Point

Jason's doors first opened as a "hole in the wall" in 2007 in Bree Street and although the original eatery closed in 2020, he has since expanded to Green Point on the Atlantic Seaboard. In the mornings, egg and chorizo tartlets and bacon croissants sell like hotcakes, while a steady queue of locals line-up for their potent artisan coffee. The bakers are busy from the early hours of the morning, preparing the spectacular breads and pastries at this much-loved local institution. Gourmet sandwiches are stuffed to the brim with all kinds of delectable fillings. You can grab a quick meal or coffee at some of the outside tables or in the chic space indoors - the open-plan kitchen is a great feature and allows you to watch the masterful bakers at work.

Tel. [021 433 0538](tel:0214330538)

Labotessa Café & Terrace // Labotessa Hotel, 5 Church Square, City Centre

Capetonians love a good brunch spot and Labotessa Café fits the bill perfectly. Situated on the ground floor of this elegant and sophisticated hotel (easily accessible to the public as well as hotel guests), the charming café on the square, serves all day breakfast from an organic and ethically inspired menu. Seating during the balmy summer months is available in the courtyard garden that spills out onto historic Church Square and everything is homemade and from scratch, elevating classic breakfasts and bountiful bakes to the next level.

Tel. [021 010 6600](tel:0210106600)

Loading Bay // Shop 30, 30 Hudson Street, De Waterkant

One of the city's long-term loves, Loading Bay serves up delicious coffee (locally roasted), comfort food (seasonal, local & fresh), luxury apparel and design, all under one roof. Loading Bay's epic Thursday burger nights is a Cape Town institution with ethically sourced beef from local farmers served with truffle salted fries. Regulars and creatives flock here for good food, free Wi-Fi, networking and to stock-up on Aesop (located upstairs) as well as designer labels such as Acne and Apc.

Tel. [021 425 6320](tel:0214256320)

Maria's Greek Café // 31 Barnet Street, Dunkley Square, Gardens

A slice of Mediterranean style in the heart of the CBD, this warm and comfortable taverna-style restaurant has been serving authentic Greek food for over two decades to loyal locals. It seats around 70 diners in a light and contemporary white and plastered interior, with an upstairs section that can be used for special occasions and private parties. This is unpretentious and relaxed dining at its best - wine is served in tumblers and the outdoor alfresco dining on the square adds to the Mediterranean ambience of this local favourite. Guests are allowed to bring their dogs, which contributes to the intimate family environment.

Tel. 021 461 3333

Olympia Café & Deli // 134 Main Road, Corner of Windsor & Main Roads, Kalk Bay

It's hard to fault the generous portions of bistro fare that emerge from the kitchen of this Kalk Bay institution. The chalkboard menu of simple, rustic food delivers on flavour every time although the service can be erratic at times. Half the charm of Olympia is its casual, ramshackle feel of cramped wooden tables and the occasional dog at your feet. Charming and bustling on good days, chaotic when crowded, the bar counter is best for watching the world pass by on weekends.

Tel. 021 788 6396

Sundoo Indian Tapas & Bar // La Rhone Building, 77 Regent Road, Sea Point

This Indian gem on Sea Point's burgeoning Regent Road comes courtesy of chef and restaurateur Seelan Sundoo, who's had his hand in a number of Cape Town's popular eateries (La Perla, Seelan, Reserve Brasserie, The Grand, and Shimmy Beach Club). But this time, he's bringing his heritage to the table: South Indian cuisine with a contemporary Durban twist. The decor is stylish, pared-back, modern, with nods to his Kerala roots in Southern India. The small space seats around 30 people, with one long booth against the wall and more seats at the street-facing counter.

Tel. 021 433 0542

Surfshack // The Promenade, Victoria Road, Camps Bay

This contemporary seafront eatery is the latest addition to the heaving Camps Bay strip, and boasts a deliciously cool surfer-chic vibe - the perfect place to sit back and soak up the seaside scene, while enjoying a selection of diner-inspired bites. Ideal for families as an easy-going, beach eatery, Surfshack takes up residence directly above Paranga - and next door to Bilboa so panoramic ocean views with stunning sunsets are guaranteed. The menu has a wide selection of diner classics, and it has a vibey buzz and rustic yet stylish décor. Try and request a table on the expansive terrace to make the most of the killer views!

Tel. 021 437 1802

The Company's Garden Restaurant // 15 Queen Victoria Street, City Centre

Madame Zingara has breathed new life into this historical restaurant. Paying homage to authentic South African fare, the menu gives Cape cuisine a gourmet twist in dishes like the bobotie roti starter, which arrives fragrant and full of flavour with homemade sambals and chutney. The vibe is casual, and family orientated, but the neutral colour scheme and use of natural materials like wood and stone gives the restaurant an air of understated elegance. Alfresco tables beneath the shade of ancient trees are hard to come by - while fascinating nest-like weaver baskets by a local designer are a favourite amongst younger dining patrons, making this one of the city's most child-friendly restaurants.

Tel. 021 423 2919

The Lawns (previously the Rumbullion) at The Roundhouse // Round House Road, Camps Bay

While The Roundhouse is a well-known fine-dining establishment, The Lawns offers a more relaxed approach, with a killer setting, overlooking Camps Bay and the Twelve Apostles mountain range. Enjoy an assortment of tapas-style fare at one of the umbrella-shaded picnic benches, while the kids romp around the rolling lawns. The garden is

partitioned, which makes hide and seek particularly fun for the young ones, plus they'll also enjoy the tasty items on the picnic-style menu.

Tel. 021 438 4347

Truth Coffee // 36 Buitenkant Street, City Centre

Aside from their now-famous coffee, Truth offers a comprehensive breakfast menu and satisfying lunch options in a rising and evolving corner of the city. The café pays homage to the Victorian science fiction hobby of futurism, or 'steampunk' and is a space filled with exposed metal pipes, vintage typewriters and staff dressed in leather suspenders and top hats...it's the antithesis of the bright-light franchised cookie-cutter coffee shops. A British journalist anointed the café with the title of 'best coffee shop in the world' last year - and with a focus on well-made coffee, expert barista training and customer comfort, he can't be too far from the truth.

Tel. 021 200 0440

Speciality Haunts

Honest Chocolate Café // 64A Wale Street, City Centre

Housed in the historic Commune 1 building - with its bay windows and dark wooden floors and door frames - Honest Chocolate lives up to its name in every way. The organic cacao beans are ethically sourced from Ecuador and turned into chocolate using old-school tempering methods, with the slabs then wrapped in eco-friendly paper designed by a handful of local artists. The café menu boasts an array of items made with their signature raw chocolate that's free from preservatives and artificial flavourings. They have plenty of vegan, dairy-free and gluten-free options on their menu, so those with special dietary requirements can enjoy the good things in life too.

Tel. 076 765 8306

Kleinsky's // 92 Regent Road, Sea Point

Adam and Joel Klein's tiny New York-style deli is perpetually packed with bagel-and latke-eaters. If you can't beat them, join them, preferably with a latke Benedict - poached eggs, rest on scrumptious pulled pastrami and crispy potato latkes. The coffee is good; there are fresh juices; and there's a bloody Mary with pickle brine, horseradish and a pickle. The space is a bright, hippy little spot with white walls and a beautiful wood-panelled bar. Frequent exhibitions by local artists add colour to the walls. There's also a second branch on Church Square in the CBD, and a stall at The Oranjezicht City Farm on Saturdays.

Tel. 021 433 2871

Openwine // 72 Wale Street, City Centre

Tucked away on Wale Street in the inner-city, is a cosy little spot made for wine lovers. Open Wine is a wine-store concept that invites patrons to indulge in a tasting of local wines, paired with Italian fare, and even buy bottles of what they like to take home afterwards. The space is divided into 3 sections: there's a bar for those looking to do speedy tastings and enjoy a few nibbles, a comfortable lounge area where you can enjoy a more leisurely plate of food paired with wine, and a cellar area where local wine makers are invited to host special tastings. Wines available are specially curated and selected by Italian owners, Raphael and Marta - and range from a wide selection of the smaller producers to the more established estates.

Tel. 021 422 0800

Penny Noire // 92 Bree Street, City Centre

Chef Liam Tomlin (of Chefs Warehouse restaurants) did not sit still during lockdown. When not lobbying the government to help the hospitality industry, he was busy reimagining an existing space to create Local at Heritage Square - a market in a block of inner-city historic buildings. At the heart of it is Penny Noire, a wine bar around which stalls, and other vendors orbit. Sommelier and owner Penny Setti likes wine with a story and heritage: her pick is Haberer family wines', easy-drinking rosé, best enjoyed at a sunny table in the secret courtyard out back.

Tel. 021 424 4646

Scheckter's RAW // 98 Regent Road, Sea Point

Raw, organic and suitable for both vegans and veggies, the food at Scheckter's RAW couldn't possibly be any more virtuous. But if you think it's all kale and cucumber, you'd be wrong. While one can enjoy vegan scrambled eggs, organic matcha flapjacks, Buddha bowls from this seaside cafe, you'd be remiss for leaving without trying some of their indulgent raw organic superfood smoothies - the likes of which include 'Snickers', or their gluten and sugar-free desserts; the 'Twix Bar' with crushed nuts and a gooey, caramel centre proving in no uncertain terms that pudding can be both decadent and guilt-free. Sip on an organic coffee or try one of their golden lattes with turmeric and almond milk.

Tel. 021 434 1364

Swan Café // Corner of Buitenkant & Barrack Streets, Zonnebloem

A sexy French crêperie that oozes Parisian charm, style and panache. On the walls, representations of Leonardo da Vinci's and Jean-Léon Gérôme's Leda and the Swan swathe the crêperie in romantic mysticism, with accents of red, white and blue adding freshness. The delicious aromas of pancake batter, melting chocolate and brewing coffee will certainly lure you in, especially on a chilly winter morning. The menu has something for everyone - even health fiends, who'll love the savoury, gluten-free, buckwheat-based galettes.

Tel. 079 454 4758

Unframed Ice Cream // 45C Kloof Street, Gardens

All the flavours at this extremely popular parlour have a perfectly smooth texture while remaining light. Flavours are exciting and may include peanut butter; 'dirty milk chocolate', with chunks of brownies from The General Store; or matcha green tea. There are even sorbets with flavours of pear or black currant, and vegan ice creams with options like turmeric latte or dark chocolate. Order a scoop on a sugar cone or in a cup and choose from toppings like dirty sea-salt caramel, crumbled raw coconut macaroons, or crumbled Amaretti biscuits.

Tel. 063 601 0287

Vegan-Friendly

El Burro Taqueria // 79 Main Road, Green Point

Mexican is a firm favourite with just about everyone, vegans and veggies included. Good thing then that El Burro caters to meat-eaters and their plant-based companions with equal enthusiasm. Based in Green Point with a prime

view of the Cape Town stadium from its balcony, this authentic Mexican restaurant is where you should head for a long lunch or cosy, dimly-lit dinner. There are plenty of veggie-based options on the regular menu and an exclusive vegan menu, expanding on the options available.

Tel. 021 433 2364

Hidden Leaf // 77 Roodebloem Road, Woodstock

This is a boutique urban eatery in the heart of Woodstock, serving freshly prepared homestyle food using only organic and free-range ingredients. Hidden Leaf is tucked away on the first floor of a gracious Victorian building (up a beautifully restored wooden staircase). It's a light and bright space that feels like someone's home. The two rooms are filled with wooden tables and chairs - lots of plants and fresh flowers thrown into the mix - all looking unassumingly hip, complete with a vintage bar. Catering as much for carnivores as vegans, Hidden Leaf's menu changes often, as only fresh and available ingredients are used. But you can almost always bank on the beef and vegan burgers with truffle fries.

Tel. 064 555 5940

Nourish'd Café & Juicery // 177 Kloof Street, Gardens

Tucked away in the old garage on the corner of Hof and Kloof Streets in Gardens and hidden behind lush granadilla creepers and a bounty of hanging plants, Nourish'd is a typical laid-back Cape Town café, where everyone is welcome - whether you're strolling in barefoot from the beach or popping in for a bite between meetings. Furry friends are welcome too, and nobody seems to be in a rush. The simple menu speaks to owner Natasha Napoli's mantra that health is a state of complete harmony of the body, mind and spirit. On offer is a selection of tasty juices, smoothies, breakfasts and gourmet sandwiches - all packed with fresh, homegrown ingredients to boost your well-being.

Tel. 064 755 2431

Raw and Roxy // 38 Hout Street, Corner of Hout & Berg Streets, City Centre

Founded by Danish-born chef to celebrities from around the world, Beatrice Holst, Raw and Roxy is home to the very best raw zucchini lasagne (think layers of cashew cheese, pesto and walnut mince and garlicky arrabiata sauce), veggie burgers with portobello mushrooms, cauliflower-based raw pizza and superfood salads. If you're feeling stuck for choice, just order the tapas platter, in which you'll get to sample a bit of everything on the menu of the day. Beatrice specialises in making delicious cashew nut milk and avocado ice-creams, as well as a berry 'cheesecake' that will make you rethink all your vegan hesitations.

Tel. 079 599 6277

Scheckter's RAW // 98 Regent Road, Sea Point

Raw, organic and suitable for both vegans and veggies, the food at Scheckter's RAW couldn't possibly be any more virtuous. But if you think it's all kale and cucumber, you'd be wrong. While one can enjoy vegan scrambled eggs, organic matcha flapjacks, Buddha bowls from this seaside cafe, you'd be remiss for leaving without trying some of their indulgent raw organic superfood smoothies - the likes of which include 'Snickers', or their gluten and sugar-free desserts; the 'Twix Bar' with crushed nuts and a gooey, caramel centre.

Tel. 021 434 1364

Tamboers Winkel // 3 De Lorentz Street, Gardens

In an effort to suit all palettes new owner Dale Bedford brought in expert vegan chef Nathalie Larsen to put a plant-based spin on some old favourites. Try the Scandinavian open sandwich: homemade cashew cheese on rye, topped with cured and smoked carrot and dill gravadlax.

Tel. [021 424 0521](tel:0214240521)

The Woodlands Eatery // 8 Breda St, Gardens

This charming restaurant brings Italian heritage to Cape Town with their recipes learnt and passed down from the owners' nonnas. Offering vegan antipasti such as tempura green beans, zucchini fritters and tomato-and-basil focaccia; vegan pizzas (with the option of a gluten free cauliflower base), BBQ cauliflower-and-chickpea tacos and butternut-and-chickpea burgers for mains, this neighbourhood gem is hard to beat.

Tel. [063 710 4742](tel:0637104742)

Whole Earth Café // 257 Main Road, Scarborough

This health restaurant in the scenic coastal village of Scarborough offers a little of something for everyone: vegans, gluten-intolerant people and raw eaters are sure to find something on the delicious menu. Owner and general manager Aura Kolnik has successfully managed to incorporate first-world hospitality and healthy food trends into the relaxed and rustic Scarborough scene. The restaurant uses seasonal, organic and locally sourced ingredients wherever possible, and uses pasture-fed meat and free-range chicken and eggs. They offer a wide variety of vegan options, too.

Tel. [021 780 1138](tel:0217801138)

Child-Friendly

Blockhouse Kitchen // Constantia Uitsig Wine Estate, Spaanschemat River Road, Constantia

Located at the entrance to Constantia Uitsig wine estate, Blockhouse is all about accessible, unpretentious food. Families with kids gravitate towards the open deck and dining room next to the playground, which has fabulous mountain views and the bike park action beyond. That leaves the main dining room and conservatories for relaxed grown-up dining away from the playground activity. Blockhouse Kitchen is a modern, airy and beautifully dressed space, offering a chic yet child-friendly dining experience. In addition to the delightful play area, there is a Bike Park across the way, which offers a fun escape for kids. Afterwards, explore more of the beautifully restored estate.

Tel. [021 794 3010](tel:0217943010)

Blue Water Café // Imhoff Farm, Kommetjie Road, Ocean View

Set on Imhoff Farm, Blue Water Café's laid-back farm atmosphere and new Cape country fare makes it a win for adults and children alike. Parents can enjoy a tasty meal (although there's usually a wait, as it can get very busy), while the kids excitedly run around on the safe, enclosed lawn. Situated in the original 1743 Cape Dutch farmstead, the café overlooks a dam and petting farm. You can sit inside the cool, old-fashioned dining room or outside on the child-friendly porch. There's a fun jungle gym and rope swing outside on the lawn, where children relish the free reign they have here, playing before the food arrives. Also, next door's Higgeldy Piggeldy Farmyard is stocked with everything from adorable baby bunnies to curious emus. The drive out to the Kommetjie is well worth it - or stop off en route to Cape Point!

Tel. 021 783 4545

Bob's Bagel Café // 6 Rouxville Road, Kalk Bay

This teeny street side café in the Deep South opposite the Kalk Bay Park in Rouxville Road is somewhat of an institution in the area. It's perfect as a coffee stop en route to Cape Point, especially since parents can browse the nearby shops, restaurants and galleries along the way. It shares floor space with the Potter's Shop, meaning you can browse the jaw-dropping ceramics, art and photography, before or after you've ordered. There's a fabulous park across the road, with ample shade for the adults to sit while the children play on the slide, merry-go-round swings and jungle gym.

Tel. 083 280 0012

Café Paradiso // 110 Kloof Street, Gardens

One of Madame Zingara's flagship restaurants, this magical bistro is a family must-do! Another perennial favourite of City-living parents this restaurant states that 'Children are not only welcome, they're invited!' The restaurant has gone out of its way to design an eating experience that allows adults to enjoy their meal while the kids are entertained and occupied. They even offer organised kid's activities (a small fee per child applies) that allow the little ones to get their hands dirty. In winter, there is a special storytelling session right in front of the cosy fireplace in this charming rustic venue. So, if you think the kids need some fresh air, this delightful restaurant is a touch of country in the middle of the city.

Tel. 021 422 0403

Café Roux // 270 Chapman's Peak Drive, The Farm Village, Noordhoek

This restaurant is part of the Noordhoek Farm Village complex, and the emphasis is whole-heartedly on family fun. The grow-ups can sit under the oaks and watch the kids play at close range in the playground, while they enjoy unpretentious country-style fare. All dishes come with delicious homemade relishes, dressings, chutneys and toppings - and the consistent, hearty portions of comfort food are a winning formula at this ever-popular crowd-pleaser, at the foot of Chapman's Peak. A great choice for family-friendly, casual al fresco dining in a sun-splashed courtyard.

Tel. 021 789 2538

Cape Point Vineyards // Silvermine Road, Noordhoek

Cape Point Vineyards is a popular spot with breathtaking views. Chef Jonathan Galgan rules the roost at this Southern Peninsula venue, loved by locals and visitors alike. Relaxed fine dining in a smart glass house interior or there's also the elevated deck set in the vineyards, with dreamy views of sea and mountains - the best on a balmy summer's day. The picnics on the lawns around the dam (blankets and pillows supplied) are a popular choice with families, while the kids clamber on the jungle gyms dotted along its banks or run and play on the lawns. In summer, the Thursday evening markets are also a huge hit with families.

Tel. 021 789 0900

Clay Café // 4080 Main Road, Hout Bay

It's not often that you come across a venue so perfectly suited to keeping both kiddies and adults entertained for hours on end. Nestled on a lush, 2.5-acre farm in the heart of the Hout Bay valley, it boasts an enormous trampoline

enclosure, not unlike something you'd see at the circus. It's a kiddies' paradise, which makes it great for relieving mums and dads too. You can elect to take part in the painting and with over 200 clay creations available, the possibilities are endless - suitable to both small busybodies and older, more practical tastes. In addition to the clay painting, Clay Café has you covered with breakfast, lunch and an array of treats on mouth-watering display.

Tel. 076 810 5120

Dunes Beach Restaurant // 1 Beach Road, Hout Bay

Situated almost on the beach, this restaurant is a popular choice with locals. Perched on the sand dunes (hence its name) right above Hout Bay Beach, the casual locale is the ideal spot for sundowners and overlooks a large sandy area with a jungle gym, swings, slides and more. Well-known as a family-friendly destination, it has a kiddies' menu which offers treats like fish & chips, calamari & chips, and pizzas - so, plenty to keep the little ones happy. This is a great place for a casual lunch but try to pick a wind free day to avoid stinging sand!

Tel. 021 790 1876

El Burro Taqueria // 79 Main Road, Green Point

This trendy and lively first-floor Mexican restaurant is much acclaimed for its décor and service, as well as its great food. At street level there's the popular Cabrito bar, serving bar meals, but the best (and quietest) place in the restaurant upstairs is on the deep balcony overlooking all the action on Somerset Road. The restaurant is always busy, so book well in advance to avoid disappointment. Whether or not it is authentic Mexican food, as the owners claim, is debatable, but fans consider it the healthiest Mexican food around - a long way from cheesier, greasier Tex-Mex options in town. The wonderful wait staff are consistently excellent, and, curiously, all female - they make for good babysitters!

Tel. 021 433 2364

Kristen's Kick-Ass Ice Cream // Noordhoek Farm Village, Village Lane, Noordhoek & Constantia Uitsig Heritage Village, Spaanschemat River Road, Constantia

American-born Kristen Buttress started this US-style ice cream shop in the heart of Noordhoek as a way of bringing her passion for all things tasty to life (and to make our days a little sweeter). This pet-friendly parlour is the ideal outing for the whole family, and the unique range of delicious flavours make each of the high-quality frozen treats extra special, and something you most likely wouldn't have tried before! Choose between the Top-Sellers (Sugar-free Strawberry, Pecans and Praline, Rocky Road, and Twix), Seasonal (Ginger Cream, Fresh Basil and Pralined Pine Nuts, and Apple Pie) or Boozy (Lime and Gin, and Aegir Porter with dark chocolate covered pretzels).

Tel. 021 789 0255/021 204 3134

Mojo Market // 30 Regent Road, Sea Point

Sea Point's brand new 7-day-a-week market is lighting up the Atlantic Seaboard and is a welcome addition to the vibrant promenade area. Over 80 food, home, clothing and curio stalls call the Mojo Market home, and with 2000-square metres of space, there's plenty to explore and to keep the family happy! A paradise for fussy-eaters and foodies alike, with a smorgasbord of drool-worthy stalls to tempt your taste buds - there's anything from pizza, to burgers, poke bowls, tacos, dim sum, sushi and more! Once you've grabbed your eats and drinks, grab a seat in the bright communal seating area. Booth seats, benches and bar stools, both upstairs and downstairs, means that you can choose to sit in privacy or out in the open where you might mingle with other market goers. There is live music in the evenings and over weekends - and plenty of eclectic stores to browse and shop! It's a great all-weather

option, especially for families with older children! End this off with freshly baked waffles, doughnuts, brownies and ice-cream and you can't go wrong.

Tel. [087 940 7474](tel:0879407474)

Moro Gelato // 165 Long Street, City Centre & 85 Regent Road, Sea Point

Stefano Moro and Heine van Wyk met in Milan years ago and, with their shared passion for gelato, visited the Italian foodie capitals of Bologna and Parma, researching and sampling gelati along the way, so they could bring us Moro Gelato. Here, it's all about making gelato the way Nonna Moro used to. While touchingly paying tribute to Stefano's Nonna, they combine their collective passion with the same real flavours and high standards she once used. Moro's creamy gelato is freshly made each day from pure local ingredients, while the constantly changing range of dairy free sorbet are made using seasonal, juicy fruits. Aside from Moro Gelato on Long Street, Moro sells its products at the Oranjezicht City Farm Market on Saturdays from a beautiful cart and they also have a second parlour in Sea Point on the Atlantic Seaboard.

Email. info@morogelato.co.za

Moyo Kirstenbosch // Kirstenbosch National Botanical Garden, 99 Rhodes Drive, Newlands

With beautiful views of the majestic mountains and botanical gardens, it is easy to see why Moyo Kirstenbosch is the perfect spot for the whole family. Parents and kids will be entertained with live entertainment such as drumming, dancing, traditional African face painting, and hand washing ceremonies. Moyo Kirstenbosch also has an outdoor play area and kids can tuck into dishes of meatball linguine, mini South Coast fishcakes and chicken bites from the kids' menu. Additionally, Moyo offers an array of picnics that can be pre-ordered and collected at the store to be enjoyed in the gardens.

Tel. [021 762 9585](tel:0217629585)

Ocean Basket // 51 Victoria Road, Camps Bay

Ocean Basket is a popular South African restaurant chain offering hearty, fresh seafood at affordable prices. The extensive menu caters for all tastes, and even for the little ones. The fun, vibrant kids' meals are always a hit and this branch is particularly well-suited to families with a great playroom (and a childminder) guaranteed to keep the little ones occupied. There are also great seafood platters on offer and mouth-watering sushi, maki, sashimi and fashion sandwiches - and as it's located right on the Camps Bay beachfront, there's an awesome view too!

Tel. [021 438 0062](tel:0214380062)

Posticino // Albany Mews, Corner of Albany & Main Roads, Sea Point

This low-key Italian-owned trattoria first opened its doors in Sea Point in 1998 and offers delicious authentic Italian food, friendly service and a warm, homey atmosphere. It is modestly decked out but ticks all the right boxes in terms of atmosphere. And the pizzas are tasty, too. While there are no special children's facilities, the restaurant welcomes all visitors, young and old and they have a tried & tested reputation of consistent, friendly service.

Tel. [021 439 4014](tel:0214394014)

Strolla Restaurant & Bar // 309 Beach Road, Sea Point

Strolla is a lot like the Sea Point Promenade it presides over - it's elegantly casual, has great sea views and has something for everyone, whether you want to toast a cocktail on their sunset deck, savour a morning coffee on the outside terrace or enjoy a plate of fresh fish and chips from their indoor restaurant. Even the kids are catered for, with a dedicated area that lets them put on their own chef's hat and apron on and make pizzas, all under trained supervision of course. There's also a fully-equipped games room complete with bean bags, games, colouring books, a PS4 and a DVD player/DSTV with a range of child-friendly movies. It is the perfect recipe for fun family time!

Tel. 021 430 7778

Surfshack // The Promenade, Victoria Road, Camps Bay

This contemporary seafront eatery is the latest addition to the heaving Camps Bay strip, and boasts a deliciously cool surfer-chic vibe - the perfect place to sit back and soak up the seaside scene, while enjoying a selection of diner-inspired bites. Ideal for families as an easy-going, beach eatery, Surfshack takes up residence directly above Paranga - and next door to Bilboa so panoramic ocean views with stunning sunsets are guaranteed. The menu has a wide selection of diner classics, and it has a vibey buzz and rustic yet stylish décor. Try and request a table on the expansive terrace to make the most of the killer views!

Tel. 021 437 1802

The Company's Garden Restaurant // 15 Queen Victoria Street, City Centre

In the heart of the city, within the richly historical Company's Gardens, lies a restaurant made for families. The weaver's nest chairs are an absolute delight for kids (and adults) and there's also a jungle gym and myriad of wooden animals to play on, plus an outdoor chess set. There's a wide menu for all tastes and budgets and after breakfast or lunch you can take a stroll through the gardens and feed the squirrels. The vibe is casual, and family orientated, but the neutral colour scheme and use of natural materials like wood and stone gives the restaurant an air of understated elegance.

Tel. 021 423 2919

The Foodbarn // Noordhoek Farm Village, Corner of Village Lane & Noordhoek Main Road, Noordhoek

The Foodbarn Restaurant is famous for Franck Dangereux's delicious and decadent fine-dining. Yet, this top Cape Town eatery also offers a relaxed, barn-style atmosphere, merging the best of both worlds. Its leafy location in Noordhoek Farm Village further enhances the relaxed vibe. While the adults tuck into the beautifully plated food (which looks and smells as good as it tastes), children can tuck into their own delicious eats, from the well-thought out kiddies' menu. The closed-in outdoor play section, which is shared with Café Roux, has a sand-pit, jungle gym, swings and a see-saw, as well as an old tractor and a playhouse.

Tel. 021 789 1390

The Lawns (previously the Rumbullion) at The Roundhouse // Round House Road, Camps Bay

While The Roundhouse is a well-known fine-dining establishment, The Lawns offers a more relaxed approach, with a killer setting, overlooking Camps Bay and the Twelve Apostles mountain range. Enjoy an assortment of tapas-style fare at one of the umbrella-shaded picnic benches, while the kids romp around the rolling lawns. The garden is partitioned, which makes hide and seek particularly fun, plus they'll also enjoy the tasty items of the picnic menu.

Tel. 021 438 4347

The Vineyard Hotel // Colinton Road, Newlands

Dating back more than two centuries, this grand old dame is loved for its timeless elegance, stylish and spacious rooms, top-drawer dining options, and its seven-acre garden that backs up onto the mountain. It's hard not to be charmed by this hotel, and all it offers. There's hardly a better setting to enjoy a chilled glass of sauvignon blanc, while the littlies do their thing. There's plenty of space to run around in the garden and even some free-roaming mountain tortoises, of all sizes and ages. All hotel restaurants boast extensive kiddies' menus, including favourites such as hake and chips, cheeseburgers and hot dogs.

Tel. 021 657 4500

Tiger's Milk // Sidmouth Road, Muizenberg

A hip hang-out with the local surf crowd, Tiger's Milk is a welcoming hangout for families straight off the sandy beach. Located right next to the Cape's cool waters, every seat in the house comes with a view of the ocean. This is a great spot to watch the world go by whilst nibbling on prime steaks; thin-based, wood-fired pizzas liberally strewn with seasonal toppings; and juicy burgers made with three different cuts of free-range meat.

Tel. 021 788 1860

Unframed Ice Cream // 45C Kloof Street, Gardens

Owner and ice cream aficionado Yann Rey has dreamed up the exciting variety of flavours at this slick ice-cream parlour. Though the vibe at the Kloof street branch is stark and a little cold, there's no denying that the product is as good as it gets! Here, the focus is on the art of ice-cream making - a perfect balance of all-natural sugars, water, fat and air - and it shows. The best part is that there's something for everyone, including lactose-intolerant and vegan ice-cream lovers!

Tel. 063 601 0287

Bars

Asoka // 68 Kloof Street, Gardens

With its plethora of street-side cafés, bars and restaurants, Kloof Street is a favourite among locals (and tourists) for a fun night out! An old Cape Town institution and one of the street most popular haunts is Asoka, where superb cocktails, top-drawer jazz and tasty sharing plates are the order of the day. Sit at one of the tables around the fairy-lit olive tree - which is 150 years old - and soak up the delicious vibe. A great lounge-bar in which to have a pre or post-dinner drink, Asoka also hosts live jazz every Tuesday and Sunday evening, with the kitchen open until midnight.

Tel. 021 422 0909

Athletic Club & Social // 35 Buitengracht Street, City Centre

With tasselled bucket chairs covered in velvet, herringbone wooden floors decked with layers of Persian rugs, leather booths and marble tabletops, this sophisticated watering hole is housed in a restored three-storey heritage building dating back to 1900. Home to three bars and a restaurant over various levels, it is steeped in history. The building once served as an underground speakeasy of sorts where people from all walks could socialise (without being arrested for violating the Group Areas Act during apartheid). The food (Mediterranean-style tapas) is excellent, as is the service and ambience.

Tel. 021 012 5331

Bascule Bar // Cape Grace Hotel, West Quay Road, V&A Waterfront

On a private quay, uniquely poised between Cape Town's vibrant V&A Waterfront and the tranquil yacht marina, Cape Grace Hotel is a decidedly genteel location from which to soak in the natural splendour of the Mother City. Cape Town's favourite whisky bar is home to the largest collection of whiskies south of the Equator. This watering hole is favoured by both local and international guests for pre-dinner drinks and is a vibrant and lively destination. Grab a spot on the terrace overlooking the international yacht marina and sample some of the tapas with an ice-cold beer or a glass of crisp white wine.

Tel. 021 410 7082

Cabo Beach Club // 12 South Arm Road, V&A Waterfront

Previously Shimmy Beach Club, this cosmopolitan beach hang-out is set right on the water at the edge of the working harbour on a pristine faux beach, with multiple bars and plenty of outdoor seating. It's a popular choice for those who like to be seen, making it a great spot for people watching (local electronic outfit #Goldfish always rock the house in summer). There's a clear blue pool facing the ocean under the palm trees - chill on a day bed and order cocktails from the outdoor bar and if you're feeling peckish, Cabo has the quintessential beach menu featuring a choice of burgers, pizza, sushi and more.

Tel. 021 200 7778

Chinchilla Rooftop Café & Bar // Shop 120, 2nd Floor, The Promenade Building, Victoria Road, Camps Bay

No one wants a good beach day end, so as the afternoon starts to wane and you find yourself looking for somewhere to kick back with a cocktail, this cool and contemporary rooftop bar on the Camps Bay strip is your spot. With killer views of the ocean a stone's throw away, it's the ideal place to while away the hours sipping on gloriously refreshing cocktails and listening to the coolest beats spun by Chinchilla's resident DJs. The interior is stylishly yet comfortably kitted out... it's a bit like hanging out on the deck of a very stylish friend's home. A menu of seaside café classics means that you can stay for a light dinner too.

Tel. 021 286 5075

Devil's Peak Taproom // 150 Cecil Road, Salt River

Located in discreet converted warehouse in Salt River, the Taproom is situated within Devils Peak Brewing Company. A spectacular setting with glorious mountain views and a beautiful inside space (think long tables and wooden benches lining a vast open-plan room) makes this a popular choice with the hip and happening. The Taproom showcases the latest creations from Devil's Peak Brewing Company and is a great spot to enjoy a craft beer and food pairing board.

Tel. 021 201 1401

Gigi Rooftop at Gorgeous George // 118 St George's Mall, City Centre

Situated on the rooftop of the super-cool Gorgeous George Hotel (one of 300 privately owned hotels in the Design Hotels global stable), this chic 80-seater watering hole has been exquisitely decorated by a curated selection of the

city's hottest design talents, who've added their creative mark to the heritage building. Outside, an emerald-green glass-panelled swimming pool, and views of whitewashed heritage buildings, give the pool deck a slick design edge, but the vibe here is oh so easy, with lots of noise and chatter. At the bar, in-house mixologist Jody Rahme creates wild, tiki-inspired cocktails that hit the spot.

Tel. 087 898 6000

Grand Africa Café & Beach // 4 Haul Road, Granger Bay, V&A Waterfront

If your idea of heaven is sitting with your toes curled in the sand while sipping a cocktail and watching the ships sail in and out of the harbour, be sure to head over to Grand Africa Café. It's private (reclaimed) beach sets it apart from other ocean-facing venues - inside, the vibe is a combination of old-world romanticism and laidback glamour, while outdoors you feel like you've stepped into Robinson Crusoe's backyard. Palm trees, daybeds, private bars and dedicated DJ booth set the scene, so order a glass of bubbly and a plate of oysters and indulge!

Tel. 021 425 0551

Harringtons Cocktail Lounge // 61B Harrington Street, Zonnebloem

If JFK were to take Jackie out for pre-theatre drinks, this swanky cocktail lounge in Cape Town's East City is surely where they'd go! Draped velvet curtains line the interior walls and velvet-covered booths, giving the venue an ornate, plush, and decidedly glam feel. The striking L-shaped bar that wraps around half the venue, bares exposed brick behind rows of spirits. Order a cocktail (some of the city's best), and a plate of tapas to share, then sit back and enjoy the opulent surrounds. The venue hosts East City Jazz Sessions every Thursday, from around 8pm to 11pm.

Tel. 021 461 2276

Martini Terrazza Lounge // 47 Bree Street, City Centre

Villa 47 - the three-in-one Italian Emporium housed in an iconic heritage building on Bree Street - is home to Martini Terrazza Courtyard Lounge a sophisticated martini lounge where the Italian sensibilities of aperitivo entertaining are the order of the day. Here, patrons are encouraged to whet their appetites with (and make an occasion of) pre-dinner drinks. While cutting-edge cocktails are the main event, you'll also be able to enjoy a selection of exquisite small plates, crafted by effervescent resident chef Clayton Bell.

Tel. 021 418 2740

Planet Bar at The Mount Nelson // 76 Orange Street, Gardens

The Planet Bar combines Sex and the City-style chic with timeless elegance. Join the throng of well-heeled Capetonians for sundowner cocktails or indulge in pre-dinner Champagne and cocktails. Come summer, the terrace is perfect for a spot of people-watching (it's a favourite with celebrities), while in winter, curled up in front of the fireplace, glass of red in hand, with twinkling ceiling lights overhead, the Planet Bar is an out of this world experience... Planet Bar offers an extensive cocktail menu, a wide selection of Champagne and wines, and an assortment of light meals and canapés.

Tel. 021 483 1948

Publik Wine Bar // 11D Kloof Nek Road, Tamboerskloof, Gardens

Our most favourite inner-city wine bar and one of city's originals, Publik focusses on rare and interesting wines, complemented by a fantastic selection of locally sourced artisanal cheeses and charcuterie. Local food blogger, David Cope is the man behind the wine, and his focus is on sourcing the lesser-known varietals and hard-to-come-by wines, mostly from sustainably farmed vineyards and made with minimal intervention in the cellar. His new bijoux space is a place to taste, discover and learn about his carefully crafted selection, served by a knowledgeable and enthusiastic team.

Email. winebar@publik.co.za

RED Roof at the Radisson RED Hotel // Silo 6, Silo Square, V&A Waterfront

The RED Roof Bar sits atop the Radisson RED Hotel in the buzzed-about Silo District. More than just a bar, this rooftop sun terrace and pool deck boasts killer views - of the sea and Table Mountain - making it the perfect place for sunset cocktails. There is also a drinks van (yes there's a van on the roof) that serves cocktails, wine, smoothies and craft beer, as well as a tapas menu. The venue plays host to exclusive and private rooftop parties and it's best to call ahead to check, and to avoid being denied access.

Tel. 087 086 1578

Sotano // 121 Beach Road, Mouille Point

A Mediterranean vibe and uninterrupted views of the Mouille Point lighthouse and Atlantic Ocean make Sotano a favourite with locals and international visitors alike. A menu of cocktails and tapas invites you to sip and snack away the stress of the day. Pop in on a Sunday afternoon for live music by Cape Town reggae band The Rivertones or settle the dinner debate on a Wednesday night with the popular 2-for-1 lamb burger special. Sotano on Bree is the newest addition to the family and with a fresh, chic and trendy interior, akin to a modern Spanish bistro, while the ambience is upbeat yet laidback. A great spot for drinks on Bree, accompanied by live reggae (by The Rivertones) who do Marley covers, on Wednesdays and a DJ on First Thursdays and Fridays.

Tel. 021 433 1757

The Art of Duplicity // Secret location in the East City

Tucked away in a former warehouse at the back of an 1894 storefront, this roaring speakeasy takes its cue from the prohibition Twenties. An underground bunker in every sense of the word, cotton sacks stacked to the double-volume ceiling are illuminated by amber lighting. The roof-high bar is the focal point of the space, showcasing rare liquors and oddities. Born from the idea that no-one should ever be without a seat at a bar, or without waitstaff that attend to your every whim, this speakeasy only books as many people as there are seats, ensuring a decadent and luxurious experience for connoisseurs. Mixology god Brent Perremore presides over some of the best cocktail menus in the city and has upped the ante here. On Wednesdays, Fridays and Saturdays at 9.30pm sharp live jazz start playing. The acoustics are unexpectedly incredible for a bunker, owing to sound design that elevates every note to pitch-perfect calibre.

Email. theartofduplicity@170120.co.za

The Dark Horse // 145 Kloof Street, Gardens

When this new kid on the Kloof Street block opened towards the end of 2018, locals' ears pricked up all over town. From the same owners as the popular Black Sheep across the way, the aptly named watering hole serves a selection of tasty tipples (think lemon-drop martinis, gin fizz and classic Manhattans) and delectable tapas-inspired dishes. The interior is plush and moody décor, with front benches offering the perfect place to people watch, and an outside deck boasting wonderful views of the mountain.

Tel. 021 422 0825

The Gin Bar // 64A Wale Street, City Centre

Tucked neatly behind the delectable Honest Chocolate Café (incidentally the best locally produced chocolate by a long way) and looking into Commune 1 gallery, this 'secret gin bar' is gin-lovers dream! A concept bar that only serves gin is all about quality rather than quantity, just like its chocolatey sibling. Serving only four cocktails from a beautiful little Victorian-style bar, it's an intimate space presided over by friendly barmen. The gins are refreshing, tasty and deliciously subtle in flavour and did I mention that here you get to choose your own tonic water?

Tel. 071 241 2277

The House of Machines // 84 Shortmarket Street, City Centre

THoM or The House, as it's affectionately known, is a motorbike workshop and men's apparel shop by day and a hipster cocktail bar by night. And, somehow, added to this eclectic mix, is a much-loved café. Unconventional in every sense of the word, this eccentric saloon sells coffee, collared shirts and classic cocktails all under one dimly lit roof! The eclectic decor - weathered wooden beams, exposed bricks and a bike theme throughout - pays homage to a bygone era while remaining decidedly contemporary. The service is lively, a little hammed up during cocktail hour yet always polished. Chill with an 'Old Fashioned' cocktail in the outside area and soak up the scene.

Tel. 021 426 1400

The Leopard Bar at Twelve Apostles // Twelve Apostles Hotel, Victoria Road, Camps Bay

This upscale bar in the luxurious The Twelve Apostles Hotel boasts breath-taking views of the Atlantic Ocean. A wide selection of cocktails is on hand, as is a fine selection of spirits, cognacs and cigars. Our favourite seaside sanctuary has also opened a Gin Lab just in time for Summer. The Gin Lab @ The Conservatory is open daily from 3pm until 9pm, offering a series of 'gin-tastic' tastings and experiences, where you'll get to sample an assortment of 12 international and 15 local gins in typical 12A style.

Tel. 021 437 9000

The Piano Bar // 47 Napier Street, De Waterkant

In the middle of De Waterkant's social hub, this New York-styled cosy jazz and cocktail club offers live music every night, ranging from jazz and blues to classical piano and indie pop. Solo artists make for a relaxed feel from Sunday to Thursday with bigger bands picking up the tempo Fridays and Saturdays. Great tapas and creative cocktails on their wraparound veranda with views of De Waterkant stretching all the way to the bay.

Tel. 021 007 5212

The Willaston Bar at The Silo // The Silo Hotel, Silo Square, V&A Waterfront

Boasting one of the most spectacular views of Cape Town, The Willaston Bar on the sixth floor of The Silo Hotel is as stylish and chic as it comes! Named after the very first ship to export grain from The Silo Building back in 1924, the bar offers a wide selection of classic cocktails, wine, gin and whiskey to be enjoyed with the stunning panoramic views out of the Thomas Heatherwick-designed, Instagram-famous geometric windows (and an assortment of delicious bar snacks, of course).

Tel. 021 670 0500

Tiger's Milk // Sidmouth Road, Muizenberg

Overlooking the waves on Muizenberg's boardwalk, but sheltered from the sometimes-nippy wind, you'll find this popular hotspot that's part of the Harbour House group of restaurants. With its distressed face-brick walls, designer-rustic tables and benches, and on-trend yellow bar stools, Tiger's Milk has certainly put this once-sleepy surfer's paradise on the Hipster Radar and blasted some much-needed swagger into the lowkey suburb. Grab a pint of craft beer, a classic cocktail, or a crisp glass of Chenin and watch the surfers go by.

Tel. [021 788 1860](tel:0217881860)

Tjing Tjing Rooftop Bar // 165 Longmarket Street, City Centre

Perched high up in the heart of the city centre, in a 181-year heritage building, this rooftop bar resembles an eccentric attic, complete with colourful lanterns, bold artwork and a bright pink bar. The unique cocktail and wine list, tapas menu and variety of craft beers makes Tjing a favourite. A small deck invites you to watch the sun set over the cityscape. The cosy timbered space and great tunes attracts a cool clientele, even more so since Conde Nast Traveller listed it as one of their "favourite new bars" in a 2012 feature covering 20 cities.

Tel. [021 422 4374](tel:0214224374)