

LUNCH AND DINNER

This season we have put together our personal “Cape Town food & drink favourites” that you might enjoy. From hidden breakfast spots to snazzy bars and amazing eateries, take your pick!

Il Leone Mastrantonio

Just down the road from us and one of Cape Town’s most renowned, and we would say best, Italian restaurants in the city. Great atmosphere in an old house with high-quality authentic dishes. Amazing prawn linguine and Italian pork sausage pasta.

address: Crn. Prestwich, 22 Cobern St, Green Point, Cape Town, 8001, South Africa

Manos

A Green Point institution that is always busy, serving a mix of Mediterranean and local classics so expect both great fish and meat. A no-frills no fuss place with good size portions and lively customers having long lazy lunches.

address: 39 Main Rd, Green Point, Cape Town, 8051, South Africa

Hussar Grill

Meat is their passion accompanied by very good wine and if you bring your own, they don’t charge corkage! This Moule Point branch is situated along a scenic route, looking out onto the seas horizon. Great starters like springbok carpaccio and baked camembert before the big steak knives come out!

address: 163 Beach Rd, Mouille Point, Cape Town, 8005, South Africa

Lily’s

With ocean views and outside seating they are open all day from breakfast (no bookings) and you can enjoy happy-hour sun-downers. We can recommend the fish and chips or the Mac ‘n’ Cheese with Gruyere and if wine isn’t your thing try their great cocktails.

address: Cnr Beach Rd & Surrey Pl Shop 1, East West, Mouille Point, Cape Town, 8001, South Africa

Postocino

No frills friendly place with very tasty pizza and pasta which is always packed with locals and on hot days all the tables are moved to the outdoor terrace. For winning pizza combos you have to try the Strega, with chicken livers in red wine, or for strong cheese lovers the Capo.

address: 323 Main Rd, Sea Point, Cape Town, 8060, South Africa

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Ariel Modern Italian

Napoli meets New York with great service and chic deco along Sea Point's buzzing Regent Road. Vibrant and modern with well-made classic cocktails such as Negronis, this place has loads of energy and fun atmosphere.

address: 90 Regent Rd, Sea Point, Cape Town, 8005, South Africa

Una Más – Mezcaleria

Authentic and modern fresh Mexican cuisine with a bar team that knows how to mix tequila. It's a small venue that overflows on the pavement with a great attentive staff. Try the tuna ceviche with spicy paloma.

address: Shop 2, 77 Regent Rd, Sea Point, Cape Town, 8060, South Africa

Three Wise Monkeys

Asian-fusion ramen bar that's known for its poke bowls and best noodles in the area. They don't take bookings but definitely work trying to get in for the sushi and bao steamed buns.

address: La Rhone Building, 77 Regent Rd, Sea Point, Cape Town, 8060, South Africa

Villa 47

Three-floored dining experience that has some cutting-edge cocktails and hearty Italian/European food at the ground floor Locanda. Relaxed atmosphere and good service. Antipasto platters not to be missed.

address: 47 Bree St, Cape Town City Centre, Cape Town, 8000, South Africa

Grub and Vine

Honest refined bistro grub in a casual but elegant 1st floor dining area, above The Blue Room jazz bar. Intimate seating with open plan kitchen with evening set course menus.

address: 103 Bree St, Cape Town City Centre, Cape Town, 8000, South Africa

FYN

Exquisite fine dining experience with Japan/South African inspired dishes. Multi award-winning, it's ranked worldwide in the top 50 so definitely a treat. Views of Table Mountain and Lion's Head in sophisticated modern setting with slick service.

address: 5th Floor, Speakers Corner, 37 Parliament St, Cape Town City Centre, Cape Town, 8001, South Africa

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Ouzeri

Cyprus and Greece family inspired plus Mediterranean and Middle Eastern dishes, food was amazing in an Aegean inspired setting. Opt for a mezze plate to sample all the flavours and charcoal-grilled fish.

address: 58 Wale St, Cape Town City Centre, Cape Town, 8000, South Africa

SeaBreeze Fish & Shell

Traditional Cape Town seafood with a twist by Scottish owners. Located on the popular Bree Street in two heritage buildings there is a cocktail and oyster bar, they even have an Oyster Happy Hour.

address: 213 Bree St, Cape Town City Centre, Cape Town, 8000, South Africa

Thali

Indian-inspired classy food with a fun modern twist and they don't take reservations so just pitch up and if a queue enjoy the cocktail bar. They do some great local gin to enjoy with the set menu tapas.

address: 3 Park Rd, Gardens, Cape Town, 8001, South Africa

Rick's Café Americain

This 135-year old 3-storey Victorian building on Kloof Street is based on the classic 1942 film Casablanca. There is a massive rooftop bar with Table Mountain views and the ground floor bar has over 500 beverages. Definitely share one of their Moroccan seafood or lamb tajines.

address: 103 kloof street, Gardens, Cape Town, 8001, South Africa

Kloof Street House

Gatsby-esque with richly furnished dining rooms in a Victorian house, great bar and outdoor covered seating. Always packed with a fun crowd, live Sunday lunch jazz and all-day brunch with a great selection of wines and good cocktails.

address: 30 Kloof St, Gardens, Cape Town, 8005, South Africa

Vadivelu

Definitely not your average boring Indian restaurant, a vibey fun place with simple but very tasty local South African Indian menu. Owners are hands-on and very friendly and couldn't fault the food or service plus they do lunch box tiffins and great Durban curry.

address: 151 Kloof St, Gardens, Cape Town, 8001, South Africa

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Black Sheep

Buzzing atmosphere and always packed with locals with massive chalkboard menus and portions to match. A firm favourite and four years after opening they opened a bar, Dark Horse, across the road. Order the fish quickly before it gets wiped from the board.

address: 104 Kloof St, Gardens, Cape Town, 8001, South Africa

Cod Father

One of the first sushi restaurants in our city this place is a seafood lovers institution that locals and visitors regularly return to. Don't bother with a menu, simply handpick from glass display cases the day's fresh catch and decide how you want it cooked.

address: 37 The Dr, Camps Bay, Cape Town, 8040, South Africa

The Pot Luck Club

A glass elevator takes you to the sixth floor of an old flour silo at The Biscuit Mill and is one of Cape Town's coolest spots for seeing and being seen. Sophisticated tapas and sharing plates, definitely try the grapefruit martini and enjoy the views of Table Mountain.

address: The Silo, The Old Biscuit Mill, 373-375 Albert Rd, Woodstock, Cape Town, 7915, South Africa

We couldn't include all so some firm favourites aren't here however, wherever you end up, enjoy the best that Cape Town has to offer.