The picture of health

ost people overindulge over the Easter long weekend, filling up on chocolate eggs, braais and roasts, and generally avoid exercise. It seems most perfect then that April is also Health Awareness Month.

As the mornings and evenings get colder, most people (myself included) are finding it harder to hit the gym or to opt for a salad rather than some comfort food. But the truth is that overindulging has a negative effect on overall health. This is why I hope you'll join me as I pledge to adopt a healthier, more active lifestyle.





15 APRIL 2018



In Constantia

Jazzing it up at the Alpher

When and where?

Every Sunday from 1pm to 3pm at Blanko Restaurant at The Alphen Boutique Hotel

dd some jazz to your Sunday at the Alphen Boutique
Hotel. Enjoy a delicious lunch while getting into the swing of things with live jazz music. Sunday s also Funday for the kids, with face painting, balloon sculptures, a jumping castle, games and so much more.

More information



In V&A Waterfront

Heavy Chef: The Online



Tuesday, 17 April, from 6pm to 8.30pm at Workshop 17

eavy Chef will be hosting Danilo Acquisto (CEO Danilo Acquisio (CEC)
of Special Effects Media South Africa and Afternoon Express presenter), and Moyin Oloruntoba (the celebrated Nigerian-born, Cape Town-based vlogger), who will talk about the rapidly changing nedia landscape of online video.

More information: goo.gl/c53ATo

In Bot River

Bot River Barrels & Beards

When and Where?

Saturday, 21 April, from 5pm until

late at Wildekrans Wine Estate

un with the bull this year at none other than Bot River Barrels & Beards. This year, the region's wineries have grabbed the proverbial bull by the horns and incorporated the Taurean theme in every aspect of preparations.

goo.gl/sTCmhk

More information:



1st Floor, Block H, Sable Square cnr Bosmansdam and Ratanga Roads Milnerton, Cape Town



Group Editor: Charis Le Riche charisl@vourneighbourhood.co.za Designers: Anja Bramley & Samantha Durand

In your hood: Tamboerskloof

Publik service

announcement

wine bar for nice people."

list of niche producers and unusual

cultivars, with a particular focus on

the cellar. Don't expect mass-market

labels and branded umbrellas here.

rather discover the likes of Carinus

Family Vineyards, Fram wines and

the Flotsam & Jetsam range from

Alheit Vineyards. To complement

the wine, you'll find good-quality

stemware and knowledgeable staff

of craft beers and spirits on offer.

Chris Groenewald have rustled

local charcuterie (from Richard

up a mouth-watering selection of

Bosman and Frankie Fenner) and

artisanal cheeses - from as far afield as Langbaken, near Williston in the

Karoo - to snack on while you sip.

buzzing corner of Kloof Nek Road.

About the only downside is that the

small space fills up quickly, so get

there early for after-work drinks.

behind the bar. There's also a selection

Feeling peckish? David and manager

sustainably farmed vineyards and

That payoff line may

well be true, but it's also

something of an understatement

when it comes to Publik Wine Bar.

its third incarnation, the wine bar

started by David Cope has become

the go-to venue in the City Bowl for

Previously occupying a corner of Ash

restaurant on Church Street, Publik has

now moved into its own space on Kloof

Nek Road, taking up the storefront once

home to Asian-tapas joint Hallelujah.

It's a cosy space where the bar counter

dominates. Pull up a stool or, if you're

the opposite wall. The decor is sparse

busy, but that's no real hardship as it's

spend an hour over a glass, or bottle, of

great wine before heading elsewhere.

As always, the focus is firmly on the

wine list and David pours enormous

Visit yourneighbourhood.co.za or call 087 828 0423

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and the bar can get cramped when

the kind of joint where you'll likely

lucky, take one of the low tables against

discovering some of South Africa's

most adventurous wineries.

Over the past five years, and now in

Publik Wine Bar | publik.co.za/wine-bar

Now in a new home,

its weight when it

the world of wine

WORDS: RICHARD HOLMES

IMAGES: SUPPLIED

Publik punches above

comes to discovering



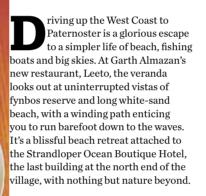
A culinary journey

Indulge in sustainable seafood and fresh local flavour at Leeto in Paternoster

In your hood: Paternoster

Leeto | 060 927 0403 | leetopaternoster.co.za

WORDS: KIT HEATHCOCK IMAGES: SUPPLIED

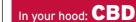


Leeto is the Khoi word for journey. For Garth and his wife Cecile, having noved from Catharina's in the Constantia Wine Valley, it's a whole new life. Garth has immersed himself in the small fishing community, moving away from the intricacy of his fine dining menus to create food that reflects the local landscapes. "My



We were welcomed with oysters fresh off the boat. followed by a taster of gorgeous plump mussels in a spicy Cape Malay curry sauce. Our yellowtail was beautifully presented with a luscious prawn samosa, grilled calamari, asparagus, lime butter and sprinkled with garlic flowers - absolutely delicion Springbok loin sat sumptuously on a bed of wild mushrooms, with sweet potato purée, pickled mushrooms and tart gooseberries to offset the richness

It was a beautiful leisurely lunch and it was hard to tear ourselves away after Garth's chocolate delice and berry terrine. Deeply satisfied and replete on the food front we craved more Paternoster peace. A long beach walk followed by a lazy evening soaking up more of the soul-soothing views was a fitting conclusion to this inspiring culinary journey.



The Station on Bree | 082 423 0549 | the station.capetow



Mind the gap

Enjoy the tastes, sights and sounds of London at The Station on Bree

WORDS: CHARIS LE RICHE

IMAGES: SUPPLIED

ocated on Cape Town's hippest foodie street, The Station on Bree has become the go-to spot for First Thursdays meet-ups, Tuning the Vine or a lively Friday or Saturday meal. It was a buzzing Thursday night when we were invited to sample the menu, atmosphere and live music.

As soon as you walk in, it's hard not to notice the decor. Founder Neil Basel says the theme is "inspired by the underground stations of London itself and the colours, sights and sounds that each station has to offer. The decor features the trademark Underground seating and a station map that covers the ceiling, with the stops named after musicians. There's also a red telephone booth and even speakers in the bathroom playing the sounds of the Underground.

We were promptly shown to our table in the courtyard and were eager to see if the food lived up to the reputation of Bree Street. We were not disappointed. The menu is laidback with the focus on simple, tasty dishes with something for everyone Neil describes the style of cooking at The Station as "no pretensions, easy comfort food, which appeals to the palates of a wide variety of people."

We started with the London Hot Eye Beef Pan (cubed sirloin in a creamy peri-peri sauce, served with

homemade ciabatta). I'm a huge fan of spicy food and loved that the flavours came through well without completely overpowering the dish or my palate for the next course.

For mains, we decided to go international - a true reflection, I think, of the melting pot that is London. We tucked into the Cuban grilled sandwich (filled with layers of gypsy ham, cheese, chorizo and zucchini pickles, served with fries) and the Chicken Kiev (smothered in a delicious creamy Parmesan and truffle mushroom sauce). This hit the spot and was the perfect comfort food for a night out on the town.

After our meal, it was time to enjoy the Cape Town nightlife with The Station's weekly Thursday Reveal hosted by talented local musicians and internationally renowned DJ, saxophonist and percussion specialist, George Sax. Another delight is The Station's gin menu, which offers visitors the chance to craft their own G&T, layering botanical flavours with an assortment of lively flavours.

What's next for The Station? Neil tells us, "As we start heading into the change of season, we'll start introducing the traditional elements of winter in London, which is synonymous with visiting this metropolitan city - from food and drinks to entertainment."











