



EAT OUT @

JOBURG: ATHOLPLACE

If good service is the key to keeping you smiling, AtholPlace will have you grinning from ear to ear. It's exclusivity at its best: a guard at the gate to welcome you and ensure that no one gets in without a reservation, a personal greeting at your car by the front of house before management leads you to either the exquisite bar or terrace overlooking the glistening pool and manicured garden to enjoy a little something before the gastronomy begins. Chef Wynand Van Der Watt will then tantalise your taste buds with an ever-changing, four-course, fine-dining menu using only the freshest and finest fare. Chef Wynand's eclectic style, accented by Asian inspiration, is delightful. He is a maestro of flavour balance, presentation and sophistication, each plate fine-tuned to a masterpiece – think chicken miso soup with nori and tofu to start, and the sublime deconstructed confit duck wontons with pineapple and cucumber salad to follow. For mains, there are always two options to choose from. On this evening, a perfectly prepared fillet of seabass or a Parma ham-wrapped fillet of beef – each so different, but both superb. Desserts always delight here, with Chef Wynand pulling out all the stops and, just when you think you've room for no more, a plate of delicate petit fours (exquisite home-made macaroons, marshmallows and chocolate truffles) arrives to be savoured with your coffee and tea. If you're looking to spoil and treat the special women in your life this Women's Day, this is the perfect spot (it's open all day on 9 August). AtholPlace Boutique Hotel, 90 Pretoria Avenue, Atholl; 011-783-3410; atholplace.co.za. *By Kate Liquorish*

CAPE TOWN: ROOTBAR

Rootbar is a new café serving up natural food at prices that are healthy too. If you're in a rush, grab a smoothie: the 'Café Energizer' contains Truth Coffee and pink sea salt, while the 'Protein Power House' includes nut milk and hemp seeds. Or, create your own juice: the 'Wake Up Green' boasts a refreshing mix of cucumber, oats, kale, spinach, orange, dates and seed mix. To eat, you can choose the daily special – be it a chicken wrap, quinoa bowl or Moroccan tomato soup – or, if you're not brave enough to try the speciality vegetarian raw lasagne, enjoy a 'Super Bowl' of chia seeds topped with berry coulis, cashew milk and crunchy nut granola. And don't forget to grab a bran muffin and ginger shot on the way out! Shop No 2, Newlands Quarter, Dean Street, Rondebosch; 021-685-3445; rootbar.co.za. *By Eugene Yiga*

PRETORIA: BLACK BAMBOO

Everything at Black Bamboo Restaurant, from the extraordinarily crafted food and the carefully considered wine and beverages list to the interesting art, is there to truly engage you. Creator and Chef Patron Pellie Grobler changes the menu every three to four weeks, guaranteeing that every new visit is a uniquely different experience. I tried the scallops black: tender sautéed scallops with aubergine purée and a luscious balsamic caviar dressing paired with a flavour-enhancing fresh and delicate Lismore Viognier. Dessert was pure artistry in the form coconut rice pudding, sesame sponge and a basil sorbet. Or choose the Turkish delight- or lemon-meringue martini for a perfect combination of digestif and billowy sweetness. 209 Tugela Road, Ashlea Gardens; 084 508 9752; theblackbamboo.co.za. *By Kamanee Govender*

