

LOWVELD
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Let's eat!

RESTAURANT GUIDE 2015

A LOWVELD LEGEND

BEST LUNCH IN TOWN



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PIZZAS

FLAME
GRILLED
STEAKS

LEGENDARY
BURGERS



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GET IT

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FAMILY RESTAURANT

Adega

**Tarentaal Shopping Centre, corner of N4/
Kaapsehoop Road, Mbombela**

013-741-3978/www.adegas.co.za

Open: From 11:00 daily

The menu features traditional Portuguese cuisine made with a loving touch and a dollop of pizzazz. Expect favourites like Caldo verde, chouriço, trinchado and prawns as well as a sushi selection. Warm and unpretentious, the restaurant appeals to a wide client base and is suitable for any occasion. For dessert, try the granadilla mousse - better than granny's! An exclusive wine range is on offer for the discerning quaffer.



Licensed

Portuguese



The Bee & Barrel at Bee Eaters Farm

**Just off the Agricultural College Road,
Mbombela**

013-755-3225, www.bee-eaters.co.za

Open: Tuesday-Saturday for lunch and dinner, Sunday for lunch only

Food at The Bee & Barrel can be described as contemporary-style cooking with locally sourced produce and a huge emphasis on flavour. It's a family-friendly restaurant, and you can sit back and relax in the beautiful surroundings of Bee Eaters Farm. After all, a visit to The Bee & Barrel is about the experience. Booking is essential.



Licensed

Family restaurant



Bohemian Groove Café

69 Kruger Street, Kaapsehoop

013-734-4545/076-764-7625

Open: Weekends from 08:00, closed Tuesday, Wednesday and Thursday in low season

Home-cooked comfort food is served for breakfast, lunch and dinner. Chill out on the large stoep while watching the wild horses wander by, or cosy up next to the fireplace on cold days. Fully licensed, Bohemian offers both Glühwein (when the weather's rough) and cocktails at any other time. Try the heavenly lemon meringue pie and one of the restaurant's unbeatable platters.



Licensed

Home-cooked comfort food



Da Loose Mongoose

**Corner of Vergenoeg/Plaston roads,
White River**

083-594-1006 or 013-750-0539

Open: 11:00-21:00, Monday-Sunday

A country restaurant on the urban edge. Come and relax under beautiful acacia trees or on a covered deck while the kids play in safety on a skateboarding ramp, trampoline or jumping castle on weekends. An extensive menu with something for the whole family includes timeless favourites like eisbein, oxtail, lamb curry and Portuguese-style chicken. There is also a friendly bar to chill over a cold beverage or two while viewing sport on big-screen TVs. Free Wi-Fi available.



Licensed



Pub/
Pizzeria



Explorers

Emnotweni Casino Complex, Mbombela

013-757-4460

Open: 09:00-23:00, Monday-Sunday

Recently refurbished, Explorers offers a varied à la carte menu in a contemporary setting. Start off with a chicken-tostada salad followed by the restaurant's hugely popular lamb cutlets and topped off with a mouth-watering chocolate-lava pudding. The Sunday lunch buffet is back by popular demand. Adjacent to the casino and directly linked to Riverside Mall and Movies@Emnotweni, crèche facilities are available at a nominal fee for children aged three to 12.



Licensed



À la carte/
buffet



Feast

Kaapsehoop Road, Mbombela

013-741-4674

Open: Monday - Saturday 08:00 - 21:00,
Sunday 09:00 to 20:00

Pet-friendly, child-friendly and conveniently situated with lots of parking, Feast consistently produces the best cheese, bacon and mushroom burgers, saucy fries, ribs, grilled chicken, schwarmas, steak and breakfast in town! Order a Lavazza coffee or a must-try peanut butter, Oreo and chocolate milkshake. Watch the world go by from the front stoep or grab a table in the backyard garden where kids can keep themselves busy on the jungle gym. You can also keep an eye on sport events from one of the many wall-mounted TVs in the restaurant.



Licensed



Family
Fast food



FAMILY RESTAURANT

The Greek Kouzina

Sonpark Food Zone, Mbombela

013-741-5371

Open: Daily from 12:00, closed Sunday evenings

Go Greek - fresh, tasty, and delicious home-made food! If sharing food with friends is your thing, you can't go wrong with The Greek Kouzina. The balcony seating area is fresh and breezy, and great for both lunch and dinner catch-ups - not to mention a good afternoon coffee and baklava break. Family owned and run, the restaurant oozes hospitality and laid-back Mediterranean vibes.



Licensed

Greek cuisine

THE GREEK KOUZINA

GumTreez Pub & Grill

Casterbridge Lifestyle Centre, White River

013-750-0334

Open: 09:00-22:30, Monday to Saturday, 09:00-15:00, Sunday

GumTreez Pub & Grill caters for all tastes and is split into several units, each with its own vibe. The indoor area has a more formal feel, while two large outdoor areas include a covered deck as well as a bushveld-style boma where you can meet the locals, enjoy a game of rugby or sit around the fire on cold nights. The menu is based on good home-cooking and South African favourites. Pub grub includes items like snack baskets, fish and chips, bunny chow and delicious thin-base pizzas. Best steaks in town!



Licensed

Family restaurant



Kokopelli Restaurant

Riverside Golf Park, R40 White River Road, Mbombela

071-691-1052

Open: Monday to Sunday

Kokopelli is all about the view, vibe, atmosphere and good food. Enjoy a cocktail on the deck after practising your golf swing on the driving range or bring the whole family for a typically Lowveld-style lunch and simply simply tuck into one of the restaurant's delicious meals. There's lots of space for the kids to run around while mom and dad take a well-deserved break.



Licensed

Pub fare and traditional favourites

Kokopelli
RESTAURANT • GOLF COURSE BAR

John Dory's

Shop 241, Riverside Mall, Mbombela

013-757-0972/www.johndorys.co.za

Open: 11:00-22:00 daily (closes at 21:00 on Sundays and public holidays)

A favourite with families, John Dory's offers something for everyone: from delicious sushi and grilled-to-perfection steaks to chicken and combos. Relaxed, friendly and reasonably priced, the restaurant often has great specials on the go, like R29 fish and chips on a Tuesday and half-price sushi on a Wednesday. Kids are well catered for with a special menu and loads of entertainment and things to do, so mom and dad can relax either inside or in the large outside seating area.



Licensed

Family restaurant



Kadai Indian Restaurant

Sonpark Food Zone, Mbombela

013-741-4642/082-410-3938

Open: Open daily from 12:00

Tantalise your taste buds with authentic Indian Cuisine with starters like Samosas, Chicken Tikka, Onion Pakora and Prawn Malabari. Variety of mouth-watering Curries, Biryani and fresh Naan bread (including a large selection of Vegetarian dishes) is on offer. And for dessert, delicate Gulab Jamun is a must. The contemporary fresh interior lends itself to business lunches, group functions, family dinners as well as romantic dinners.



Licensed

Authentic Indian cuisine



Koek 'n Pan

122 Kruger Street, Kaapsehoop

013-734-4580

Open: Daily from 08:00-16:30, closed Tuesday

Drive up to Kaapsehoop for pancakes made with a variety of generous savoury and sweet fillings. Rustic and relaxed, one can watch the world (and wild horses) walk by from the restaurant's raised deck area. Koek 'n Pan makes gluten-free pancakes on request, and also offers freshly baked waffles and toasted sandwiches. Family owned and run, the restaurant is a haven for parents who want to relax while the kids amuse themselves.



Licensed

Pancakes and light meals



FAMILY RESTAURANT

Mugg & Bean

l'langa Mall

013-742-2206/www.themugg.com

Open: From 07:00 daily

Mugg & Bean is a relaxed restaurant and coffee shop that is ideal for a families, business lunches or catching up with friends over a delicious cup of coffee. Conveniently situated, it is renowned for its famous bottomless coffee and giant muffins. The extensive menu caters for everyone, including vegans and vegetarians. The Mugg & Bean at l'langa is perfect for family gatherings and parties as it has a large, enclosed play area with loads of exciting games and activities - right under mom's watchful eye.



Picasso's Mexican Taqueria

Bagdad Centre, Hazyview Road, White River

013-750-0300/www.picassoismexican.co.za

Open: Daily from 11:00-23:00

Sporting a laid back, contemporary look, Picasso's offers a range of extraordinary Mexican food, all made from delicious fresh ingredients, sizzling fajitas, nachos, chimichangas, jalapeno poppers, tacos, quesadillas, enchiladas or try our sides of refried beans, chilli con carne, salsa and guacamole! While watching the beautiful lowveld sunset sip on one of our famous frozen Margaritas or Strawberry Daiquiris or get into the swing of things with an imported Mexican beer. We cater for kids and also have the most delicious pizzas.



Running Brave Spur

Perry's Bridge Trading Post, Hazyview

013-737-7767/runningbrave@alzu.co.za

Open: Daily from 08:00 to 22:00 (Sunday-Thursday) and 23:00 (Friday-Saturday)

The Running Brave Spur takes family dining to a whole new level to ensure that you and your group have a great time whilst enjoying the best ribs, burgers and steaks in town. Kids are always welcome and The Play Canyon is a special area dedicated to little patrons, offering a number of exciting activities in a safe and secure environment. The restaurant also features facilities for the disabled and a dedicated smokers' area. Bring family and friends down for a delicious meal and a relaxing time!



Mountain Spring and Arkansas Spur

I'langa Mall and Westend Shopping Centre

013-742-2184 and 013-745-8043

Open: Daily from 08:00 until late

Everybody's favourite family restaurant, Spur has been keeping South Africans happy for decades! The franchise's yummy burgers, succulent ribs and melt-in-the-mouth steaks need no introduction, and both these branches are committed to service excellence and keeping everyone in the family happy. Smoking sections and facilities for the disabled are available, as well as large kiddies' play areas.



Duck & Trout

Main Road, Dullstroom

013-254-0047

Open:

When visiting Dullstroom you simply have to call in at the Duck & Trout, the restaurant and pub that captures the true heart and soul of the village. Once a bustling country dairy, the original building was converted to a pub in 1994, and has been a hive of activity ever since. Visitors enjoy the relaxed, friendly atmosphere and tasty traditional fare, not to mention the roaring log fires blazing on cold days. The menu offers traditional pub fare and pizzas from a wood-burning oven. Kids are welcome and can get involved in pizza making.



Wimpy

Ferreira Street, Mbombela

013-752-3650/www.wimpy.co.za

Open: 07:00-18:00, Monday-Saturday,
08:00-16:00, Sunday

Centrally located with loads of free parking, Wimpy Ferreira Street is the perfect meeting place. The franchise's menu offers great value-for-money food, and includes healthy options like wraps and salads, great smoothies and speciality milkshakes - not to mention its famous coffee! It offers a free take-away delivery service, free Wi-Fi and an array of fun activities to keep the kids entertained. As an additional bonus, you can have your car washed while enjoying your meal.



Europa Cafe

The Grove, Riverside Park, Mbombela

013-757-0961/Europa@mweb.co.za/

www.europa.co.za

Open: Daily from 07:00

Europa is a contemporary Italian cafe, catering for everyone, from meat lovers and pasta and pizza fans, to the health conscious preferring a salad, wrap or a tramezzini. Relaxed yet vibrant, enjoy a delicious omelette for breakfast or sit back with a glass of wine while waiting for your pizza straight from the wood-burning oven. Enjoy imported coffees, deli delights and a casually elegant atmosphere - it's a great place to catch up with friends!



Licensed



Italian



Isabella's Italian Kitchen

Parkville Centre, Danie Joubert Street, White River

013-750-2635

Open: 10:00 - 19:30, Monday-Saturday

This quaint, deli-style Italian kitchen offers a variety of tasty dishes, freshly baked cakes and bread, fresh salads, and Italian products. Enjoy traditional pizza, handmade pasta and lasagna, or a delicious burger at one of the cosy little tables, or take a fresh or frozen meal home on those nights when you don't feel like preparing dinner. Cakes, platters, and entertainment-sized dishes can be ordered. Free deliveries in White River from 17:00 - 19:00 from Monday to Saturday.



Licensed



Italian/family restaurant

Isabella's
013 750 2635
Italian kitchen

Panarotti's

I'langa Mall, Mbombela

013-742-2087/www.panarottis.co.za

Open: Daily from 08:00

Panarotti's offers traditional Italian cuisine with a South African twist. Flour and durum-wheat pastas are imported from Italy and for meat lovers, it also serves a wide range of steaks, ribs and chicken dishes. A gluten- and wheat-free pizza base is available. Two kiddies' play areas are available to entertain the little ones while mom and dad take a break. Besides the restaurant's delicious house wines, a wide variety of wines is available by the bottle. On hot days, try one of the Mainstay cocktails or the best sangria in town!



Licensed



Italian/family restaurant

Panarotti's
Pizza Pasta

Pappa's Kitchen

56 Brown Street, Mbombela
 013-755-2300/1660
Open: Daily from 09:30-21:30

Pappa's has been a Lowveld institution since 1989 - an uncomplicated and relaxed eating destination. It serves delicious pizzas from its wood-burning oven, as well as burgers, pasta, oven-baked chicken and the best schwarmas in town! It offers live music every Sunday from 18:00 till late. Centrally located, the wrap-around stoep area is the ideal vantage point to watch the world go by.



Pizzeria @ Bagdad

Bagdad Centre, Hazyview Road, White River
 013-750-0500
Open: Daily from 11:00-23:00

Pizzeria @ Bagdad offers delicious, thin-based, wood-fired pizzas with exciting toppings like blue cheese and onion marmelade; parma ham, parmesan and fresh rocket or Pizza Picasso with chili con carne and avo. With its cosy atmosphere and New York industrial look, great pizzas and speciality drinks, it's the perfect after-work meeting place. Indulge in a jug of delicious sparkling wine sangria or kick back with one of our local craft beers.



Stefano's

Steilties and Sonpark Shopping centres, Mbombela
 013-744-9310 (Steilties) or 013-741-1034 (Sonpark)
Open: Monday-Saturday 11:00 - 21:30, Sunday (Sonpark only) 11:00 - 15:00

Owner Stefano takes real pride in his work, and pizza bases are spun according to the ancient Neapolitan technique to ensure a light and crispy result. If pizza is not quite your thing, try one of the delectable home-made pasta dishes or delicious steaks cooked in the pizza oven. With its friendly atmosphere, the restaurants are perfect for a romantic dinner or lunches with the family as well.



SEAFOOD

De Vette Mossel

Kaapsehoop Road (opposite Bushveld Lodge), Mbombela

060-371-6768/booking@devettemosselnelspruit.co.za

De Vette Mossel is not only a restaurant, it's an experience. Nine courses (16 dishes) are presented one after the other and guests are invited to eat as much as they like (or can). This includes snoek, calamari and a meat potjie for those who don't like seafood, as well as crayfish, served at an additional cost. The meal ends with coffee and koeksisters. Bring your own drinks as no beverages are served. It's a rustic, no-frills outing. Bookings are essential.



Unlicensed

Family/
seafood



John Dory's

Shop 241, Riverside Mall, Mbombela

013-757-0972/www.johndorys.co.za

Open: 11:00-22:00 daily (closes at 21:00 on Sundays and public holidays)

If you love sushi and seafood, John Dory's is the place to be! A great after-work meeting place, the restaurant offers a varied menu to suit everyone's taste, including steaks and grilled chicken.

Wednesday is half-price sushi and on a Tuesday, hake and chips are on special for R29. Share a Lover's Platter to get the evening going while enjoying a bottle of Darling wine. Pull into John Dory's and sit back and enjoy the casual, relaxed atmosphere.



Licensed

Seafood



Ocean Basket - White River

Corner of Chief Mgiyeni Khumalo Drive and Joe Hanna streets, White River

013-751-3737/whiteriver@oceanbasket.co.za
/www.oceanbasket.com

Open: 11:00-21:00, Sunday-Thursday,
11:00-21:30, Friday- Saturday

Recently opened, the new Ocean Basket is set to become a firm favourite with Lowveld families! The restaurant offers good value-for-money seafood with a variety of line fish, prawns, oysters and freshly made sushi as well. An owner-run franchise restaurant catering for all, Ocean Basket is perfectly situated in the CBD with ample parking and friendly and helpful staff at your beck and call.



Licence
pending

Seafood



Cicada

Sonpark Food Zone, Mbombela

013-741-1751

Open: Daily from 11:30-21:00; closed Sunday

Enjoy mouth-watering steaks with an array of interesting toppings, great burgers and a number of other Lowveld favourites - try the biltong cigars or Zulu sushi. The laid-back, casual vibe and large outside area are perfect for any time of the day, especially with a fabulous cocktail in hand. Family run and owned, Cicada is a friendly place that appeals to a majority of Lowvelders.



Licensed

Casual dining



Hamiltons Restaurant

Riverside Farm, Malelane Gate Road, next to Leopard Creek

013-790-3421

Open: 09:00-22:30, Monday-Sunday

Located in an old trading store, wrapped in stone-clad walls and surrounded by lush green lawns, Hamiltons lives for decadence. Order from the excellent wine list and try one of the seasonal specials like home-baked bruschetta topped with peri-peri chicken livers or sautéed mushrooms and grated pecorino. For dessert, don't miss the restaurant's signature homemade chocolate blondies. Kids are welcome to explore the extensive gardens.



Licensed

Family restaurant



The Peach Tree & Digger's Den at The Royal Hotel

Uptown Pilgrim's Rest

013-768-1044/www.royal-hotel.co.za

Open: Breakfast, lunch and dinner daily

The Royal Hotel is an institution in Pilgrim's Rest, and an important landmark in the historic little town's main street. A visit to Pilgrim's won't be complete without a sumptuous buffet or a la carte meal. Enjoy a cold one at the infamous Church Bar, and get a glimpse of how things might have been in the old days.



Licensed

Continental



The Courtyard Cafe

Casterbridge Lifestyle Centre, White River

013-750-2102

Open: From 08:30 daily

Enjoy French-inspired meals, including original breakfasts, gourmet sandwiches, delicious salads or home-made quiche in the shade of beautiful mango trees. The restaurant's platters are perfect for sharing and the carefully selected wine list is bound to have something to your liking. The bistro-style evening menu is small and seasonal, served under twinkling fairy lights. And if you only have time for a quick pit stop, don't miss out on home-made cake and a cup of Lavazza coffee.



Licensed



Continental,
coffee cafe
and bistro



Jasmine Restaurant

Southern Sun Emnotweni Hotel, Riverside Park, Mbombela

013-757-3000

Open: 06:00-23:30 daily

Contemporary with an outside seating area, Jasmine Bar is the perfect spot for after-dinner drinks. The à la carte restaurant offers a little bit of everything, including spicy chicken livers for starters, pan-seared baby chicken or dukkah lamb chops served with polenta and red wine jus, and for dessert, malva pudding or baked cheesecake. Sit back and enjoy live piano music from Monday to Thursday while overlooking the perfectly manicured garden.



Licensed



Family restaurant



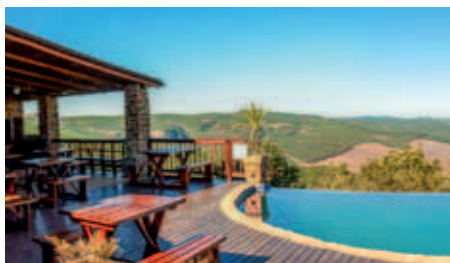
Misty Mountain

R37 Long Tom Pass, between Sabie and Lydenburg

013-764-3377/www.mistymountain.co.za

Open: Breakfast and dinner (lunch weekends)

Misty Mountain's popular county cooking, including classics such as lamb shank, oxtail pot and pan-fried trout, is perfectly complemented by majestic views from the restaurant extending over the Lowveld. Meals are prepared to order using only the freshest ingredients, including home-grown veggies. Casual, relaxed and welcoming, the restaurant is family friendly and great on hospitality. Enjoy wine from the extensive list or a craft beer from the Sabie Brewing Company.



Licensed



Family
restaurant



Protea Hotel Hazyview - Letaba Restaurant

R40 road, 38km from White River

013-737-9700

Open: 06:30-21:30, Monday-Sunday

The restaurant is open for breakfast, lunch and dinner, and is known for its sumptuous buffets and signature à la carte menu. For an outdoor alternative, patrons can enjoy the rhythm of Swazi harmony and traditional barbecue under the bushveld sky in the Protea Hotel Hazyview Boma. Letaba caters for special functions, and luncheons, dinners or barbecues can be arranged according to requirements.



Licensed



Family restaurant
and function
catering



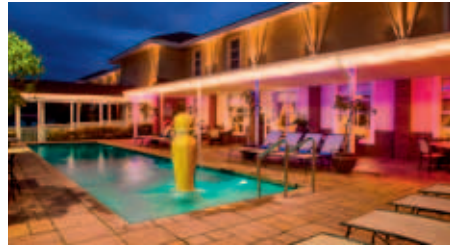
Protea Hotel Nelspruit - The Fig Tree Restaurant

30 Jerepico Street, Orchards, Mbombela

013-752-3948/www.proteahotels.com/hotels

Open: Breakfast, lunch and dinner daily

The Fig Tree Restaurant serves delectable breakfast and dinner buffets and offers an extensive à la carte menu - perfect for important business meetings, but also for those special family occasions. Upmarket and contemporary, guests can relax around a naturally heated pool. Further benefits can be enjoyed as a Prokard member at this fine establishment.



Licensed



Comprehensive
buffet and an à la
carte menu



Protea Hotel Nelspruit - Wakuja Restaurant

Protea Hotel The Winkler, White River

013-750-7300/www.proteahotels.com/thewinkler

Open: Breakfast from 06:30, lunch and dinner

Conveniently situated, the Wakuja Restaurant at The Winkler overlooks a beautiful garden and is open for breakfast, lunch and dinner. It offers good service and delicious, hearty meals, incorporating local ingredients and flavours. The Sunday carvery offers great value for money and is popular with families, as a "kidz zone" keeps them occupied and supervised. The Xilobo Bar makes great cocktails and offers scenic views over the valley. Prokard Gold discounts are available.



Licensed



Family
restaurant



IDOA Restaurant - Jatinga Country Lodge

Jatinga Road, White River

083-235-3460 or 083-277-0917/

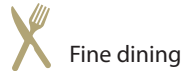
info@jatinga.co.za

Open: Breakfast and dinner daily

At Jatinga, every meal is an occasion, starting with breakfast! Lunch can be enjoyed alfresco at one of the garden's cosy nooks. Dinner starts with pre-dinner drinks in the Lord Milner, followed, by a visit to the wine cellar for a bottle of estate wine. The dinner menu contains a varied selection of delicious meals to delight the most discerning palette. Also enjoy a variety of superb South African wines.



Licensed



Fine dining



Josephine's

40 General Street, Barberton

013-712-3543

Open: Daily from 09:30; closed on Monday

One of the Lowveld's best-kept secrets, Josephine's offers Belgian dishes (the authentic waffles are a must) as well as local favourites such as lamb curry and bobotie. Sip on one of 15 brands of Belgian beer on offer or try the mouth-watering steak tartare - a meat lover's dream! To top it off, you can't go wrong with the restaurant's chocolate mousse. Try the Sunday lunch at R100, or weekday business lunch at R50 - bargain!



Licensed



Belgian



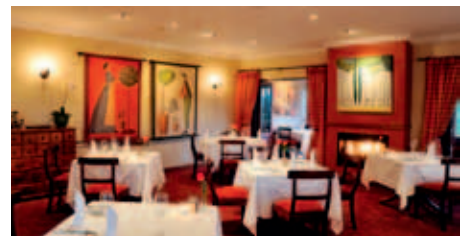
Oliver's Restaurant & Lodge

Pine Lake Drive, White River

013-750-0479/www.olivers.co.za

Open: Breakfast, lunch and dinner daily, closed for Monday lunch

At Oliver's, Austrian Gemütlichkeit rules! Enjoy continental and Mediterranean fare (including vegetarian dishes) from an à la carte menu. The Austrian apple strudel with homemade vanilla custard is a must, as is a fun fondue and raclette in the private and romantic wine cellar. Enjoy the best of local wines, as well as more exclusive offerings from a private cellar.



Licensed



Continental fine dining



Orange

4 Du Preez Street, Mbombela

013-744-9507/www.eat@orange.co.za

Open: 12:00-22:00, Monday-Saturday

Known for its spectacular view over the Lowveld, Orange caters to all palates with signature dishes like ostrich carpaccio, chocolate-chilli fillet and a to-die-for berry pavlova. Romantic, elegant and contemporary, the restaurant boasts an extensive selection of wines and an exciting cocktail menu. It has won numerous prizes, including Best of Nelspruit (2012 and 2014) and the PMR Diamond and TripAdvisor Service Excellence awards.



Licensed

Gourmet



Saffron Restaurant

54/56 Ferreira Street, Mbombela

013-744-0324

Open: 16:30-21:30, Monday-Saturday

There's no better place to experience international dining than at Saffron. The tapas-style menu allows you to taste and share delicious tapas dishes from around the world, with your friends and family. Make up your own smorgasbord of treats. Try the "Around the World in Eighty Minutes", or leave it to Steve to put together a carefully, personally selected range of plates. The menu offers a wide range of tapas plates or, for the more traditional guests hearty main courses. Whatever you choose - you're guaranteed to leave Saffron feeling completely delighted.



Licensed

Comprehensive tapas menu



Summerfields

4,5km from Hazyview on the R536

013-737-6500 or 087-231-0112

Open: River Café: breakfast and lunch Tuesday-Sunday; Summerfields Kitchen: dinner from Tuesday-Saturday

Dining at Summerfields is a gastronomical experience. The establishment prides itself on its attention to detail, from carefully prepared menus to exquisite table settings with crisp white linen and beautiful, fresh roses. Vegetables are grown on the premises, as close to its natural, organic form as possible. Menus change according to the season and availability. Bookings are essential.



Licensed

Fine dining



The Rock Fig Restaurant at Belgrace

R538 between White River and Mbombela, KMIA Road

076-539-0409/www.belgrace.co.za

Open: Thursday-Saturday dinner and Sunday lunch (by reservation only)



Dinner at Belgrace is a magical culinary experience and one of the hotel's signature features. Prepared with love, using the freshest organic produce from its farm, it serves comfort food, beautifully. Elegantly opulent, with exceptional personalised service and attention to every detail, dining at Belgrace is an opportunity to recharge, reconnect, and ignite the spark...



Walkersons Hotel & Spa

Walkersons Estate, R540, Dullstroom

013-253-7000/www.walkersons.co.za

Open: Breakfast, lunch and dinner daily

Matched only by the scenic beauty which graces Walkersons Hotel & Spa, dining is a celebration of the senses and skilled chefs craft exquisite dishes. Enjoy fine country dining rounded off with a roaring log fire. A variety of delicious breakfast options can savoured on the sun-drenched patio or in the dining room. The day terrace menu offers fantastic delicacies suited for all palettes. Don't miss out on the restaurant's famous tea and scones. Wholesome warming dishes as well as lighter meals are also available.



Zest @ Kavinga

11km from Mbombela on the S37 (Sabie Road)

013-007-0066/7/lizelle@zestrestaurant.co.za

Open: Daily from 09:00, closed Monday and Sunday evening

French cuisine with a contemporary twist: always exquisite. As the food is made from fresh local produce, the menu changes seasonally. Enjoy lazy, alfresco lunches on hot Lowveld days or candlelit dinners on a romantic night out. The spectacular view and peaceful gardens is the perfect backdrop for a chilled glass of wine picked from the multiple Diners Club award-winning wine list. Zest is a member of Chaîne des Rôtisseurs and has won three American Express Fine Dining Restaurant awards.



Cavalieri Cheese

30 Waterfall Avenue, Riverside Industrial

013-752-6438/info@cavcheese.co.za

Open: 08:00-16:30, Monday-Thursday,
08:00-15:00, Friday

Step into a continental deli in the heart of Mbombela's industrial area! Cavalieri offers fresh ciabatta rolls, panini or wraps, served with various delicious cold meats and cheeses. Bliss out on Segafresso coffee, wine or craft beer. Browse the deli shelves which are stocked with the best local and international fare and otherwise hard-to-source ingredients.



KAUAI

**Lowveld Hospital, 83 Nel Street and
inside Virgin Active, Crossing Centre**

013-762-0478/013-752-4789/www.kauai.co.za

Open: Lowveld Day Hospital: Monday-Friday from
07:00; inside Virgin Active: Monday-Friday, from
06:30, weekends and public holidays from 07:00.

KAUAI's "eat better, live better" philosophy brings the pure, fresh flavours of the Hawaiian islands to you - everything tastes delicious, is good for you and is made from the freshest natural ingredients available. Choose from a range of healthy yet exciting breakfast, lunch and dinner options, refreshing smoothies, coffee and muffins.



Zannas Flavour Junction

Bagdad Centre, White River

013-750-0469

Open: 07:00-18:00, Monday-Friday,
08:00-17:00, weekends and public holidays

Zannas is famous for its early morning breakfasts, and deli-style selection of local, fresh produce. Light lunches like fish cakes, pasta, salads, wraps and paninis can be enjoyed with a freshly brewed coffee or a glass of wine. The shelves are filled with home-baked treats like ginger biscuits, shortbread, brownies and cakes making Zannas the ideal spot for morning or afternoon tea. Different dietary needs are catered for - vegan, wheat-free and Banting items are available on the menu.



PUB AND GRILL

Da Loose Mongoose

Corner of Vergenoeg/Plaston roads,
White River

083-594-1006 or 013-750-0539

Open: 11:00-21:00, Monday-Sunday

Find this pub and restaurant just outside White River, surrounded by beautiful acacia trees in peaceful surroundings. The pub is relaxed, friendly and, at times, far from tranquil! If you bring the kids along, they can entertain themselves in the large garden while you watch sport on the big-screen TVs. Enjoy an ice-cold craft beer on tap or anything else your heart desires. The menu offers traditional pub meals like lamb's liver and mash, bangers and mash, and fish and chips. Free Wi-Fi available.



Licensed



Pizzeria /
Family



Glassbar

Emnotweni Casino Complex, Mbombela

013-757-4460

Open: Daily from 10:00 until late

The Glassbar offers an array of bar snacks, mezes to share, sliders, tasters and satays as well as palate pleasers such as a ginger-biscuit tower with white chocolate mousse, dried banana and strawberry salad - yum! The floor-to-ceiling windows allow for magnificent views over the Lowveld. It's a great place to unwind while sipping on a glass of wine or your favourite cocktail.



Licensed



Upmarket
bar



GumTreez Pub & Grill

Casterbridge Lifestyle Centre, White River

013-750-0334

Open: 09:00-22:30, Monday-Saturday,
09:00-15:00, Sunday

GumTreez Pub & Grill caters for all tastes and is split into several units, each with its own vibe. The indoor area has a more formal feel, while two large outdoor areas include a covered deck as well as a bushveld-style boma where you can meet the locals, enjoy a game of rugby or sit around the fire on cold nights. The menu is based on good home-cooking and South African favourites. Pub grub includes items like snack baskets, fish and chips, bunny chow and delicious thin-base pizzas. Best steaks in town!



Licensed



Pub and grill



Jock Pub & Grill

23 Ferreira Street, Mbombela

013-755-4969, www.jockpubandgrill.co.za

Open: 11:00 till late, Monday-Saturday, closed on Sunday

With its unique open-air seating and large garden, Jock Pub & Grill typifies the Lowveld lifestyle. Pop in for a selection of ice-cold beers on tap, paired with a Juicy, flame-grilled steak, barbeque ribs or a home-made burger. Jock is also famous for its wood-fired pizzas, snack baskets, and peri-peri dynamite chicken. Various specials are available throughout the week, making it the ideal spot for a family dinner.



Licensed

Pub fare and traditional favourites



Kokopelli Restaurant

Riverside Golf Park, R40 White River Road, Mbombela

071-691-1052

Open: Monday-Sunday

Kokopelli is all about the view, vibe, atmosphere and good food. Enjoy a cocktail on the deck after practising your golf swing on the driving range or bring the whole family for a typically Lowveld-style lunch and simply simply tuck into one of the restaurant's delicious meals. There's lots of space for the kids to run around while mom and dad take a well-deserved break.



Licensed

Pub fare and traditional favourites



Marlin Pub & Grill

Loco Street, Riverside Industrial

071-111-1370/www.marlinpub.co.za

Open: 10:00-23:00, Monday-Saturday

Chilled and unpretentious, at Marlin Pub you can put up your feet and relax. Off the beaten track, it has a laid-back Lowveld vibe - the kind of place where everybody knows your name. The menu features good, standard pub fare, as well as pizza made in a wood-fired oven. The large stoep area is ideal for a good *kuier*. On Thursday evenings the pub features live music and has ongoing specials on Richelieu, Pushkin and Three Ships. The pub does outside catering as well as functions on site.



Licensed

Pub and grill



PUB AND GRILL

Sabie Brewing Company

45 Main Road, Sabie

013-764-1005/www.sabiebrewery.com

Facebook: Sabie Brewing Company

Open: 11:00-22:00, Tuesday-Friday, from 09:00 on weekends and public holidays

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Located in a roadside heritage building, the Sabie Brewing Company is dedicated to creating the finest hand-crafted beers complemented by excellent food. Locally sourced products are used where possible and fresh beer-grist rolls are baked daily. Specialities include a variety of platters, lamb curry and deep-fried, local halloumi. Relax on an open stoep and choose your beer from the on-site craft brewery. Take a brewery tour and find out how it all comes together.



Licensed



Pub and grill



Salvador Main Street Bistro

Kaapsehoop

013-734-4287

Open: Kitchen from 07:00-21:00 (Sunday 19:00), bar until late (Sunday 20:00), closed on Monday

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Salvador offers a chilled-out haven for both locals and travellers. Open for breakfast right through to dinner, the menu offers family fare and pub favourites such as schnitzels, pancakes, toasties and pizza from a wood-burning oven. Ask about weekly specials like game broth, pot-roasted lamb or lamb shank. The fireplace and bar offer a welcome haven from the cold. Big-screen TV and free Wi-Fi.



Licensed



Pub and grill



The Lapa Pub & Grill

8 Bester Street, Mbombela

083-449-3036/076-030 4424 Facebook: thelapapubandbistro

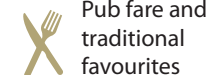
Open: From 09:00 to late, Monday-Friday, 10:00-18:00, Saturdays

.....

Relax in a laid-back, easy-going atmosphere while enjoying traditional fare such as juicy peri-peri Mozambican chicken, *roosterkoek* with tasty beef strips, spicy chicken livers, pizzas and other pub favourites. The Lapa Pub and Grill regularly hosts fun *langarm* evenings and live entertainment, so join their Facebook page to stay updated with what's happening.



Licensed



Pub fare and traditional favourites



Chez Nous

White River Garden Pavilion, White River

082-303-0233/petrawerner@mweb.co.za

Open: Weekdays 08:00-15:30, Saturday 08:00-14h30, Sunday 08:30-13h00, (closed on Monday)

Nestled in the serene surroundings of the adjacent nursery, Chez Nous is the perfect spot to meet the girls. With dishes like scrambled eggs with smoked salmon, a variety of crunchy salads, home-made quiches as well as muffins, scones and crepes (filled with Nutella), there is plenty to choose from. Don't miss the cheesecake served with a berry coulis, a French apple pie or the shop's signature red-velvet cake, decorated with rose petals and accompanied by a frothy Illy cappuccino.



Licensed



Tea garden



Da Loose Mongoose

Corner of Vergenoeg/Plaston roads, White River

083-594-1006 or 013-750-0539

Open: 11:00-21:00, Monday-Sunday

A country restaurant on the urban edge. Come and relax under beautiful acacia trees or on a covered deck while the kids play in safety on a skateboarding ramp, trampoline or jumping castle on weekends. An extensive menu with something for the whole family includes timeless favourites like eisbein, oxtail, lamb curry and Portuguese-style chicken. There is also a friendly bar to chill over a cold beverage or two while viewing sport on big-screen TVs. Free Wi-Fi available.



Licensed



Pizzeria/
Family



Europa Cafe

The Grove, Riverside Park, Mbombela

013-757-0961/Europa@mweb.co.za/
www.europa.co.za

Open: Daily from 07:00

Europa is a contemporary Italian cafe, catering for everyone, from meat lovers and pasta and pizza fans, to the health conscious preferring a salad, wrap or a tramezzini. Relaxed yet vibrant, enjoy a delicious omelette for breakfast or sit back with a glass of wine while waiting for your pizza straight from the wood-burning oven. Enjoy imported coffees, deli delights and a casually elegant atmosphere - it's a great place to catch up with friends!



Licensed



Italian



COFFEE SHOP

Mugg & Bean

I'langa Mall

013-742-2206/www.themugg.com

Open: From 07:00 daily

Mugg & Bean is a relaxed restaurant and coffee shop that is ideal for a families, business lunches or catching up with friends over a delicious cup of coffee. It is renowned for its famous bottomless coffee and giant muffins. The extensive menu caters for everyone, including vegans and vegetarians. The breakfast menu has everything from a typical South African farm breakfast to New Orleans French Toast and a designer omelette. There is a variety of sandwiches to choose from, as well as gourmet burgers, salads and soups.



Licensed



Family
restaurant

MUGG & BEAN
GIVING YOU MORE AND MORE

Nadine's

Holtshausen Street, Kaapsehoop

082-870-6767

Open: 10:00-16:00, Wednesday-Sunday

This quaint little bistro is set in a historic old house in Kaapsehoop. Enjoy fresh food from the basic menu, consisting of salads, light lunches, pancakes and more. Nadine's always has a selection of freshly baked cakes to pair with delicious coffee, a glass of wine, or a beer. Seating options include the garden, as well as an intimate indoor section on colder days.



Licensed



Coffee cafe
and tea garden



Sabie Valley Coffee

R536, 10km outside Hazyview en route to Sabie

013-737-8169/www.sabievalleycoffee.com

Open: 08:30-17:00, Monday-Saturday

Sabie Valley Coffee's beautiful garden and the aroma of freshly roasted beans welcome your arrival. Order the coffee of your choice, sit back and enjoy country breakfasts, fruit platters, quiches, salads, wraps or burgers. Cakes and scones are baked every morning and a whole range of coffee is on offer, including the ever-popular Bushveld Blend. Gluten-free food is available. Take a fascinating coffee tour on Wednesdays at 14:00 - booking essential. Sabie Valley Coffee also hosts any celebration.



Licensed



Coffee shop



Seattle @ Valencia

1 Valencia Drive, Valencia Park, Mbombela

013-752-7005/seattle@valencia.co.za

Open: 09:00-16:00 on weekdays and
09:00-13:00 on Saturdays

A delicious variety of freshly baked cakes, tarts, quiches, biscuits and other confection make this elegant coffee shop a welcome breathing space after shopping up a storm at Valencia Wholesalers. Coffee connoisseur Riana Brink is on-hand to welcome you with a fresh new menu designed by Jason Powell (The Food Fundi) offering breakfasts and light lunches, as well as a variety of interesting teas and other speciality drinks.



Coffee shop



The Courtyard Cafe

Casterbridge Lifestyle Centre, White River

013-750-2102

Open: From 08:30 daily

Enjoy French-inspired meals, including original breakfasts, gourmet sandwiches, delicious salads or home-made quiche in the shade of beautiful mango trees. The restaurant's platters are perfect for sharing and the carefully selected wine list is bound to have something to your liking. The bistro-style evening menu is small and seasonal, served under twinkling fairy lights. And if you only have time for a quick pit stop, don't miss out on home-made cake and a cup of Lavazza coffee.



Licensed



Casual dining



The Food Fundi

Absa Square

013-755-1091/www.thefoodfundi.co.za

Open: 07:00-16:00, Monday-Friday,
08:00-13:00, Saturday

This daytime coffee cafe offers gourmet fast food. An interesting variety of all-day breakfasts, burgers, toasted and open sandwiches, wraps, jam-packed salads and freshly blended smoothies change with the seasons. Free WiFi makes it perfect for professionals out on a quick business lunch. Vegetarians can choose off the menu while Banters, or any other dietary requirements are easily catered for on request.



Licensed



Coffee cafe



Atlantic Elmadre

108 Ferreira Street, Mbombela

013-744-1187

Facebook: Atlantic Elmadre

Open: 09:30-19:30, Monday-Saturday

Give cooking a rest and step into Atlantic Elmadre - still going strong after 30 years! Classic South African take-away favourites are on offer, starting with good old-fashioned Russians and fish and chips, through to giant toasties, burgers, pregos, breakfasts and shakes. Try the peri-peri sauce as it lays claim to being the Lowveld's best. Friendly, clean and bright, the business plans on being around for at least another 30 years.



Unlicensed



Take away



Arkansas Spur

Westend Shopping Centre

013-745-8043

Open: Daily from 08:00 until late

Everybody's favourite family restaurant, Spur has been keeping South Africans happy for decades! The franchise's yummy burgers, succulent ribs and melt-in-the-mouth steaks need no introduction, and the branch is committed to service excellence and keeping everyone in the family happy. A smoking section and facilities for the disabled are available, as well as a large kiddies' play area. Arkansas Spur offers a delivery service, so phone in your order for quick and easy meal times!



Licensed



Family restaurant



Chicken Licken

Shop 09, Riverside Mall

Shop 33, Nelspruit Plaza, corner of Bester and Henshall streets

Fly thru shop, 5 Scameron Street, Mbombela

www.chickenlicken.co.za

Open: Riverside Mall: 08:00-22:00

Nelspruit Plaza: 07:00-19:00

Fly Thru: 08:00-22:30

Fly through for a variety of delicious chicken dishes, prepared while you wait. Chicken Licken is proudly South African "soul food", so stop by for a quick and tasty hunger solution.



Unlicensed



Fast food and halal



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VAT incl. The visuals are for descriptive purposes and meals served could vary. Terms and Conditions apply. Portion weights are raw weights.



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Hot Pot

Shop 7B, Village Centre, Mbombela

013-752-4541

Open: 07:00-17:00, Monday-Friday,
07:30-13:00, Saturday

.....

This coffee shop offers traditional, home-style cooking and baked goods to be ordered and enjoyed in the cosy surroundings, or in the comfort of your own home. Hot Pot is famous for its home-style meal of the day - a great take-away option for busy families and singles. The variety of cakes and quiches makes it a good meeting spot for friends, but it's also ideal for a quick business lunch. We also do catering.



Unlicensed



Catering/
coffee



Isabella's Italian Kitchen

Parkville Centre, Danie Joubert Street,

White River

013-750-2635

Open: 10:00-19:30, Monday-Saturday

.....

This quaint, deli-style Italian kitchen offers a variety of tasty dishes, freshly baked cakes and bread, fresh salads, and Italian products. Enjoy traditional pizza, handmade pasta and lasagna, or a delicious burger at one of the cosy little tables, or take a fresh or frozen meal home on those nights when you don't feel like preparing dinner. Cakes, platters, and entertainment-sized dishes can be ordered. Free deliveries in White River from 17:00 - 19:00 from Monday to Saturday.



Licensed



Italian/
take-away

Isabella's
013 750 2635
Italian kitchen

McDonald's

The Grove, R40, Riverside

013-757-0652/www.mcdonalds.co.za

Open: 24/7

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Wherever you are in the world, McDonald's restaurants consistently provide the same service and standards that have become synonymous with the brand. Whether you're looking for a breakfast on the go, a treat for the kids or simply a quick coffee, you'll find it at your local branch. Children are entertained in safe play areas while mom and dad relax. Open day and night, it also provides the perfect late-night snack! The drive-thru cannot be beaten for convenience.



Unlicensed



Fast
food



Roman's Pizza

28 Piet Retief Street, Sonpark Centre, Mbombela

013-741-2222/nelspruit@romanspizza.co.za

Open: Daily from 11:00-20:45

Conveniently situated at Sonpark, Roman's Pizza is often buzzing with customers waiting for scrumptious pizza, pasta, salads and garlic bread. Every meal is made from the finest, fresh ingredients, prepared to order and is guaranteed to be straight from the oven and delicious. Choose from either a Pan (Thick Base) or Traditional (Thin Base). Priding itself on being pizza perfectionists, staff members are trained to ensure that your pizza experience is truly fit for a king. Check in-store for ongoing specials.



Unlicensed

Take-away



Sandwich Baron

Sonpark Food Zone, Mbombela

013-741-1340/3/6/www.sandwichbaron.co.za

Open: 08:00-17:00, Monday-Friday

At this speciality take-away shop, the most delicious fillings are available on your choice of bread (white, brown and low GI), either plain or toasted, as well as on white or brown French bread (22cm) and footlongs (35cm). The menu also includes salads, baked potatoes and platters. Let your imagination run wild with an almost unlimited combination of nutritious fillings. A few sit-down tables are available or phone in your order for free delivery in Mbombela.



Unlicensed

Take-away



Steers

4 Samora Machel Drive, Mbombela

013-752-6595

Open: 24/7

Steers' 100% pure beef, flame-grilled burgers and freshly cut, handmade chips are the stuff of South Africa legend. Burgers and hero rolls are available in either beef, chicken or vegetarian. For dessert, try one of the large selection of ice creams and milkshakes. As an added bonus, the Steers inside Total Super Motors Bonjour shop is open 24 hours a day.



Unlicensed

Fast food



Gourmet Gurus

Lowveld Country Club, Mbombela

013-744-9156, info@gourmetgurus.co.za

What started out as The Food Fundi's successful catering division has blossomed into a stand-alone business, now called Gourmet Gurus: Master Caterers, still offering the same high-quality catering service. The company creates tailor-made menus to suit your event, from its extensive list of hot and cold canapés and plated courses, to gourmet braais and high-end buffet options. It offers a full bar service and can cater for up to 1 000 people, from remote bush weddings to corporate events and intimate celebrations. Based at the Lowveld Country Club, Gourmet Gurus now also offers its own venue-for-hire for functions and conferences up to 150 people.



Licensed

Gourmet catering

GOURMET GURUS
MASTER CATERERS

Gynette's Catering

15 Heynecke Street, Mbombela

082-896-1140/imbabala@mweb.co.za

Do you need to cater for a party? Don't have the time to cook for the family in the evening? Gynette's can help. With 14 years of catering experience, Gynette specialises in function coordination, platters, kiddies parties, conference catering and business lunches - for both small and large gatherings. She can also whip up a delightful picnic basket and provides delicious home-made frozen meals (the chicken lasagna is to die for). With a variety of menus to choose from and a delivery service to boot, she is guaranteed to make your life a whole lot easier!



Unlicensed

Catering



Miz Gooz Berry

192 Coetzee Street, Kaapsche Hoop

082-883-6192/www.mizgoozberry.co.za

Open: 11:00-16:00, Saturday and Sunday, weekdays by appointment

Handmade quality food for corporate and private functions, as well as exquisite wedding and celebration cakes, picnic baskets and English teas are on offer. Food intolerances, as well as Paleo or vegetarian diets are catered for on request. Gift boxes filled with toffee, fudges and cookies. New York Cheesecake is a firm favourite.



Unlicensed

Handmade cakes, food and catering



ADD A LITTLE LUXURY TO ANY DINING EXPERIENCE

AMC 0008630CTE

AMARULA RED DUCK CURRY WITH BASMATI RICE

INGREDIENTS

60ml Amarula Cream

Roast duck, cut into bite-size pieces

1 Tbs Thai red curry paste

1 cup coconut cream

1 Tbs peanut oil

1 Tbs lime juice

1 Tbs fish sauce

1 tsp palm sugar

10 basil leaves

½ cup coriander leaves

200g blanched mange tout

100g blanched baby corn

Curry powder



METHOD

Stir-fry the curry paste and curry powder in the peanut oil and add the coconut cream.

Allow to cook for 4 minutes and add the duck, retaining the heat until the duck is warmed through. Add the Amarula Cream, fish sauce, lime juice and palm sugar, cook for a further 30 seconds. Add the blanched baby corn and the mange tout and lastly the basil and coriander. Serve with steamed basmati rice and fresh coriander to garnish.



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Olive & Vine

Hotel Numbi

013-737-7301/www.hotelnumbi.co.za

Open: Monday-Saturday for dinner

Olive & Vine prides itself on more than just its food. A classic colonial-style restaurant, it offers a warm ambience and friendly service to complement its fine food. This wood panelled establishment takes one back to a more formal era with a seasonal a la carte menu to match. Relax in the ladies' bar at the end of a long, hot day before tucking into the restaurant's varied offerings. It also caters for private functions.



Licensed



Continental



Topolino's

Perry's Bridge Trading Post

013-737-8049/www.topolinos.co.za

Open: Daily from 10:00-21:00

On Topolino's large deck you can sit and watch the world go by while tucking into a variety of home-made Italian dishes. Always fresh, beautifully presented and creative, the restaurant experiments with food to offer a twist on standard fare. For starters, try the mouth-watering carpaccio, followed by a pizza with toppings of biltong and shaved parmesan. Don't leave without tasting the chocolate mousse - to die for!



Licensed



Italian



The Wild Fig and Pool Deck

Hotel Numbi

013-737-7301/www.hotelnumbi.co.za

Open: Daily breakfast from 07:00, Sunday carvery from 12:00

With its large wooden sliding doors and breezy open windows, guests have a great view of the pool and garden while enjoying a buffet-style breakfast. On Sunday it offers a great variety of food, cold and hot starters, salads, potjies and roasts. On warm evenings step out onto the deck area for a traditional Lowveld braai, (weather and in-house guest numbers dependent) with a fire and traditional tribal dancers. The restaurant offers catering for large groups and special occasions.



Licensed



Family restaurant



Tides Seafood Diner

Rendezvous Tourism Centre, Main Street

013-737-8087/www.tidesdiner.co.za

Open: Monday-Saturday lunch from 11:00-14:00 and dinner from 17:00-21:00

Sushi, pancakes, wraps, salads, seafood combos and very popular seafood platters are just a few of the tantalising meals on offer at Tides. With fresh fish delivered weekly, you'll find specials prepared by the chefs. The diner-style bar with a large flat-screen TV for sport, serves quick business lunches and the outside deck area a casual sit-down meal. Tides is an owner managed restaurant situated in a centre where children are safe and vehicles are parked in a secure parking area.



Licensed



Seafood/family restaurant



Pioneer's Butcher & Grill

Rendezvous Tourism Centre, Main Street

013-737-7397/www.pioneersbutchergrill.co.za

Open: Daily for lunch and dinner

Elegantly modern, Pioneer's serves up the best steaks in the Lowveld! This highly acclaimed owner-managed restaurant serves the best of wet and dry aged meat and a variety of a la carte dishes. Seating up to 160 guests, it also offers a relaxing guest lounge. A temperature-controlled wine cellar stocks the finest South African Estate wines and the butcher offers biltong, homemade boerewors and meat for that special braai in the Kruger. Three large plasma-screen televisions offer sport, family entertainment and food channels.



Licensed



Family restaurant



Pioneer's Butchery

Rendezvous Tourist Centre, Main Street

013-737-73979

Open: 10:00-21:00

Located in the heart of Hazyview, Pioneer's Butchery is a cut above the rest. Part of the restaurant, it supplies top-quality, wet and dry aged meat (all steak cuts) matured for up to 28 days. It also specialises in traditional and flavoured boerewors and biltong. Find selected superprime beef grade, highveld lamb on order, pork cutlets as well as succulent spare ribs. Guests may select their own size cut of beef to be prepared on the premises, or to enjoy at home.



Licensed



Family restaurant



Dining dos and don'ts

It's hard to resist the allure of restaurants, and why not? Eating a wonderful meal (prepared by someone else!) is one of the greatest joys in life, but it can wreak havoc on the waistline. But no one wants to be the party-pooper, miserably munching on a few green leaves. Choose your food wisely and you won't miss out!

TIP 1: You've booked a dinner table and decide to skip lunch, right? Don't. Arriving at a restaurant absolutely famished is the quickest way of piling on unnecessary calories - hello, bread basket! Opt for a light lunch (a chicken salad or a tuna roll) and have a small snack (yogurt, a handful of nuts, a small piece of cheese) late afternoon.



TIP 2: Portion sizes are ballooning and most of us won't stop until we've finished the last bite, but you're under no obligation to lick your plate clean. Eat three-quarters of your meal and then stop - it's that simple.

TIP 3: Go easy on the wine. It may be labelled "light", but wine packs a calorie punch of note. Try to limit your dinner intake to no more than two glasses.



TIP 4: Increasingly, restaurants are offering healthier choices, but be savvy. Look out for key words: smothered (as in drenched in sauce) is an obvious no-no, as is anything fried in butter or battered. Read the menu carefully and look for a balance of lean protein (fish, chicken breast, strip steak) and complex carbohydrates (brown rice, wholewheat pasta). Stick to the old rule: salad instead of chips.

TIP 5: By ordering sauce on the side, you may end up eating more - don't dish up more than about two spoonfuls!

TIP 6: At the salad bar, fill your plate with veggies and greens and hold the dressing, bread and butter. Limit the bacon bits, cheese and croutons, as well as any pasta or chicken salads dripping in mayo.

TIP 7: In an Indian restaurant, choose tandoori chicken or anything in a tandoori oven and look out for tikka or bhuna dishes, which aren't covered with heavy sauces. Avoid deep-fried samosas!

TIP 8: And finally: don't deprive yourself of dessert only to get home and devour a tub of chocolate ice cream... alone! A better plan would be to order a dessert and share.



www.lowveldcoffee.co.za



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if you can read this, then you're a

