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PLANT-BASED DINING IN
CAPE TOWN
& THE CAPE WINELANDS



CAPE TOWN FOR VEGANS & VEGETARIANS

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Traditionally, South Africa is a heavily meat-based destination, but a growing number of vegan and vegetarian restaurants are springing up. Added to this, many conventional restaurants are also embracing the rising number of plant-based diners. A number of the restaurants mentioned in our Cape Town Dining Guide will adequately accommodate vegan and vegetarian requests, but for something purely plant-based, try the following suggestions:

THE CONSCIOUS KITCHEN - Central City

Smoothie bowls by day, tapas and tequila by night, The Conscious Kitchen is the perfect balance of ethically healthy and indulgently decadent. An extensive daytime menu gives you a vast selection of fresh, sweet and savoury breakfast and lunch choices equally as ideal for a nutritional hit as a satisfying feast. In the evening, the team blend smoothies and fresh juices with their favourite spirits, complemented by a delicious light-meal menu.

WE CAFÉ - Gardens

Healthy, wholesome and hearty, We Café creates a variety of salads, burgers and bakes that will satisfy any appetite, but their speciality is their sweet and savoury pancakes. 100 percent plant-based 'salmon', 'cream cheese', 'ricotta' and fresh fruits, chocolate and caramelised bananas - the mouthwatering selection is decadent. We Café is an excellent choice for light breakfasts and brunches.

PLANT - Bo-Kaap & Camps Bay

Plant was founded in 2013 as one of Cape Town's first vegan cafés. Since then, it has changed hands, opened a sister café and gained great renown for its plant-based offerings. Plant is an ideal solution for introducing meat-eaters to sumptuous, abundant vegan food, with its collection of pastas, burgers, wraps and bao buns.

NOURISH'D - Gardens & Observatory

With its heart in ethical sustainability, Nourish'd also has a wonderful collection of naughty little treats. The two fresh, contemporary-rustic little cafés have a wonderfully welcoming atmosphere and plenty of choice. Pop in for a breakfast smoothie bowl or 'Sultry Salmxn' bagel, grab a falafel wrap to go, or enjoy a fulfilling lunch of burgers and burritos. A great venue for your morning coffee, Nourish'd also offers a collection of tantalizing sweet treats which, like the entire menu, are completely plant-based.

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SCHECKTER'S RAW - Seapoint

As the name suggests, Scheckter's Raw is an eatery for those vegans who are in it as much for the health as they are other reasons. Raw food is abundantly nutritious, and chef Toby Scheckter has created a diverse range of delicious dishes all from raw animal-free ingredients. While the unfamiliar to the raw food concept might envisage rabbit food, Scheckter's will swiftly adjust your perspective of what tantalizing treats can be made without cooking. Surprisingly delightful to all diners.

GRUMPY & RUNT - Central City

For the indulgent fast-food vegan, Grumpy & Runt will simply amaze. Breakfasts, bagels, sandwiches and subs are crafted daily by the team, featuring such innovative ingredients as pastrami-style vegan deli meat, plant-based mozzarella and roast chicken-style seitan. But it is for their wickedly tasty and colorful doughnuts that Grumpy & Runt are best loved by locals and visitors alike.

HONEST CHOCOLATE - Central City

For a sweet snack on the run, Honest Café is the best solution. Refreshing ice creams and sorbets, filling smoothies and, of course, lots of chocolate to choose from, the little café isn't entirely vegan, but has plenty to offer.

ORCHARD ON LONG - Central City

If you've over-indulged and are searching for a little bit of a refresh, look no further than Orchard on Long. Masters of the cleanse, they offer a range of juices perfectly balanced to vitalize, detox and boost your immune system. Whether it was a slightly excessive night before or you are simply craving clean and nourishing, Orchard on Long has a range of juices, smoothies and fresh, nutritional food that your body will thank you for! They can even organize one-to-three-day juice cleanses, so if you wish for a revitalizing post-safari refresh, this is a wonderful option that can be delivered to your door daily.

WILDSPROUT - Kenilworth & Constantia

Offering something for everyone, Wildsprouts *modus operandi* is more about clean, local, sustainable food than it is singularly vegan. There are, however, plenty of plant-based options, as well as an expansive shop on site filled with local produce, sustainable products, snacks and treats. With two locations on the southern outskirts of the city, both cafés are wonderful destinations for short explorations, and with so much on offer, both for sit-down meals and for snacks on the way home, they are well worth venturing out to. Wildsprout is a superb showcase of Cape Town's growing movement towards local, natural, fresh and sustainable cuisine.