

# 44 Stanley:

## One of Jozi's rare gems

*Eat, drink, shop or linger at Milpark building one should visit to be inspired*

HASMITA NAIR

*Jozilicious*



Salvation Café, open from 8am-4pm daily. Renowned for their breakfasts (the breakfast burritos in particular are excellent), this spot promises down-to-earth food, inspired by the chef, Claudia Gianoccaro, who travelled around the world when she worked as a chef on private yachts for 12 years. I went for lunch and opted to try one of their specials, the "Grower's Salad", R79, a vegetarian salad that changes daily. On the day I went, it was a roasted pear, pecan nut and goat's cheese salad with fresh beans and micro greens. I was thrilled that the waitress asked me if I wanted the dressing on the side or if I preferred an oil and vinegar dressing – I'm not used to being offered any options when ordering a salad. If you're not perpetually on diet like I am, go for the "5 Spice Calamari", R89, tempura style deep fried calamari with an Asian green salad and secret five-spice dipping sauce. Order one of their signature smoothies to accompany that... they get served in jam jars.

Salvation Café does not take reservations and over peak breakfast/lunch times on weekends there is usually a queue. If you're in a hurry, pop next door to Three Mary's, a cheaper, faster alternative to Salvation Café, owned by the same people. Here, deli-style fresh food is done fast, allowing you to grab something on the run or sit down and enjoy a meal. They

specialise in wood-fired pizzas, R60, and flatbread sandwiches, R50. Try the New York style cheesecake for dessert, probably the best cheesecake I've had since I was in New York.

If you're a coffee addict, you have to end off your meal with a visit to Bean There, arguably South Africa's best coffee roastery, which supplies a number of local coffee shops. Bean There believes in trading fairly and ethically with coffee



5 Spice Calamari

producers in Africa, thereby supporting the coffee farmers, their families, and communities. They travel to the country of origin, personally select the coffee and meet the coffee farmers and their community. You can also buy coffee beans directly from the Bean There store, as well as other coffee accessories. While Bean There does not have a kitchen, it does have a selection of cakes and desserts to accompany your caffeine fix.

Because all the restaurant seating is within a precinct of shops, it's hard not to let your eye wander while you're eating or drinking. At 44 Stanley there is a wide variety of stores to delight the senses; needless to say, I required help carrying all my purchases to my car. There is really something for everyone: décor fanatics will love Anatomy Design, which is a partly a retail shop with clean, simple home furnishings, as well as a booming interior design business. For a fusion of clothing, furniture, linen and light-

MAIN: Salvation Café outside seating and, left, Bean There Coffee at 44 Stanley. PICTURES: HASMITA NAIR

ing, pop into Lucky Fish, an aesthetic delight where every item is hand-sourced, mostly from India.

If shopping's not your thing, pop into Wyatt's hairdressing, a sustainable beauty salon with an appetite for daring do's, or visit L'Elephant Terrible, a charming book store.

Once you're worn out of shopping, a visit to Stanley Beer Garden is a must. Opened two weeks ago, this is modelled on the popular & Union in Cape Town. Stocking the full range of & Union craft beers which are brewed in Munich, as well as an enticing bar menu including boerie and prego rolls, one can easily spend the rest of the afternoon in the sunshine over beer or wine with friends.

While finding parking is sometimes problematic (you can park in the road or in the underground parking lot across the road), a visit to 44 Stanley is a wonderful way to spend a morning or afternoon with loved ones.

Note that not all stores are open seven days a week, so it is best to visit [www.44stanley.co.za](http://www.44stanley.co.za) for more information.

Nair was hosted by Salvation Café for the purposes of this review.

For more ideas of things to do in Joburg, visit Nair's blog [www.joziliciousblog.co.za](http://www.joziliciousblog.co.za), or follow her on Twitter, @hasmita

## Five foodie finds for R50 or less

While I am a self-confessed food snob who revels in fine dining and gourmet food, I do sometimes struggle to justify paying an exorbitant price for a meal. Also, sometimes I don't want an intricately plated dish; I just crave quick, easy comfort food. Although everyone has their favourite among the popular local franchise takeaways, there are a few spots that are lesser-known and offer just as good, if not better, takeaway fare.

Here are my top 5:

### 1. Mexican Fresh

Until Mexican Fresh opened in Bryanston and Craighall, there was really nowhere in Joburg where one could get fresh, delicious Mexican food. Mexican Fresh promises authentic Tex-Mex cooking, specialising in burritos, nachos, fajitas, tacos and quesadillas, all available in your choice of vegetarian, beef, chicken or prawn, made spicy or not. The jalapeno poppers, R32, battered spicy jalapeno peppers stuffed with

melted cheese and served with sour cream and salsa, will keep you coming back. Mexican Fresh is also licensed, and make a mean frozen margarita.

Visit [www.mexicanfresh.co.za](http://www.mexicanfresh.co.za) for more details.



### 2. Fateema's

When comfort food is what you're after, a healthy meal just doesn't hit the spot. Fateema's in Braamfontein offers bryanis, curries, burgers and hot dogs, and about 10 variations of each of these. For example, you can order a chicken mayo sandwich with chips, salad, cheese or the "works" – all the above. Quite often places which make delicious "street" food don't have the

best hygiene standards, but I'm happy to report that Fateema's is absolutely spotless, with a show kitchen, so you can see exactly how your food is prepared. My meal of choice is the humble "chip roll", R16, crispy, tangy "slap" chips with chilli sauce in a soft roll; washed down with a Coke, of course.

Find it at: 18 Biccard Street, Braamfontein. Call 011 339 6106.



PHOTO BY HASMITA NAIR

### 3. Simply Asia

While Simply Asia is a franchise sit-down restaurant, its prices are reflective

of a takeaway. Food is prepared by Thai chefs, resulting in authentically Thai dishes. To start, try the chicken spring rolls, R36, or the dim sum combo, R40. For mains, the "ba-mee prik phao" noodle dish, R56, stir-fried chicken with onions, peppers, spring onions, cashew nuts, fried garlic and roasted chilli paste tossed with yellow noodles.

Visit [www.simplyasia.co.za](http://www.simplyasia.co.za) for more details.



PHOTO BY RISHAV NAIR

### 4. The Schwarma Co

Situated in the heart of Norwood, The Schwarma Co is a charming Mediterranean/Middle Eastern restaurant with a delicious menu. Beef and chicken schwarmas, R54, are served in a pita with salad. Even if you aren't vege-

tarian, the falafel laffa, R48, is worth a try. The menu also offers a range of burgers and meat dishes such as steaks and ribs.

Find it at: 71 Grant Avenue, Norwood. Call 011 483 1776. Visit: [www.schwarmacompany.co.za](http://www.schwarmacompany.co.za)

### 5. Toni's Fish and Chips

I wouldn't normally drive to Pretoria for a takeaway, but there is nowhere in Joburg where one can get good, fresh fish and chips. Toni's offers melt-in-the-mouth hake (served with chips or rice, grilled or fried for R49), along with gourmet wraps. Try the hake and calamari wrap, R55, beer batter hake, fried calamari, spinach, fresh lemon, sweet chilli, tzatziki and chives.

Find it at: 902 Pieneef Street, Villeria, Pretoria. Call 082 522 4867. Visit: [www.tonifish.co.za](http://www.tonifish.co.za)



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