

# Brunch, Birds and Bags

The tiny suburb of Birdhaven packs an entirely unexpected number of delights for those on foot

**B**IRDHAVEN is a tiny suburb consisting of only two blocks, nestled between Melrose and Birnam, Joburg.

Yes, it's small, but it certainly packs a punch and, as I discovered, one can easily spend an entire morning in the leafy area.

I'm a fan of parking my car and exploring the opportunities in Jozi on foot.

In Birdhaven, I did exactly that. Go on a Saturday and start with a lazy breakfast at Voodoo Lily Café (64 St Andrew Street) a warm, friendly eatery with a focus on organic and sustainable food, as well as being kind to the environment (you won't find any disposable plastic takeaway containers here.)

The light, airy space is beautifully designed and unpretentious; kids and pets are welcome – dogs even have their own menu!

Owner Beth Cameron wanted to open a community-style café with a Cape Town "home away from home" feel, combined with a vision to uplift local suppliers. The result is fantastic – we sat on the sunny sidewalk and enjoyed the most delicious breakfast and Bean There coffee.

Try the Shakshuka, R69, free range eggs poached in a spicy pepper and tomato salsa topped with feta and served with homemade pita bread, or the Eggs Benedict,

HASMITA NAIR

Jozilicious

Twitter: @Hasmita



R79, on homemade English muffins with crispy bacon and hollandaise sauce.

I was quite taken by the "Bant Appetit Menu", in response to the huge trend that is Tim Noakes's low-carb, high-fat diet – which I happen to be on at the moment.

I've been struggling with restaurant options that cater to the requirements of the diet, so this has been an absolute gem of a find

Next time I visit, I plan to try the Pemba Bay kob, grilled and served with cauliflower mash and seasonal greens, R135.

Once you've filled your belly, it's time for some retail therapy.

For breathtaking jewellery crafted in South Africa but conceptualised, designed and branded in London, head to the only Kirsten Goss store in Jozi, which shares a space with Missibaba bags.

This acclaimed designer has become a household name for exceptional jewellery, and chose Birdhaven because of its quiriness and sense of community. Equally eye-catching are gorgeous genuine



Voodoo Lily Café also has a deli where you can purchase organic produce

PICTURES: RISHAV NAIR



Missibaba bags are hand made of genuine leather

leather hand made Missibaba handbags.

Not too far away, you'll find In Toto Gallery, launched four years ago as a space for people to talk and learn about art.

Private and corporate collectors are able to view and invest in works of art by established artists with a history of recognised investment value, alongside works by artists with the drive and talent that signposts a potentially fruitful and motivated career.

The combination of established and novice artists facilitates a developing market of buyers who

have only recently taken an interest in investing in art.

From there, take a walk down St Andrew Street. At the end of the road, you'll find yourself at James and Ethel Gray Park, which was originally a bird sanctuary (now the name Birdhaven makes sense!)

It is still home to many feathered friends, and has recently undergone a R5 million upgrade, making it a popular choice for a morning stroll.

The Sandspruit River flows through the 36 hectares of the park, providing a tranquil atmosphere for a meander through the walk-

ways and indigenous vegetation.

By now you should have worked up quite an appetite, so head back to Wrenrose Centre and pop into brand new restaurant Arbour, situated in a pretty courtyard. Owner Robyn Timson has always been passionate about gardens and plants, and wanted to transmute that passion into a restaurant.

Running with a botanical theme, Arbour is decorated in hues of green and grey and has mostly outdoor seating.

A new concept in Jozi, the restaurant is a South African take on a French crêperie, and serves a variety of sweet and savoury crêpes known as galettes in France, as well as light meal choices like salads and soups. The crêpe or galette base offers a canvas for any number of flavour combinations from ham, gruyere and egg (a classic choice) to lavish duck and cherry.

For the health conscious among us, it's also comforting to know the galette is made from buckwheat flour which is naturally gluten-free. In France, crêpes are traditionally served with delicious dry apple cider, and Arbour offers an Eric Bordelat version at R30 a glass. Open Mon-Sat, 7am-4pm.

Hasmita was hosted by Voodoo Lily for this review. For more ideas of things to do in and around Jozi, visit Hasmita's blog: [www.joziligiousblog.co.za](http://www.joziligiousblog.co.za); Twitter: @voodoolilycafe @kirstengosslon @intotogallery @missibaba

## Dope Donuts fills gap in Joburg with fresh rings

HASMITA NAIR

UNTIL recently, when I wanted a good doughnut, my options were limited to a supermarket version – sometimes days old, oily and hard. Doughnuts are a tricky thing to get right; they remain fresh for a very short period, so most bakeries are dissuaded from offering them.

Elise Suckerman lived in London for 5 years, where doughnuts are popular and produced on a mammoth scale, identified this gap in the South African market, and started Dope Donuts in Joburg, with the aim of creating a good looking, good tasting doughnut that is easily accessible to Joburgers.

Dope Donuts sells in batches of six (mixed orders are allowed), and

delivers to your door, at a cost of R20 per doughnut. Flavours include "Curious George", Nutella plus chocolate and banana chips, "Plain Jane", sugar and cinnamon dusting, and my favourite, "Rainbow Nation", vanilla frosting with coloured sprinkles.

If you're serious about your doughnuts, try "Twice as Nice", R35, which is a double doughnut stack with a cream filling and mini-marshmallow topping. The doughnuts are crisp and flavourful on the outside, and spongy and soft inside – just the way they should be. Elise is pedantic about freshness and personally oversees the production of all the doughnuts, ensuring that your order will be no older than a few hours.

No number is too great or order too unique for this creative company,

which has found itself balancing catering orders for hundreds of doughnuts and has even produced a doughnut version of a wedding cake!

Once a month, you can indulge in two sweet treats at pop up event, Ice Cream Sunday, a collaboration between Dope Doughnuts and Paul's Homemade Ice Cream, another artisan producer.

The monthly event takes place at the Unit 8 micro-venue in Bramley and happens on the last Sunday of the month from 11am-4pm. On offer – the Doughnut Sandwich, a freshly baked doughnut filled with ice cream and paired with coffee.

For more details, visit [www.dopedonuts.com](http://www.dopedonuts.com) or call Elise on 079 858 0415.

Twitter @thedopedonuts



Delicious doughnuts in an assortment of flavours. PICTURE: RISHAV NAIR