

YOUR FREE CAPE TOWN CENTRAL CITY NEWSPAPER

City Views

Spring 2023

Brought to you by the Cape Town Central City Improvement District (CCID)



TRAILBLAZERS IN TOWN

 **CCID 24-HOUR
EMERGENCY
NUMBER**
082 415 7127

www.capetownccid.org

03 Cape Town CBD
in a fine state -
economic report

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The hot
new trend

08 What's
on in the
Central City.



SAFE, CLEAN, CARING AND OPEN FOR BUSINESS



FROM THE CEO

Spring has sprung in more ways than one in the Cape Town CBD. We couldn't be more delighted! It's been a long, wet winter and we're ready to ring in the new.

We are pleased to report that the Cape Town CBD has turned the corner post-Covid-19. This is one of the key findings of the CCID's latest economic publication, *State of Cape Town Central City Report 2022 – A year in review*, which shows that not only has there been more than R3.555 billion invested in new and renovated buildings, but business confidence is up, the retail economy has bounced back and the commercial property sector is holding its own in spite of the Work-From-Home trend. See our story on p. 3.

With Women's Month in August still top of mind, we also celebrate the contribution women are making in shaping our CBD and adding to its vibrancy. On pp. 4 and 5, we highlight the achievements of six Central City career women, and on p. 7 we salute entrepreneur Colette MacLennan, owner of the small-but-smart Bree Street eatery, The General Store, which celebrated its eighth birthday in September. It is talented, hard-working businesspeople like MacLennan who are ensuring the Cape Town CBD not only survives but thrives, as they offer something that is unique and authentic.

Finally, as spring also signals migration, on p. 6 we touch on the rising solo travel trend (which is becoming increasingly popular among women) and why Cape Town is a destination of choice. Enjoy these good-news stories and we look forward to welcoming you back to town.

TASSO EVANGELINOS
CEO of the CCID

NEW CBD EATERIES MAP

The new edition of the Cape Town CBD Eateries Map is bigger – and better.

The 4th edition of the CCID's popular Cape Town CBD Eateries Map is out! We've hand-picked the best places in town (120 of them!) where you can meet friends and enjoy good food – or refreshments – in good company.

There are nine categories, namely Fine Dining, Premium Casual,

Casual Dining, Italian, Asian, Healthy Eating, African, Coffee Shops, Pubs, Wine, Bars and Cocktail Lounges.

From Belly of the Beast (Fine Dining), Bodega Ramen (Premium Casual) and Between Us (Casual Dining) to The Cousins Trattoria (Italian), Tjing Tjing Torii (Asian), The Poké Co. (Healthy Eating), Truth Coffee Roasting (Coffee Shops) and The Gin Bar (Pubs et al), all bases are covered.

Says CCID CEO Tasso Evangelinos: "Since we launched the map during the pandemic to entice visitors back to the CBD, it has been a huge success and extremely popular with locals and visitors alike. It aptly reflects the vibrant melting pot that is the CBD through its many destination establishments. We are pleased to once again support these retailers and encourage you to do so, too."



The map is available at all listed CBD retailers, residential complexes, Cape Town visitor centres, embassies and consulates. You can also collect it from the CCID offices on Thibault Square or download it online at www.capetownccid.org.

Numbers THE CCID AT WORK FROM MAY TO JULY 2023

SAFETY & SECURITY

133 Made **133** arrests with law enforcement agencies.



Responded to **14** alarm activations and secured **29** premises and vehicles.

843 City Law Enforcement issued **843** fines for non-moving traffic infringements to the value of **R489 100**.



Assisted at the scene of **265** motor vehicle accidents.

Dealt with **19** illegal trading offences.

Responded to **119** medical & rescue call-outs.



454 Conducted **454** crime-prevention initiatives.

753 Rendered public assistance **753** times.

196 City Law Enforcement issued **196** fines for bylaw, and certain moving violations to a total of **R197 600**.

991 Traffic wardens issued **991** fines to a total of **R6 344 700**.

COMMUNICATIONS

Generated **69** media clips to an advertising value equivalent (AVE) of **R1 649 817** reaching an audience of **115 989 114** people.



499 Wrote **499** Facebook posts on the CCID's **3** Facebook pages.

80 932 Boosted **6** Facebook posts which reached **80 932** people.

Published the *State of Cape Town Central City Report 2022 – A year in review*.

Produced **2** e-Newsletters which each reached **6 506** subscribers.

Produced and distributed **City Views** Winter 2023.

Launched the 4th **CBD Eateries Map**.

URBAN MANAGEMENT

Removed **329** tonnes of litter and illegally dumped waste to landfill.



Removed **442** incidents of graffiti.

Cleaned municipal drains **2 308** times & cleaned **1 163** storm water drains.

Painted **124** road markings.

2 570 Serviced **2 570** bins in the Long & Loop Sts Bin Project.

Maintained **516** tree wells and removed **546 kg** of debris.



Undertook **228** road maintenance repairs.



Trimmed **7** trees and removed **47.25 kg** of debris.

12 715 kg Cleared **12 715 kg** of waste from municipal and storm water drains.

291 Cleaned **291** channels and removed **551.25 kg** of waste.

Removed **582.75 kg** of cigarette butts from ciggie bins.

Inspected **680** rodent boxes.

69 Removed **69** strings & stickers.

Collected **9 594** litter bags during the night and removed **725** illegally dumped bags to landfill.

SOCIAL DEVELOPMENT

Placed **53** adults in shelters in the CBD.



Assisted **20** adults to get back home.



Assisted **7** adults to healthcare facilities



Received donations from MGI Bass Gordon, Hotel Sky and SunSquare Cape Town City Bowl Hotel.

Referred **56** people for counselling and support.

Conducted **3** night-time visits to engage with homeless clients.

205 Interacted with **205** homeless people.



Assisted **12** people for substance-use treatment.

Assisted with **2** ID applications.

Conducted **18** stakeholder visits.

CityViews

is a free Cape Town Central City community newspaper published by the Cape Town Central City Improvement District (CCID), a non-profit company. It is the CCID's vision to ensure that the Central City is safe, clean, caring and open for business for all who use it, whether they live, work or play here, or are passing through.

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The link appears at the bottom
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Go to www.capetownccid.org



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OPEN FOR BUSINESS

The CCID welcomes these new businesses to town.



Q&A WITH REG MACDONALD CO-OWNER OF BOMA ON BREE

We love the name! Tell us more.
Throughout Africa, people use *bomas*, which are central meeting places used for fortification, companionship and telling stories. The common thread is a central fireplace with everything revolving around it. All our food is cooked over an open fire. This is our central boma where our patrons to enjoy a meal or cocktail and make memories.

Who are you working with?
Pini Macdonald from the FIRM Hospitality Management Group and I are co-owners and operators. We did the design concept and build, and teamed up with acclaimed South African chef Vusi Ndlovu and partner Absie Pantshwa from EDGE Africa.

What makes Boma unique?
It was born out of our love for the

desert and South African food. We combine elements from the Western Cape, the Karoo and the West Coast, and tastes from Cape Malay, African and Afrikaans kitchens, cooked over an open fire. The meal is meant to be shared and evoke nostalgia for the South African palate.

107 Bree St
www.thefirmct.co.za

For more Central City news and views, subscribe to the CCID's e-Newsletter. Go to www.capetownccid.org and enter your email address at the bottom of the homepage.

EAT Woodies

This popular Halaal burger spot specialises in chargrilled beef and chicken burgers served on fresh buns and with fries on the side. You can also order chicken skewers, chip rolls and winglets. Get there fast!
SALT Food Market,
9 Lower Burg St
079 125 7228
@woodies_sa

DRINK Talking To Strangers

Well-crafted cocktails by talented mixologist Leighton Rathbone, elevated street food, fine spirits, music and conversations. That's what's on the menu at this posh cocktail bar where friendships are made and celebrated.
61 Loop St
@talkingtostrangersbar

PLAY The Beauty Workshop @24

Treat yourself to a pamper session at this new beauty salon on the Foreshore. They do manis, pedis, lash extensions, massages, waxing and haircuts for gents. A variety of grooming products are also on sale.
40 Heerengracht St
068 469 8460
@thebeautyworkshop.24

USEFUL CONTACTS

EMERGENCY

CCID 24-HOUR EMERGENCY
(Available via cell phone or WhatsApp)
082 415 7127
(Cape Town CBD only)

AMBULANCE, HEALTH, NOISE & FIRE
107 / 021 480 7700
(24 hours)
107 from landlines only

SAPS CENTRAL CITY
021 467 8001/2
(24 hours)

CITY OF CAPE TOWN SERVICES

INCIDENT REPORTING & ENQUIRIES
Refuse collection, water issues, street lights and electricity faults
0860 103 089

Traffic signal faults
0860 001 948

Prepaid electricity meters
0800 220 440

Cable theft
0800 222 771

Disaster Risk Management
080 911 4357
021 597 6000 (24 hours)

SOCIAL CONCERNS
CT Drug Counselling Centre
021 447 8026
073 755 1913 (WhatsApp)

Childline Western Cape
021 762 8198

WC Social Development
021 483 3083

CCID Social Development
021 286 0836

BYLAW & TRAFFIC INFRINGEMENTS
Law Enforcement
021 596 1999 (24 hours)

Traffic Police
0860 765 423

Metro Police
0860 765 423

CAPE TOWN CBD IN A FINE STATE – ECONOMIC REPORT

Report 2022 – A year in review (SCCR), published annually by the Cape Town Central City Improvement District (CCID) and launched at the Cape Town International Convention Centre in August.

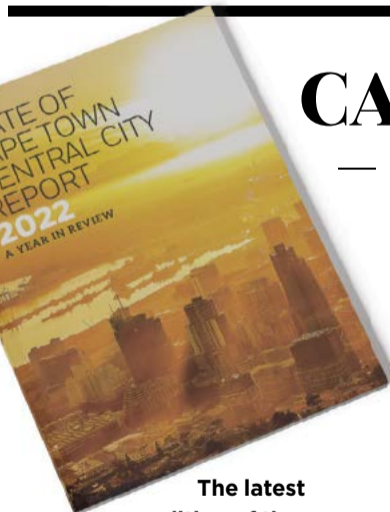
Data in the *SCCR* – a sought-after tool indispensable to investors, developers and retailers seeking to invest in South Africa's most successful and dynamic city centre – shows that 2022 ushered in a new phase of regeneration, says CCID board chairperson Rob Kane. "It's clear from the results that the Cape Town CBD is experiencing regrowth and stability. With the construction sector regaining its pre-Covid momentum, and the total value of all property in the Cape Town Central City to be conservatively

estimated by the City of Cape Town to be R42.9 billion, it bodes well for further growth and investment in the economic hub of the Mother City."

The award-winning 80-page report, which is endorsed by Western Cape premier Alan Winde and Executive Mayor of Cape Town Geordin Hill-Lewis, gives an overview of property investment in the CBD, as well as commercial and residential property trends and includes information on values and rentals.

The performance of sectors that drive the Central City economy is analysed, and a detailed report-back is included on the state of the retail sector. The report also highlights the findings of CCID surveys including the quarterly Business Confidence Index and the Residential Survey.

To obtain a copy of the report, email aziza@capetownccid.org or download it from www.capetownccid.org.



The latest edition of the CCID's flagship economic publication has been released and the news is good.

The Cape Town CBD's post-Covid economy is on the rebound with property investment in the inner city in 2022 exceeding R3.555 billion and the retail, hospitality and eventing sectors all in a phase of regeneration.

These are the key findings of the *State of Cape Town Central City*



EMMA KING

FOUNDER AND MD OF THE FRIDAY STREET CLUB

What is the secret of your success?

I'm obsessed with craftsmanship and quality; and passionate about our clients and their businesses. Most importantly, I want to create a place where people are happy and valued, and where they're treated with kindness and respect.

What has it taken to get to where you are now?

I have been in the PR business for 20+ years, having worked my way up from reception. It's taken determination, hard work, and the drive to succeed. Women are strong, and we can also make compassionate and driven business leaders.

What do you love most about the Mother City?

Cape Town is where I was born and grew up. I love that we have such a close connection to nature and that there is so much to do. But the very best part is the people – their joy, diversity, resilience, and sense of humour.

Describe yourself in brief.

Creative, fiery, empathetic, and driven.

Where do you let your hair down?

House of Machines is great for an after-work catch-up; Butter Café is a favourite for breakfasts and lunches; and Culture Wine Bar has an incredible variety of local wines.

My favourite spot where I unwind is The Loft Yoga Studio.

What do you like about seeing other people succeed?

My team is made up of incredible people who are clever, creative, kind, funny, and brave. Seeing them develop their skills inspires me daily.

Describe a typical working day.

On any given day I might be fleshing out the launch plans for a global food market concept; conceptualising the event logistics for a brand tie-up; drafting a narrative about the work a local business is doing in growing the economy sustainably; and working with social media influencers.

TRAILBLAZERS IN TOWN

When a woman puts her mind to it, there's nothing she can't do. Hot on the heels of Women's Month, we chat to six inspirational inner-city career women who are making their mark. **By Vanessa Rogers**

MERCIA HORN

GENERAL MANAGER, HOTEL SKY

What do you love about managing a big city centre hotel?

I feel blessed that I lead a group of passionate individuals who understand my vision to the extent that they complement me as a leader. Cape Town, and the CBD, is diverse. Capetonians are proud of their city and that is difficult to replicate.

What is the secret to your success?

I attribute part of my success to my background on the Cape Flats where I learned the importance of hard work, honing my skills, developing tenacity, and surviving on little sleep to succeed. It also relates to my need to make a difference.

What are the challenges you've had to face, being in your field?

About 54 % of the global tourism workforce is female, which correlates with Cape Town where tourism is a huge industry for us. While there are fewer women in senior positions in hospitality than in other sectors, significant progress is being made to create an egalitarian workplace. The lack of work-life balance in hospitality is challenging, though, and harder on women due to the caring role they play across three generations.

How do you juggle your career with personal commitments?

My daughter is 15, and I'm always telling her that we need to put ourselves first – mentally, emotionally, and physically. I can't give fully to my team, my daughter, my partner, if my cup isn't full. More women, especially those working their way up in business, need to prioritise this.

How do you relax?

I'm fortunate that both my parents are still with me ... I love being at home with my immediate family.



RONEL STRAUGHAN

DIRECTOR, STRAUGHAN INC PROPERTY ATTORNEYS

What do you do in your hard-earned downtime?

Family. Friends. Knysna. Bush visits. Love my boys.

You practise property law in town? Tell us more.

The property market in Cape Town has defied negative trends, so we benefit from that. Many of my clients are non-residents and investors in the country, so we're preparing for how our city's international popularity impacts on our society and its levels of commerce.

Any key career highlights?

Starting my own law firm has been the most exciting thing I've done thus far.

Best CBD restaurant to visit?

Anything new, otherwise our go-to is FYN Restaurant in Parliament Street.

Describe yourself in a couple of words?

Direct. Ready to laugh. Dark humour. Impatient.

How does your work allow you to give back?

Through our firm, we've sponsored a paralegal to start her LLB. She'll finish up this year while working in Joburg. One of our support staff recently attended a cheffing course sponsored by the firm and has left to start her own business. We strongly support staff upskilling, and encourage young attorneys to spread their wings and start their own practices when they are ready.

Last words on Women's Month?

I love what young adults bring to the table. Their views on the sliding scale of gender and gender roles are new and uncompromising. We are learning fast to embrace these.





ISCA STOLTZ

HEAD CHEF, GALJOEN

How does the CBD and awesome cuisine come together?

This is the perfect place for cultures, arts, and cuisines to merge. Most eateries are

within walking distance of one another – and each has a different style, idea, and atmosphere.

Name a few career highlights.

I studied at Prue Leith Culinary Institute and completed my practical at The Potluck Club.

Next came the learning curve of The Test Kitchen. I was head pastry chef at The Skotnes Restaurant (at the Norval Foundation), then sous-chef at Belly of the Beast in town. When owners Neil Swart and Anouchka Horn offered me the head-chef position at Galjoen, I simply could not refuse. They leave the entire menu in my hands and I'm grateful for their trust in me.

Tell us more?

I manage an entire front of house and back of house team – and enjoy every second.

I relish the chance to create unique dishes. It is lovely to see Neil and Anouchka's dream come true at Galjoen, while cooking with love in the role about which I've always dreamed.

What places do you frequent in your time off?

My fiancé and I are busy planning our wedding, so we prefer to fill a flask and go hiking with our puppy, Murphy, than frequent popular haunts. That said, in town I enjoy New York Bagels – and a quick chai latte at Simple Bru.

Describe yourself in short.

I'm a strong, independent woman, with an old soul and a great love for food.

Anything else to add?

I started my career here, moved away, and now I'm back. There is something about the fresh ocean breeze and sensational views ... There is something extra special about this city, and how alive it makes me feel.



SENAIT MEKONNEN

OWNER OF ADDIS IN CAPE ETHIOPIAN RESTAURANT

How do you unleash your creativity?

Addis in Cape has given me the opportunity to connect with so many different people, and the opportunity to be creative in designing a restaurant space to fit the new, post-pandemic world.

Tell us about your heritage and passions, and how they came together to create the Addis vibe.

My passion for being a restaurateur runs deep. For a long time, after starting Addis in Dar es Salaam in Tanzania, I wanted South Africa to be my new home so that I could bring the traditional cuisine of Ethiopia to diners here.

Any advice to share with aspirant young female restaurateurs?

Notice the beauty around you and cling to what makes you who you are – while respecting everyone else. When you have that approach, everything else falls into place.

How does your Dar restaurant compare to Addis in Cape?

The same story – we have a strong team in place. I don't compare them. My son, Fetsum, runs Addis in Dar. I learnt the industry in Dar but Cape Town is my home now.

Is peace of mind important to you?

To have peace of mind you need to create

a peaceful space. At Addis in Cape, we have been an harmonious team for many years. We treat each other as family. Our team of chefs has worked hard to learn the detailed preparation of Ethiopian cuisine, and constant communication results in the quality of service and food the establishment demands.

What's your best anti-ageing strategy?

Don't fight it, just go with it. I have

always liked walking, especially in nature as it feeds the mind and spirit.

Anything to add as a female mover and shaker?

When I walk through the city centre of the "mother" city, the energy feels feminine and young, even though the buildings are old. And if you watch the many women walking to and from the Cape Town Station to earn a living, they are all movers and shakers.



NICOLA CARTER-HENDRIKS

GUIDE AT CAPE RUNNING TOURS

Describe your work in the CBD.

I'm a qualified tourist guide, hiking guide, and Athletics South Africa (ASA) coach, and love showcasing our beautiful city and CBD to visiting athletes.

What ranks highly in your work with inner-city hotels?

Each time I do a tour, I'm reminded of how fortunate I am to enjoy an active lifestyle here. It's wonderful to meet people, hear about their experiences, and connect back to the places I have travelled – or dream of visiting one day. It is also fulfilling to see my clients appreciating Cape Town and its amazing views.

Favourite places in town?

The Blue Room jazz venue at Grub & Vine in Bree St, and the street-party vibe of First Thursdays, amongst others. And, through it all, Table Mountain, with its incredible, yet reassuring, presence.

Tell us a few highlights of your eclectic career.

Like a cat, I've had many lives! I've represented South Africa in the Triathlon and Duathlon World Championships and was awarded Western Province colours for both disciplines. As a fitness professional in the tourism sector, the pandemic taught me to have a Plan B.

In my earlier years, I was a successful fashion designer, showcasing my designs at Cape Town Fashion Week. During lockdown, I returned to design but changed direction to focus on interiors, upholstery and soft furnishings under my label Nicola Design.

Advice for female entrepreneurs?

Having my son, Troy, at a much older age than most (I'm 47, he's 8), I'm reminded daily of children's ability to see the world through fresh eyes. My advice to women entrepreneurs is that they hone a range of different talents, because you never know what's going to be the next big thing.

FLYING SOLO

With the Mother City emerging as one of the world's favoured destinations for solo travellers to Africa, the cosmopolitan CBD is perfectly poised to reap the rewards of this new travel trend.

A beauty of note, Cape Town has "captured the hearts" of solo travellers worldwide, according to UK-based adventure tour operator **Explore!**, which analysed 24 months' of Google data to discover the most popular destinations searched by solo travellers. Cape Town, which was ranked second in the Top 5 Locations for Solo Travel in Africa after Mauritius, "has seen a soaring interest in Google searches".

This follows the city's 2021 ranking by travel website **Big 7 Travel**, which listed Cape Town as the 42nd most popular city in the world for digital nomads (part of the solo travel phenomenon) in its "Best Cities for Remote Working" list.

Murray Clark, co-founder and CEO of Neighbourgood and Cape Town Central City Improvement District (CCID) board member, says Cape Town is a breathtaking blend of history, culture, and natural beauty, making it the ideal solo-travel destination.



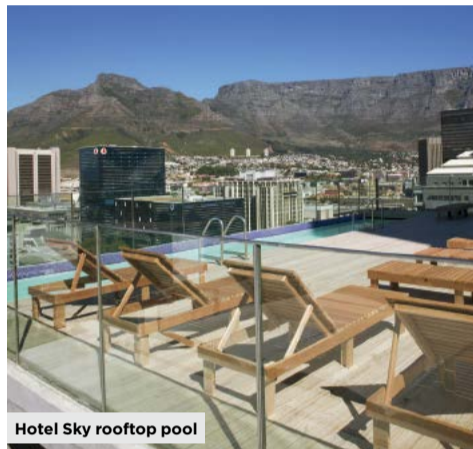
"Cape Town and the inner city offer a sense of discovery and connection, making it a true haven for independent explorers."

Clark's property development company offers thoughtfully designed, all-inclusive living and working spaces that have exceptional amenities and a connected community.

Other hospitality sector operators, including Charlene van Zyl, general manager of ITC Hospitality which manages

aparthotel One Thibault Residence in the CBD, are also reaping the benefits of the city's popularity. Van Zyl says most of their bookings are by European solo travellers.

Here's how to make the most of your inner-city solo adventure:



01 ROOMS WITH VIEWS

Cape Town offers a range of accommodation options. Neighbourgood East City and Neighbourgood Reserve (with its chic loft apartments) in the city centre are perfectly placed to cater for solo travellers. If you want to upscale, consider The Cullinan Southern Sun, Gorgeous George Hotel or Pepperclub Hotel. Or enjoy a sophisticated stay at aparthotels One Thibault Residence, The Onyx Aparthotel and The Rockefeller Hotel & Residence, which all have extraordinary sea or mountain views.

02 PLETHORA OF PLACES

Whether you're a fun-seeker, a cultural enthusiast, or a lover of quiet retreats, the CBD offers plenty of attractions, activities, restaurants, cafés, and bars. And all with iconic Table Mountain as a backdrop.

Immerse yourself in South Africa's rich and diverse heritage by visiting the extraordinary museums in and on the periphery of the historic **Company's Garden** (the green lung of the city centre). Explore South African and African art at the **Iziko South African National Gallery**, and find out more about the slave trade at the **Iziko Slave Lodge** or take a tour of the **District Six Museum**.

You can also visit the CBD's coolest street, **Bree Street**, with its destination restaurants and coffee shops, art galleries and specialist stores as well as bars and nightclubs.

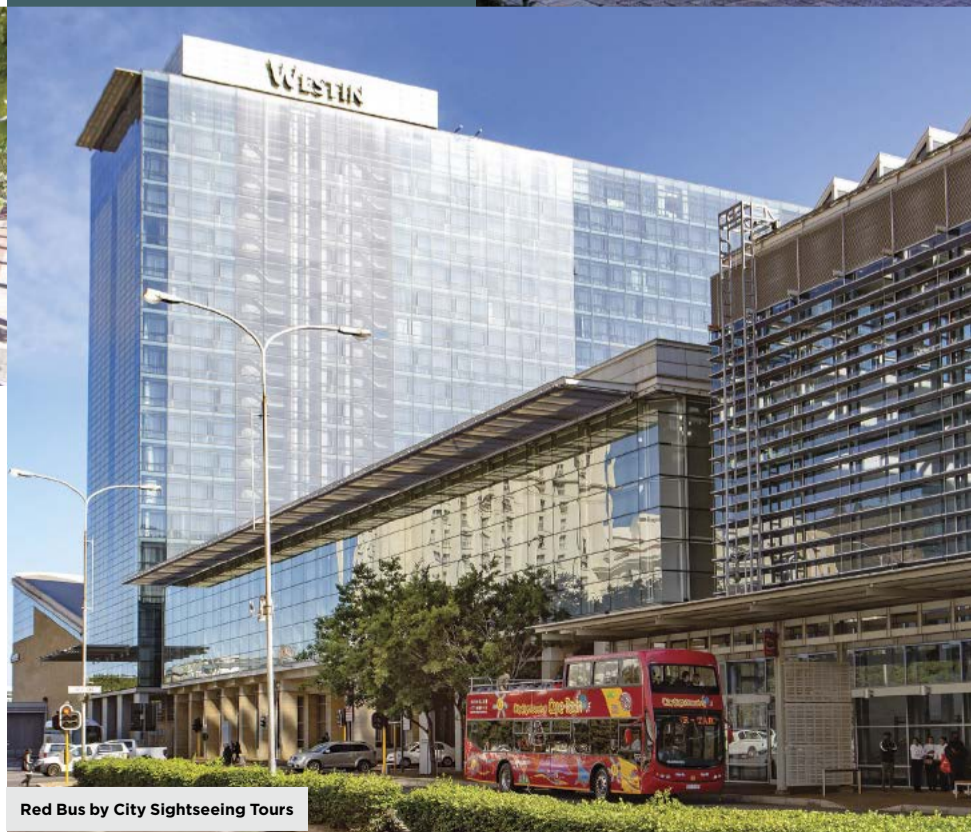


03 BECOME A FLÂNEUR

Exploring Cape Town's inner city on foot is incredibly rewarding. The queen of Cape Town's walking tours is Kate Crane Briggs from **Culture Connect**. Briggs curates fascinating tours, from discovering the historic trees of the Company's Garden to tours on art and architecture.

Then there's **Free Walking Tours**, which offers an excellent way to immerse yourself in the culture, history, and vibrancy of the CBD – for free. The tours operate 365 days a year and include an Historic City Tour, Apartheid to Freedom Tour, and The Bo-Kaap Tour.

Lesley Cox of **Cape Town Walking Tours** believes guided walks are the best way to absorb the true spirit of Cape Town. "We have a rich tapestry of heritage, architecture, historical public buildings and public art, all brought alive by stories of people and events that have contributed to where we are today."



04 EAT & DRINK

With over **86 coffee shops** in downtown Cape Town, the city is considered by connoisseurs to be one of the coffee capitals of the world. There are also 147 restaurants and casual eateries, many of them award-winning establishments that have won global recognition. A key selection is to be found in the CCID's **Eateries Map of the Cape Town CBD** (see p. 2).

05 SIGHT-SEE BY BUS

One of the best ways to see Cape Town and explore the CBD is on the hop-on, hop-off **Red Bus by City Sightseeing Tours**. There are various tours with over 30 stops and visits to over 50 top Cape Town attractions. There are myriad package options available, and the CBD is on many a route. Says Clark: "Cape Town offers a satisfying trip for solo travellers, whether you want to immerse yourself in local culture, explore the stunning natural beauty or bask in the friendly energy of the city."



SMALL IS BEAUTIFUL

Smart. Stylish. And yes, small. We're talking about The General Store, the Bree Street eatery where Ottolenghi-style food is the order of the day.

It might occupy a small space, but everything else about the place is big and bold, from the delicious food to the tenacity and know-how of chef-patron, Colette MacLennan.

It's not a hole-in-the-wall, but you'll be forgiven for walking right past as you hurry up Bree Street. Then your eye will catch the snow-white bar stools outside the door and be drawn to the inviting tables inside, or to the bowl on the open counter window that's brimming with shiny yellow lemons. Even better, you're bound to spot the stack of freshly baked brownies or the pillowy icing of a sublime carrot cake.

Welcome to The General Store, an authentic eatery owned by Colette MacLennan that's as inviting as the fresh, flavourful and downright fabulous food on offer. The menu is about as tight as the space and something of a smorgasbord: what you see behind the counter (usually big platters laden with crisply green salads, grains, veggies and chicken or meat options) is what's on offer for the day. You pick and choose, and you're good to go, or you can enjoy it *in situ* if you've been lucky enough to bag one of the three small tables inside.

The store opens at 07h30 and also serves breakfast, or patrons can pop in for the next-level coffee and the freshly baked

cakes and pastries, which are a real treat. There are also in-house preserves, jams, and rusks to take home, and the well-used cookbooks on the warm, wooden shelves can be thumbed through in-store. It's clear that MacLennan gets her inspiration from these cookery writers and chefs, which include Yotam Ottolenghi, Nadine Ingram and Anna Jones.

FRESH AND FLAVOURFUL

MacLennan, who opened the eatery in 2015 and survived the dark days of Covid, says the menus are planned in advance. "Everything is prepared here in this small kitchen," she explains, conceding that it would be nice to "have more space".

To date, it hasn't stopped her from delivering on her promise to provide fresh, wholesome meals bursting with flavour to patrons.



"My clients all live or work close by. They're inner-city people who love the convenience of being able to pick up a meal to either enjoy here or take back to their desks."

MacLennan, who hails from KwaDukuza in KwaZulu-Natal, changes the menu every day and is game to try new recipes.

SECRET OF HER SUCCESS

So, what's the secret of her success? She believes it's her "wonderful" all-women team of seven, many of whom have been with her since the get-go, and have grown with the eatery.

Take Nondumiso Funqkile from Khayelitsha, for example. She started as a cleaner and is now the cook who oversees the meat dishes. Then there's front of house and cook, Olwethu Mavuso, who is now also a skilled barista, and Pat Tazvitya (pictured above), who joined The General Store after lockdown regulations were lifted, and is also a skilled barista and front of house.

"I try my best to encourage a good work ethic and culture. My staff support me and each other and we all get on well. I've trained the kitchen staff and it's incredible to see them thriving," says MacLennan, who laughs easily and happily shares anecdotes about her business journey.

It hasn't always been moonshine and roses, especially when Covid hit and the CBD was deserted. "That was hardcore, and we hung on for dear life. If you are prepared to do that, you can pretty much do anything."

To survive, the store adapted by creating meals for patrons to collect and enjoy at home. MacLennan retained all her employees and paid them throughout the pandemic. As Covid-19 abated and the local economy opened, so did The General Store. Now, business is buzzing and is better than pre-pandemic trading levels.

Part of her success is that she enjoys the full support of her husband Duncan (with whom she has a five-year-old daughter), and that she's a hands-on proprietor.

"You must be present. I might not cook all the food but I'm always here making sure the service is exceptional. I think people like that. This business was a dream of mine, and I wanted it to be successful and I worked hard at it. I think we have done well. It is sometimes hard to see when you are in the thick of things, but when you stand back and take a moment - the fact that we are eight years old is quite wild," she says. Indeed.

The General Store

22 Bree St

Mon - Fri 07h30 - 16h00

[thegeneralstore_sa](https://www.instagram.com/thegeneralstore_sa)



IN GENERAL ...

- After graduating from Silwood School of Cookery, MacLennan honed her craft in top Cape Town kitchens, including Beluga and 95 Keerom;
- An eight-year stint in London saw her working at top London deli and caterer, Finns of Chelsea;
- Favourite CBD restaurants include Tomsons, Ouzeri and Clarke's Bar & Dining Room;
- To unwind, she runs, walks, and hangs out with family;
- The store name comes from "The General", which is the nickname given to her by family and close friends.

WHAT'S ON IN TOWN



Spring has sprung and has brought with it an array of cool events.



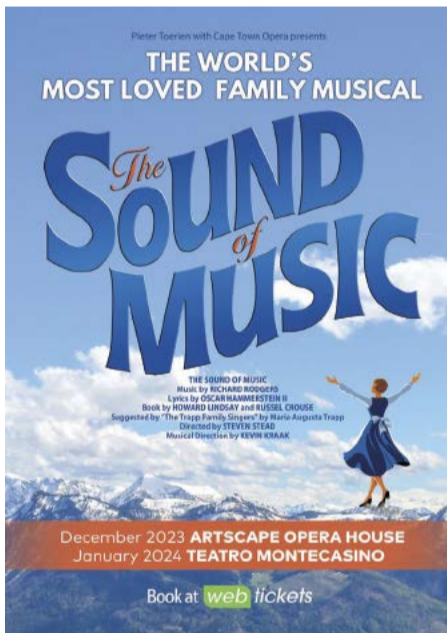
INFECTING THE CITY

Prepare for a colourful takeover of the inner city's streets when the bi-annual public arts festival returns to the CBD in November. Over 100 artists will transform streets, squares, shopping malls and transport hubs in town with music, performances, poetry, dance, and visual arts inspired by the theme "Political and Social Activism".

Where: Public spaces

When: 16-19 November and 23-26 November 2023

www.infectingthecity.com



THE SOUND OF MUSIC

The hills will come alive this December when Pieter Toerien, with Cape Town Opera, presents the much-anticipated revival tour of what is surely one of the most popular musicals of all time. Catch Rodgers & Hammerstein's *The Sound of Music* and treat the family to this inspirational story based on the memoir of Maria von Trapp. Directed by Steven Stead, the production promises to be a stellar theatrical event.

Where: Artscape Theatre Centre

When: 14 December-14 January 2024

www.artscape.co.za

ART OF FASHION

Prepare your Sunday best for a fabulous show demonstrating how art can transform into fashion. The showcase by model and fashion house The House of Kenji will have fabulous pieces inspired by performance and painting as well as sculptural, abstract, pop and conceptual art. Tickets cost R110 via Quicket.

Where: Home Coming Centre, Cnr Buitenkant and Caledon Sts

When: 3 November 2023 from 20h00

www.homecomingcentre.co.za



RORY EMMETT'S EXHIBITION

Inspiration is all around us, including at Central City galleries. Catch artist Rory Emmett's new solo show at 99 Loop Gallery. The Cape Town-born artist is known for his striking paintings in which he uses colour creatively and explores its ideological implications in paintings as a racial construct.

Where: 99 Loop Gallery, 99 Loop St

When: 30 September-21 October 2023

www.99loop.co.za



ART DECO WALK

This mind-expanding Art Deco walk explores the style of decoration and architecture of some of the CBD's finest examples of the period from 1918 to 1948, including Mullers Optometrists, which has been around for over 132 years, and the masterly Mutual Heights apartment block. The walk will be led by heritage architect Dr André van Graan, and is organised by Kate Crane Briggs of Culture Connect SA. The tour costs R350.

Where: Mullers Optometrists, 104 Longmarket St

When: 21 October 2023 at 10h00

www.cultureconnectsa.com

SUNSET YOGA CLASS

A rejuvenating yoga session and Cape Town's stunning sunset are just what the doctor ordered after a long winter. Join Neighbourgood East City's free sunset yoga class for novices and advanced yogis. Limited yoga mats are provided but feel free to bring your own, as well as water, a towel and good energy.

When: Every Thursday from 17h30

Where: Twinell Rooftop, 113 Loop St



OPEN STUDIOS

Curious about Cape Town's impressive architecture? Catch Open Studios where over 20 of the Mother City's leading architecture and design practices, in town and surrounds, will open their doors for free to share insights on their creative processes.

Participating CBD venues, among others, are Fabian & Make Architects, Ohkre Collective, Wolff Architects and the School of Explorative Architecture.

Where: CBD and surrounds

When: 17-18 October 2023 from 17h00

www.openstudios.co.za

ALLSPORT EXPO

This sport and wellness consumer exhibition gives athletes and sports enthusiasts a look into outdoor, indoor and water sports as well as health, nutrition, technology, medical and wellness products. There will be a range of exhibitors, workshops by health experts and coaches, sporting activities, competitions, and a kids' sports zone.

Where: CTICC 1, 1 Lower Long St

When: 29 September-1 October 2023

www.allsportexpo.co.za

