

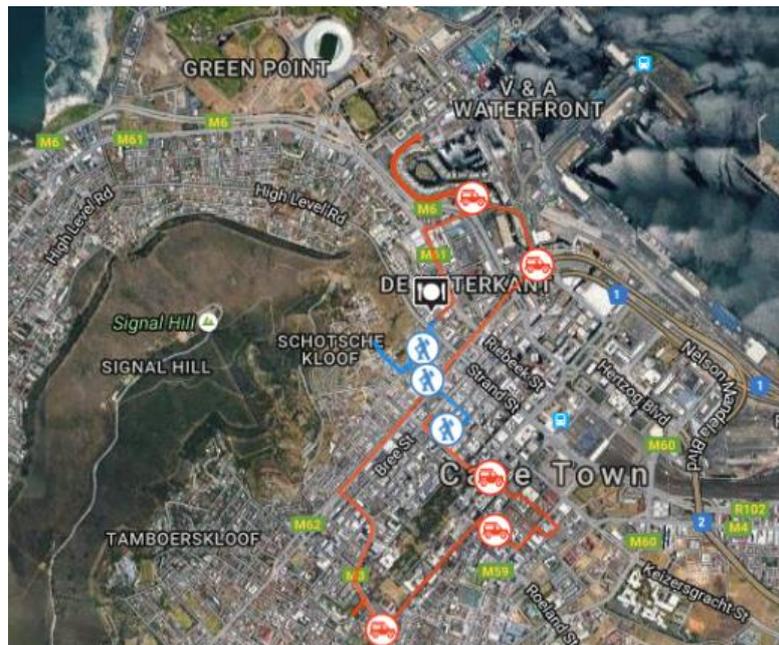
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## Cape Town's Urban Food Safari

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### Summary

Escape+Explore's Urban Safari aims to showcase to you how we explore the city in a fun, engaging and active way for those wishing to experience the Cape from a locals perspective with a main focus on exploring the Capes food Culture, all the while learning about the rich and diverse History surrounding the Mother City. Our adventure will begin at Heritage Square, located at the very Heart of the City Centre and in centuries past a location used as a meeting point for farmers who came into town to sell fresh produce at Greenmarket Square. Our journey will lead us on foot (or optional vehicle) through the heart of the city, stopping at the Capes hottest cafes, Butches, Bakeries and Bacon Bars to hear the first-hand stories behind each door. We will end the day at the top of Bree Street at Sexy Foods for some ultimate health snacks.



## Activities

- Explore – Heritage Square
  - Explore – Frankie Fenners Meat Merchants
  - Explore & Taste – Honest Chocolate
  - Explore - Jason's Bakery
  - Explore – Culture Club
  - Explore – Bacon on Bree
  - Explore – Sexy Foods
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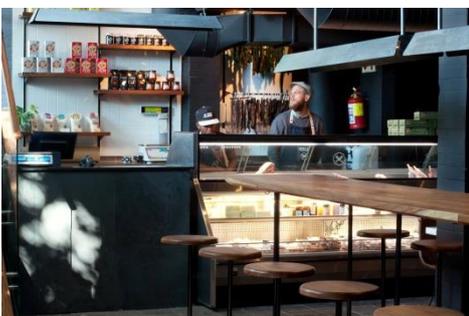
### Explore – Heritage Square



Heritage square lies at the very heart of the city centre and in centuries past was used as a meeting point for farmers who came into town to sell fresh produce down at Greenmarket Square. The square is surrounded by a collection of 18<sup>th</sup> century Dutch and Georgian buildings that was a hub for gunsmiths, bakers and cigarette makers. The area was saved from becoming a multi-storey car park in the 1980's and today it is the largest private conservation project ever in Cape Town. You can also find the oldest vine in South Africa

dating back to 1781 as well as St. Stephen's Church which served as a Sunday school for slave children and as the city's first theatre.

### Explore – Frankie Fenners Meat Merchants



Frankie Fenners specializes in organic, high quality meat and work with passionate suppliers who raise healthy, happy, grass fed animals. All the suppliers are hand-picked farmers who provide meat that is locally sourced and free from antibiotics and growth hormones. With their suppliers rearing animals that grow up naturally and freely, there is an added succulence and leanness to the meat. They also make various sauces, bacon jam, onion marmalade green fig

preserve and biltong. Publik wine bar is also found here and curates and sources wines from small, boutique producers.



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### Explore – Honest Chocolate



Honest Chocolate is a small, artisanal chocolate company that uses old school methods to produce quality organic ingredients. They are inspired by a positive chain of production, handmade products and chocolate that hasn't been over flavoured or over-sugared. Honest Chocolate is a collaboration between Anthony and Michael who both started off by experimenting with raw cacao and chocolate for both friends and their own sweet tooth. They quickly realised they were onto something good when there was a constant demand for more of their homemade products. Products include slabs of chocolate, hot chocolate, bonbons and brownies.

### Explore - Jason's Bakery



Jason's has firmly established itself as Cape Town's favourite bakery and is run by Jason Lilley a.k.a. Captain Bread. Fresh bread, gourmet sandwiches and specialty pies are all found on the menu. Their signature eats include the Mother City's best croissants, 'eggies' and their famous Saturday-only doughssants which have come in a different flavour every week since the Bree Street bakery introduced them.

### Explore – Culture Club



Culture club is Cape Town's first boutique artisan cheese hub and fermented foods hotspot. 80% is locally sourced with a focus on hand crafted, preservative-free creations from small producers who only use grass fed, and happy animals. Owned by husband and wife team, Luke and Jessica, they're seeking to turn Cape Town into South Africa's cheese capital. Luke, who is originally from the UK, has made cheese all over England and worked with the world's biggest names in cheese whilst working as a cheesemonger at London's most prestigious cheese shop, La Fromagerie. Luke travelled around South Africa for over year working alongside more than 40 artisanal cheesemakers whose work he showcases.

## Explore – Bacon on Bree



Bacon on Bree is Cape Town's very own 'baconporium' run by Richard Bosman and Justine Seymour. Bosman is a local entrepreneur who produces a full-range of high quality charcuterie products. Bacon on Bree focuses purely on the best bacon possible from happy pasture-raised pigs reared on a farm near Piketberg and the bacon is dried and salted using traditional methods. Their specialities include crispy chicken wings in bacon sauce, rocket and endive salad with gorgonzola and bacon bits and their signature dish: bacon, brie and roast tomato ciabatta.

## Explore – Sexy Foods



Inspired by James Kuiper's life journey, an early 17 year old cancer diagnosis, followed by aggressive chemotherapy and extensive experience in the natural world of medicine. Sexy Foods focusses on alive foods and in the process working with multiple cancer patients, James has recaptured and actively teaching the craft of indigenous fermentation and how to work with Southern African flora to restore good gut bacteria and lasting health. Sexy Food is Cape Town's answer to a live-cultured formula to effortless digestion. Products include

kimchi, buchu water, kraut and sprouts.

## Secret Sundowners



End the day with Sundowners at one of our favorite locations –be it an exclusive use of a lifesaving hut, on a quiet slope of Table Mountain or a local's only watering hole. Your guide will make a decision depending on the vibe of the day.



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Private Adventure Guide/ Driver

Exclusive Use of Adventure Utility Vehicle

Adventure Equipment - SUP Boards, Safety Gear & Hiking packs

Drinks - Soft Drinks, Beer, Wine & Selected Spirits

Gourmet Pantry - selection of snacks

Unlimited travel in and around Cape Town, including as far as Winelands & Hermanus

**Excluded**

Surf Board, Wetsuit and Tuition

Mountain Bike

Additional local restaurant meal/Wild Picnic

Entry, Attraction Fees and Park Fees – e.g. Aquarium & Cable Car