



# TOP 4 FOODIE FINDS in Sedgefield

*Some may argue that food is the master key that opens the gate of happiness. If you agree with this sentiment then you are probably a foodie.*

Welcome, you are in good company because people who love food are always the best people. So with your taste buds at the ready, here are the Four Top Foodie Finds in Sedgefield... yes the Sedgefield in the Garden Route.



## FOODIE FIND NUMBER ONE:

### Benguela Brasserie and Restaurant Sedgefield

For a finer dining experience Benguela Brasserie and Restaurant is a must try if you find yourself in the Sedgefield area. Situated at the Lakeside Lodge and Spa, the restaurant is fast getting the reputation as a leading eatery in the Garden Route. The food is a combination of classic French, Asian and English cuisine but with a modern twist; the venue specialises in food and wine pairing, as well as tastings.

The elegant look and feel of the restaurant combined with its delicious contemporary food, with elements of classic cuisine makes this spot a definite place for foodies to check out. Also don't miss their special events!

**Address:** 3 Lakeside Drive, Swartvlei, Sedgefield, Garden Route.

**Hours:** Open seven days a week throughout the year for breakfast, lunch and dinner.

**Phone:** Call +27 (0) 44 343 1844 **Website:** [www.bengueladining.com/gardenroute](http://www.bengueladining.com/gardenroute)





FOODIE FIND NUMBER TWO:

## Die Koffiehuis

If homemade sweets, savoury treats and South African traditional favourites are your cup of tea then Die Koffiehuis is the right place for you to make a pit stop. The quaint coffee house specialises in bobotie, quiches, tramezzinis, milkshakes, waffles and a selection of baked goods done onsite. Part of the experience is the adjoining gift shop with mostly novelty homemade items and gifts. With the vintage feel, freshly brewed coffee, just out of the oven eats and friendly faces, Die Koffiehuis is a foodie must try.

**Address:** Unit 4, The Plumtree Trading Post, 52 Main Road, Sedgefield, Garden Route (South Side N2).  
**Hours:** Monday to Friday 09:00 to 17:00, Saturday 09:00 -15:00 and closed on Sundays.  
**Phone:** Call +27 (0) 44 343 2001



FOODIE FIND NUMBER THREE:

## Wild Oats Community Farmers' Market

Wild Oats Community Farmers' Market is described by some as a foodie haven. Think - delicious lamb pitas, homemade pesto, pulled pork paninis and fresh waffles with strawberries or wonderfully fresh veg, fruit, dairy and meat. There are many food types and fresh produce to choose from.

While you enjoy a delicious breakfast or brunch, you can relax at log tables, listen to live music and lose yourself in the moment. The intentionally rustic market with its festive atmosphere, bottled goods, free-range meats and freshly-made bites should definitely be on top of any foodie's list.

**Address:** N2, Sedgefield, Garden Route.  
**Hours:** Open Saturdays, during summer 07:30 to 12:00 and winter 08:00 to 12:00.  
**Phone:** Call +27 (0) 82 376 5020 **Website:** [www.wildoatsmarket.co.za](http://www.wildoatsmarket.co.za)



FOODIE FIND NUMBER FOUR:

## Montecello Seafood Pub and Grill

The final foodie find in Sedgefield worth mentioning is Montecello – a family run restaurant with an old school ambiance. One of the most popular items on the menu is a succulent espetada and you'll see it on almost every table of this very popular grill house. Other items not to be missed include their steaks, seafood and chicken dishes.

This eatery has been in the family since 1987 and is still hugely successful since its first serving so many years ago. If you are the type of foodie that enjoys a good old steak, fresh seafood and a juicy espetada then Montecello should be part of your itinerary. But be warned booking is essential.

**Address:** Main Road, Sedgefield, Garden Route.  
**Hours:** Open in summer 18:00 until late (call to enquire).  
**Phone:** Call +27 (0) 44 343 1780

So by now you are hungry for adventure and ready to go exploring the four foodie finds in Sedgefield, right? The saying goes "you are what you eat" – so it is important that you take in good and tasty food. In the words of Ralph Waldo Emerson:

*"What lies behind us and what lies before us are tiny matters ... compared to what lies within us".*

