

Just what the doctor ordered – a hearty breakfast

Venue: Wiesenhof Coffees, Christiaan Barnard Hospital

Phone: 021 480 6233

Review: Terri Dunbar-Curran

Rating: ★★★★★☆

You could find yourself visiting Christiaan Barnard Hospital on Loop Street for a number of reasons, be they seeing the docs yourself, visiting some other unfortunate soul or parking your car.

But a bit of a detour up to the eighth floor will lead you to Wiesenhof Coffees. During my stint in the UK I worked at three hospitals, none of which had terribly impressive restaurants. So I was somewhat suprised to find, among the stuffed animals and sweets of the gift shop, a neat coffee shop.

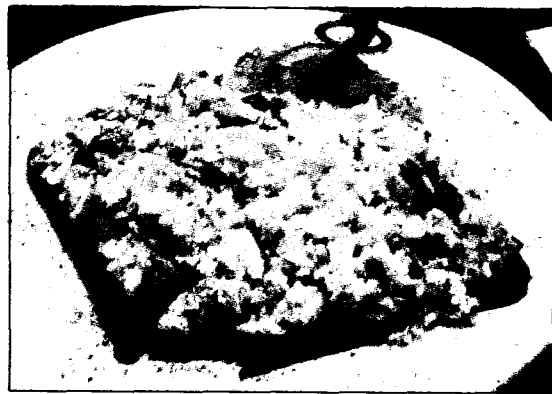
I'd kept meaning to pop up there and check it out. So, when I left my access pass in my car and only discovered when I reached work, I took it as a sign that I was "meant" to go for a leisurely breakfast.

I'd expected to open the menu and be presented with a fairly standard list of meals. But it was anything but standard. The choices for breakfast alone were numerous and every single item on the menu looked delicious. You could go there for breakfast and lunch every day for three weeks and try something different each time.

I glossed the rest of the menu – which included wraps, burgers, baked spuds, sandwiches and salads – and ordered a black Americano (R8) while I began to wade through the breakfast options.

I'll be honest and admit that the meal which first caught my eye was the Swiss bacon and mushroom toast – bacon and mushroom smothered in fresh cream and mozzarella cheese, between two slices of French toast and grilled in butter with French fries (R34.95). But I had just been to the gym and even I couldn't reason that I'd burnt off enough calories to eat that sort of meal with a guilt-free conscience.

There was also the tasty-sounding ladies' treat – wops, bacon, grilled tomato, two eggs, mushrooms covered with cheese and



■ **Hungarian Breakfast:** For the seriously hungry.

toast (R39.95)

I chose the Hungarian breakfast – scrambled eggs, onion, green and red peppers, bacon and tomato on toast (R32.95). It sounded like a mouthful and healthy too.

When I arrived there were a few ambulance personnel getting their morning fix of coffee before heading out to save lives. I was impressed with the service I received; it seemed to be a team effort, but I felt very welcome.

My Hungarian breakfast was definitely created for the hungry! Two huge slices of toast piled with the delicious scrambled eggs. Despite the fact that it wasn't smothered in cream and cheese, it was gorgeous and meant that I was only hungry again at dinner time.

Wiesenhof redeemed hospital-type meals for me. I think it's going to be tricky arriving in town and pressing the down button at the lifts instead of nipping up to the eighth floor for a morning feast.

● All CapeTowner restaurant visits are unannounced and paid for in full.

