



Scheckter's RAW



Leafy Greens Café



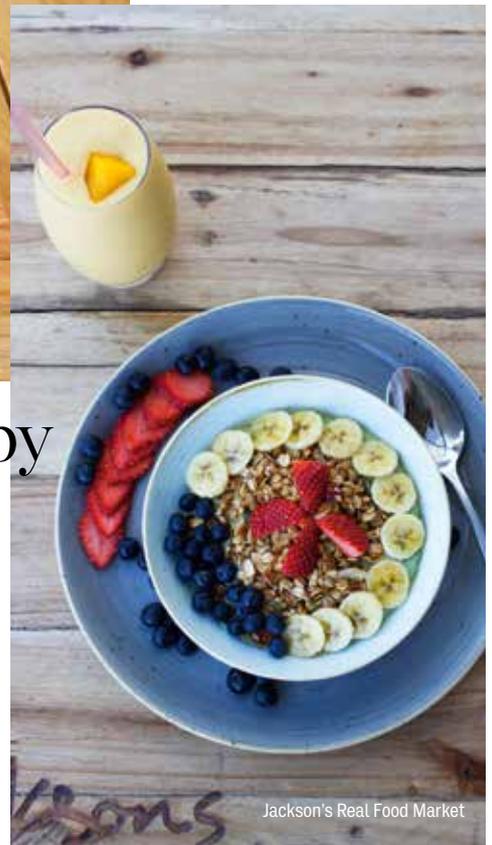
# Healthy, happy PLATES

Get glowing with tasty, health-conscious, plant-based dishes

**Where?** Scheckter's RAW  
 Inspired by the imaginative variety of raw food available in New York where he'd been living, owner Toby Scheckter returned to South Africa with a yen to offer healthy, healing food. The Scheckter's RAW menu is natural, authentic, plant-based, cruelty-free and nutrient-dense. All their cakes and treats are sugar-free, dairy-free, gluten-free, raw and organic. They also offer meal-replacement cleansing juices and beautifully presented catering dishes for special functions.

**Must-tries?** The vegan burger, pumpkin fritters and cold-pressed juices.  
 98 Regent Rd, Sea Point, Cape Town  
 021 434 1364  
[schecktersraw.com](http://schecktersraw.com)

**Where?** Leafy Greens Café  
 A healthy, organic vegan café, shop, deli, online store and farm (all in one!), the rustic Leafy Greens Café offers breakfast, lunch and afternoon tea using farm-to-table seasonal food. Ingredients are picked fresh from the organic gardens and deliver 'maximum nutrition with minimum chemical preservatives'. Their menu's plant-based, 100% dairy-free and 90% gluten-free, and they don't use refined sugar. Open Wednesday to Sunday.



Jackson's Real Food Market

**Must-try?** Their famous weekend seasonal breakfast buffet, which could include: gluten-free pancakes, coconut yoghurt, bircher muesli and tofu scramble.  
 Plot 328 Rocky Ridge Rd, Muldersdrift, Johannesburg  
 010 595 4563  
[leafygreens.co.za](http://leafygreens.co.za)

**Where?** Jackson's Real Food Market  
 A café and market in one, Jackson's is a small family business whose priority is honest, delicious and nutritious food. Their produce is sourced from small local farmers and suppliers who farm with old-school, organic and bio-dynamic principles and ethos. While the café offers meat-based dishes, it has vegetarians and vegan options too. There's also a wide selection of pantry items, new 'cheeses' and non-dairy products for vegans in the market.

**Must-tries:** The vegan salad, berry acai bowl and a power-packed health smoothie.  
 300 Bryanston Dr, Bryanston, Johannesburg  
 011 463 1598  
[jacksonsrealfoodmarket.co.za](http://jacksonsrealfoodmarket.co.za) □