

DINING OPTIONS FOR DELEGATES ATTENDING THE WORLD PHYSIOTHERAPY AFRICA REGION CONGRESS

WHEN BOOKING PLEASE USE REFERENCE **SAPHYSIO** TO GET A 10% DISCOUNT ON MEALS ONLY OR SHOW YOUR
BADGE WHEN ENTERING. PRE-BOOKING IS PREFERRED.

Meet the newest member of the family: Nikkei Japanese Peruvian

Our popular Cape Town restaurants welcome the newest taste sensation in Bree Street.



The cultural exchange between Japan and Peru began at the end of the 19th century with the arrival of a Peruvian ship at the port of Yokohama. This ship had already travelled between Callao and Macau numerous times to transport coolies between the two cities and grew after the world wars. Japanese techniques applied to the unique ingredients of Peru soon became a local staple. Fast track to 2020, the cuisine makes its way to the mainstream dining scene and even into the world of fine dining, being pioneered by modernist cuisine chefs and becoming the forefront of a new wave of trending restaurants in the Middle East, London, and the US. The end of 2023 marks the arrival of Cape Town's first, true to its name, Japanese-Peruvian cross-over cuisine restaurant called "Nikkei Japanese Peruvian". Set to open on 87 Bree Street (the old Gate 69 site) around mid-December 2023 by the owners of Hacienda, Scala, Iron Steak, and Burger & Lobster, with internationally renowned, award-winning chef, Rikku O'Donnchu at the helm of the menu, working side by side with the company's executive chef, Justin Barker.

[Menu](#) | [Fact sheet](#) | [Watch video](#)

Iron steak and bar



Fall in love with Cape Town's most popular steakhouse, IRON STEAK AND BAR, where you can enjoy delectably delicious, mouth-watering steaks, and a great selection of wine and classic cocktails.

[Menu](#) | [Fact sheet](#) | [Watch video](#)



SCALA PASTA/BAR



In collaboration with the king of Carbonara, Luciano Monosilio, a Michelin-star Italian master chef, the Pasta Bar offers food inspired by tried and tested Italian methods but with our own unique and modern twist added to each dish.

[MENU](#) | [Fact sheet](#) | [Watch Video](#)



Hacienda Coastal Mexican



Inspired by Baja California, Hacienda is a destination where guests can experience a modern twist on authentic coastal Mexican cuisine

[MENU](#) | [Fact sheet](#) | [Watch video](#)



Burger and Lobster



B&L is a trendy and vibey place that gets people coming back. Each dish developed the best it can be, surrounded by good people and great energy.

[MENU](#) | [Fact sheet](#) | [Watch video](#)

