



# Between the Ocean and the Sea Shore



“Location, Location, Location” is the oft-repeated catch phrase of real estate agents the world over, resulting in many a face-brick monstrosity fetching millions because of its oceanfront location or mountain view. When it comes to restaurants, however – while location is still a factor – ambience, excellent service and a superb and innovative menu are equally important for success. Luckily, Salt Restaurant & Bar has all of these.

**Text:** Nicky Furniss | **Images:** © Salt Restaurant & Bar

Part of the very swish Ambassador Hotel in Bantry Bay, Cape Town, Salt Restaurant & Bar has the rather enviable distinction of boasting one of the finest ocean views of this part of the Atlantic coastline. With the hotel literally nestled directly on the rocks below, the restaurant’s floor-to-ceiling glass windows give guests a wonderfully un-obscured view of the sea, both as it laps the horizon, and crashes on the shore below.

On fine days, the windows can be pulled back completely, opening the restaurant and its diners to the elements and allowing in the alluring salty smell of the ocean – a clear reminder of the restaurant’s namesake. With its front row seats, Salt is also a favourite spot to take in the sunset with a cocktail and some tapas in the bar, before moving to the restaurant for dinner.

Head Chef, David Winton, has been at Salt since it opened in 2006, and his

innovative fusion menu has not only helped to garner the restaurant various accolades – including being named as one of the “Top 10 Hotel Dining” restaurants in the 2008 *Eat Out People’s Choice Awards* – but a host of loyal foodie fans, both foreign and local, as well. Having spent 13 years living and working in a multitude of countries around the world, Winton’s menu reflects influences from many of these, allowing patrons the experience of taste bud globetrotting without the usual hassles of visas and passports.

To start, head to Tunisia for some roast cinnamon quail with carrot and ginger salad and smoked paprika oil; experience India with a main course of urid lentil, butternut and cauliflower curry with pilaf rice and coriander yoghurt, and end off with a leisurely trip to Italy for a café latte and a poached pear tiramisu with an orange biscuit.

With a Diner’s Club Platinum Award-

winning wine list (2007 and 2008) offering no less than 70 wines by the glass, wine lovers are sure to find something to suit even the most exotic of Winton’s dishes, while connoisseurs will revel in the restaurant’s Wine & Gourmet evenings, which are scheduled once a month until the end of October. These evenings will feature a four-course meal paired with the wines of a particular South African estate.

An unrivalled location with a spectacular view; discreet and attentive service and truly exciting dining make this restaurant truly, worth its salt.

*Salt Restaurant & Bar is open seven days a week for lunch and dinner, with a tapas menu available at the bar. For reservations call +27 21 439 7258, email [salt@ambassador.co.za](mailto:salt@ambassador.co.za) or visit [www.saltrestaurant.co.za](http://www.saltrestaurant.co.za) for more information.* ✈️