

# ROSSOUWS RESTAURANT GUIDE

## Ben's on the Beach, Strand

*By JPR | Published: August 12, 2009*

Smack on the beach, and with casual beachside styling, I'd driven past this spot a number of times until stopping in for lunch recently. It's bold and primary inside, with bright colours and fun metal fish sculptures on the walls – a touch brassy (and slightly “themed”) but works in the seaside setting. The front room has full-on sea views, inside there are booths for families. As the sign at the door indicates, lunch specials and pensioners' specials are a large part of their trade, but there is more to this spot – which the good (and inexpensive) wine list is a harbinger of. Just as well, 'cause the music on this day would age anyone... and take an airport lounge to the cleaners.

The people here are very warm and welcoming, and the service is good. The menu features grills prominently – the prime rib is a house speciality (I tried it, very good, and well-priced at R110) and there are also old-school grills like Hollandse biefstuk. Seafood options naturally, sole Colbert and a Mauritian seafood platter caught my eye; also some colourful options like a Balinese pork curry. All meals come with the veg of the day – this day it was courgette, but not in cheese sauce, thankfully. My meal was book-ended with a French onion soup that was good (R26) but I did not like the version of tiramisu they served (it was a chocolate tiramisu at best claim, thick and heavy and sweet) but once I explained my rejection of the dish they removed it from the bill – so good customer relations. Average coffee.

As a neighbourhood local it rocks, and if you happen to be in this area, it's more than a reliable option. Plus a sea view, plus a great wine list. 142 Beach Road. 021 853-7977. Open daily for lunch and dinner.

[www.rossouwsrestaurants.com](http://www.rossouwsrestaurants.com)