

What's brewing with Paarl's coffee culture?

 By Leigh Andrews

25 Sep 2019

On a sunny #TravelTuesday that hinted at the brightness of spring to come this Tourism Month, a handful of the Cape's tourism media met at the Paarl Tourism Information office and Visitor Centre for a tour of the town's coffee culture, all along spotless Main Road.



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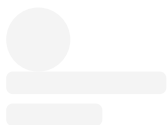
It's a welcome mix of rich small-town history in South Africa's third oldest town, with the vibrant coffee culture of modern living.

We made four stops throughout the day, with a taste of Paarl's history flavouring each stop – no run-of-the-mill 'coffee on the go' spots here, we found that each has its own delicious personality and regular customer base that keeps coming back for more.

Stop 1: Bean in Love (BIL)

Having survived the morning traffic run from the Cape Town CBD, we were all in need of a strong coffee kick to start the day. Luckily, Bean in Love provided just that.

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☐♦♦♦♦ #beaninlove #breakfast #freshlyroastedcoffee

A post shared by [Bean In Love Coffee House \(@beaninlovecoffee\)](#) on Dec 14, 2018 at 12:13am PST

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There's ample seating outside in the sunshine, with a few more tables in and above the deli, if you prefer to be right in the heart of the bean buzz as you get hypnotized by the sight and smell of coffee beans being roasted.

We sipped on 'small sappies' – we chose from mango, orange, strawberry, guava and apple – while soaking up the sights and perusing the broadsheet menu for our three breakfast options on the day.

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BEAN IN LOVE | ☐♦♦ This #TravelTuesday was all about exploring the #coffeeculture in @visitpaarl. First stop, the @beaninlovecoffee roastery. Coverage coming to #bizcommunity soon! ♦♦♦♦ #beaninlove #freshlyroasted #coffeeroastery #coffeebeans #baristafun #coffeelover

#Paarlcoffee #HeritageMonth #TourismMonth #shotleft #explorePaarl #visitpaarl
#visitSouthAfrica #coffeeSouthAfrica #PaarlTourism #meetSouthAfrica
#meetPaarl #coffeetourist #paarlcofeeshop #discoverpaarl #capewinelands
#cafe #cofeeshop #instacoffee #coffee #foodreview #coffeereview

A post shared by Leigh Andrews (@ramblinglitchi123) on Sep 17, 2019 at 9:59am PDT

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These included the Love wrap tortilla filled with soft scrambled eggs, spring onions, bacon and cheese; the Breakfast Bun Portuguese roll topped with ample rocket, eggs as you like them, spicy sliced chorizo and a very well-cooked tomato wedge; and the Healthy Breakfast of fresh cut seasonal fruit with muesli, strawberry or Bulgarian yoghurt and honey.

All of this along with any coffee or tea, of course, and served with heart-shaped sugar cookies to bring home the ‘love’ theme.

Owner Werner Pauw explained that his personal coffee career started over a decade ago. He had the opportunity to shadow a coffee roaster at Lourensford in 2007, where he learned to keep things simple.



Summer winners of #SeasonsOfLourensford Instagram comp announced

24 Apr 2017



He started with a business plan, imported a machine from the US, bought R50,000 of coffee and started dropping off samples. Word of mouth grew, and by the end of 2010 the current Bean in Love space became available – the sloping roof is a giveaway of its origin as a former Baptist Church, but much has changed since then.

“





[View this post on Instagram](#)



Beautiful day inside and out ☐☐ #beaninlove #freshlyroasted #coffee #paarl

A post shared by [Bean In Love Coffee House \(@beaninlovecoffee\)](#) on Mar 29, 2019 at 2:23am PDT

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For example, just a few months in people started knocking and asking if they offer food – a new kitchen was built, along with the outside deck area, and breakfast has been served since early 2011.

Lots of the original staff still work at Bean in Love, says Pauw, but the story's not without heartache, as Bean in Love has had two fires over the years where the front part of the shop area has burned down.

“ *The rebuild process was lengthy – understandably so, as Paarl is very heritage-building oriented and requires a permit from Western Cape Heritage for any alterations.* ”

It's just this focus on legacy while learning the latest in coffee trends that instills Paarl's coffee culture, says Pauw – consistently good value coffee at good prices.

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THE DAILY GRIND | ☐💎💎 #HasGaranti in action, as seen as @beaninlovecoffee this #TravelTuesday, while exploring the #coffeeculture in @visitpaarl. Coverage coming to #bizcommunity soon! 💎💎💎 #beaninlove #freshlyroasted #coffeeroastery #coffeebeans #baristafun #coffeelover #Paarlcoffee #HeritageMonth #TourismMonth #explorePaarl #visitpaarl #visitSouthAfrica #coffeeSouthAfrica #PaarlTourism #meetSouthAfrica #meetPaarl #coffeetourist #paarlcoffeeshop #discoverpaarl #capewinelands #capecoffeelands #coffeelife #instacoffee #coffee #foodreview #coffeereview

A post shared by Leigh Andrews (@ramblinglitchi123) on Sep 17, 2019 at 10:05am PDT

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All was delicious, but I must confess had a case of menu envy – I am the #MilkshakeQueen, after all, so next time I’ll definitely try the banana-caramel pancakes with the Romany Cream or Peppermint Crisp shake, or perhaps the Gingerbread Man smoothie complete with banana, peanut butter, ginger, cinnamon, chia seeds and vanilla. Healthy and heavenly.

I may even heat things up with the 70% dark Belgian hot chocolate served with cinnamon stick!

The recommendations and reviews on [Facebook](#) are glowing, and Bean in Love is open from 7am to 5pm on weekdays and 8am to 2pm Saturdays and public holidays.

Stop 2: Kikka Coffee Florist

Next stop, a Paarl coffee institution – Kikka Main, though you can also visit Kikka Laborie in Southern Paarl’s Laborie Centre, and the new Kikka Boulevard in the old jail precinct, which includes a bigger kitchen for milling their own flour and wheat and baking bread, as well as Kikka’s chilli and meat smoker.

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[View this post on Instagram](#)





Fynbos #paarl #kikka

A post shared by [Kikka](#) (@kikka_coffeeflorist) on Mar 19, 2019 at 10:47am PDT

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The bright pink and limes of the logo are “the colours that jump off the fynbos at sunset,” explains owner Karike ‘Kikka’ Conradie – and the colours certainly do enhance the flower-shop aspect of this popular coffee and cake shop, which was originally registered under the intention of operating as just a florist.

While Karike has a dietetics background, her passion is flowers, and her husband Abe of Noop and AB products fame keeps the food side of things fresh and delicious.

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CAFFEINE KICK AT KIKKA | ☐💎💎 The next stop on our #TravelTuesday #coffeeculture tour in @visitpaarl featured delicious #coffeeandcake and a spot of #floristry at @kikka_coffeeflorist. Coverage coming to #bizcommunity soon! 💎💎💎💎 #kikkacoffee #cheesecake #cappuccino #proteas #pincushionprotea #coffeelover #Paarlcoffee #HeritageMonth #TourismMonth #explorePaarl #visitpaarl #visitSouthAfrica #coffeeSouthAfrica #PaarlTourism #meetSouthAfrica #meetPaarl #coffeetourist #paarlcoffeeshop #discoverpaarl #capewinelands #flowers #coffeeshop #instacoffee #foodreview #coffeereview

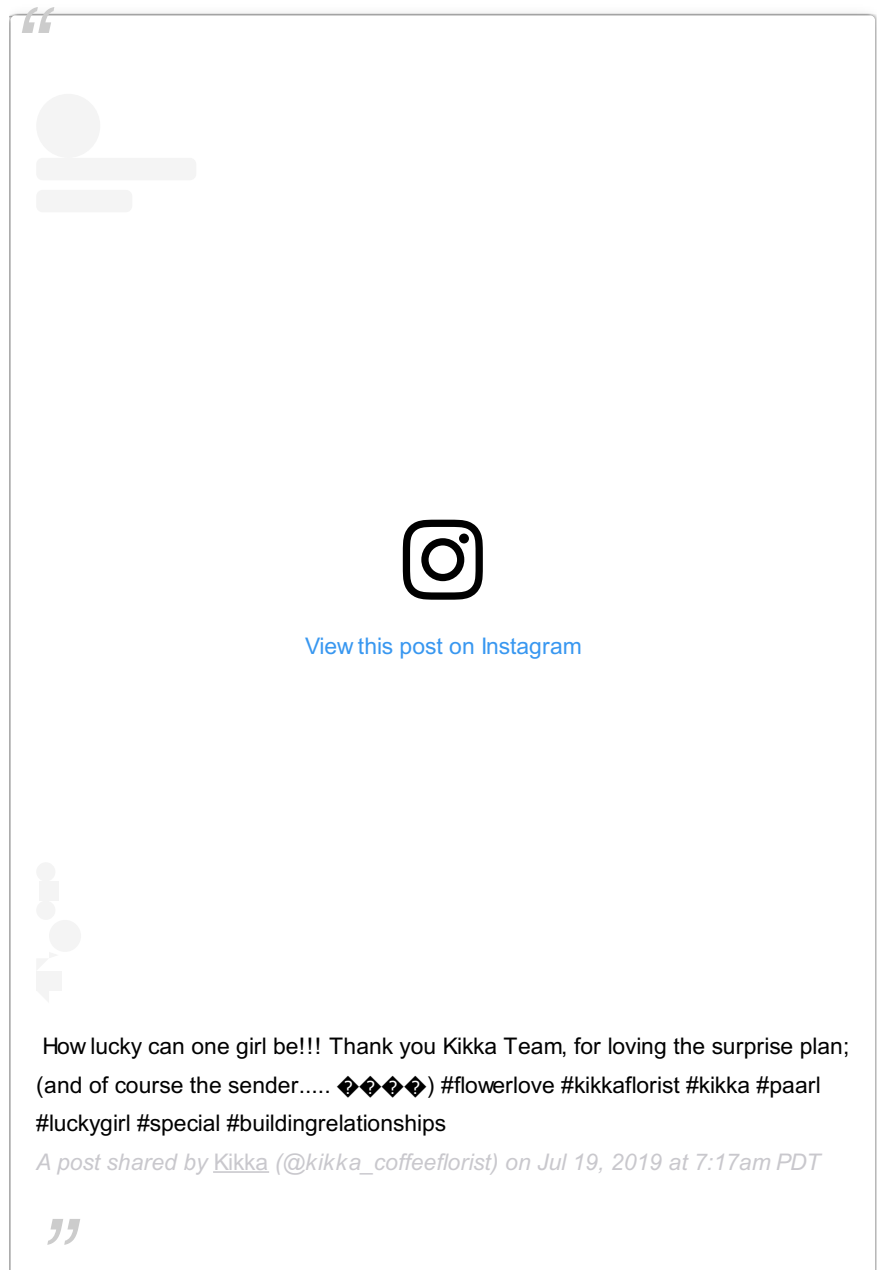
A post shared by [Leigh Andrews](#) (@ramblinglitchi123) on Sep 17, 2019 at 10:31am PDT

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Expalining why Kikka is a coffee-florist store, Karike says the brand inspiration is about following your heart. She

intended to form a community around the well-known foundations of food and coffee, while also introducing fynbos and proteas to the public since the early 2000s.

It had been her dad's lifelong dream to farm proteas, but he only got started when she finished her schooling. On returning to Paarl after a brief stint in the UK, Karike loved delivering these blooms, especially as the free life and fynbos textures slowly took hold, so much so that her own bridal bouquet featured a single Protea.



She had expanded into catering by then, meeting husband Abe at a function they were working, and opened the original Kikka store in 2014, formerly a tailoring store.

This past life meant the store was already equipped with ample mirrors to see fittings, so Karike worked with this by adding long, central tables for a community feel. “It was the old days, literally – people didn’t need free Wi-Fi or social media handles, but they do now,” said Karike.

“ It’s no longer a question of how strong is the coffee but rather, how strong is the Wi-Fi? ”

Fittingly, the florist side of things has lots of online and email orders, with people popping in throughout the morning to collect their bouquets and savour a cup of coffee – no wonder it’s gaining a reputation for its match-making aspect, too.

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[View this post on Instagram](#)



Easter flower decor in the making #kikka #florist #easter #easterdecor #paarl

A post shared by [Kikka](#) (@kikka_coffee florist) on Mar 28, 2019 at 12:51pm PDT

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But I digress. Karike said the flowers, food and fine dining evenings evolved naturally, along with the delicious AB products sold in store ranging from the aniseedy ‘black gold’ balsamic reduction to coffee syrups, smoked chillis, as well as Banting- and vegan-friendly muesli, and keep an eye out for their new sugar-free, sparkling rooibos ice tea range.

This will feature such flavours as hibiscus and buchu and fills the need the Conradies noticed for a non-alcoholic drink that complements a fine-dining meal.

Karike said it’s good to have competition from the other coffee locations in Paarl, as each one then feels the need to form its own community base, where all are comfortable.

That sense of ‘you’re safe here, we’ll take care of you’ is strong in store, as the employees soak up skills as waiters, baristas and florists, some having originally worked at Karike’s parents’ protea farm.

The cappuccino they served was strong, accompanied by a delicious melt-in-the-mouth shortbread bite, but the carrot cake is what they’re famous for, and came highly recommended.

“





[View this post on Instagram](#)



Kikkacupcakesorder via admin@kikka.co.za #cupcakes #popcorn
#sweetthings #sunday #paarl #wedeliver #pink #green #fun

A post shared by Kikka (@kikka_coffeeandflorist) on Jun 9, 2019 at 5:58am PDT

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I've actually had this in murrin form before, as a treat after spending the day at Sars' Paarl office. It's deliciously light, with a moreish cream-cheese frosting and chopped nuts, so I opted for the cheesecake instead and was soon lost in a cloud of creamy bliss while watching incredible bouquets being created behind the scenes.

Before long it was my turn as we took part in a flower activity ourselves, using the pincushion proteas currently in season to create beautiful fynbos bouquets to take home.

Karika shared that some farmers have since evolved protea hybrids with thinner stems, making them lighter to export and easier to feature in bouquets, and spoke of the fact that a protea offers lots of light reflection from its pale centre, with textures ranging from velvety to silky and feathery.

“



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Did you know: The longest main road in South Africa leads into Paarl. A drive down the 12km road, with its fine examples of Cape Dutch, Victorian, Edwardian and Art Deco architecture, is a veritable trip down memory lane. Kikka Main is situated in a beautiful old 1820 Victorian building, the PM Cross building.

#paarlonline.com #proteas #paarlflorist #kikkamain

A post shared by [Kikka](#) (@kikka_coffee florist) on Jun 1, 2019 at 8:35am PDT

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With the King Protea named after the Greek god of transformation, Proteus, Karike feels it's the perfect floral symbol as South Africa's national flower.

Kikka is open 7 days a week across the three different venues, with Karike splitting her time across the three and still making time for her family. Follow [Kikka Coffee Florist on Instagram](#) for the latest innovations.

Stop 3: Knus Karoo Kombuis

Believe it or not, we had worked up a bit of an appetite by then, following our morning of soaking up Paarl's coffee culture. Fittingly, it was lunchtime by then, and time for the third stop of our tour.

Further up the road, past Skinkikoffi or 'pour the coffee' guest house, we saw the turn for Coleraine and Knus Karoo Kombuis, and happily sprawled at tables in the sun while owner p Nicolene Diedericks explained how she and her sister had been bringing a touch of the Karoo to Paarl since their opening in March 2016.



Discover Paarl in winter

Ruth Cooper 20 Jun 2016



Their dream of Knus originated from their memories of their Karoo upbringing, featuring picnics in the middle of nowhere and eating apricots in a tree.

Knus stands for 'cosy,' that overarching Karoo experience, and that's exactly what you feel when you realise that they specialise in such delicacies as 'camembert, green fig and nut' roosterkoek and serve delicious Terbodore coffee brewed from their La Marzocco machine.

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Repost from @e.pi.ku.ris using @RepostRegramApp - Brunch at @knuskarookombuis . . . #foodphotography #epicure #foodporn #food #instafood #foodgasm #foodie #forkyeah #foodintheair #delish #bonappetit #igeats #foodlover #foodpic #foodforfoodies #foodphoto #foodandwine #femmechef #feedfeed #foods #onthetable

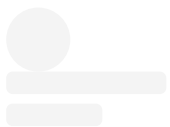
A post shared by [knuskarookombuis \(@knuskarookombuis\)](#) on Aug 22, 2019 at 1:38am PDT

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Sitting under the shelter of a sprawling tree out on the back patio, we found the waiters were brimming with local anecdotes and soon were ready to relish *regte plaaskos*.

All beautifully plated, the *roosterkoek* is a real delight, having opted for the thinly sliced biltong and almond option; as are the sweet koeksister twists and ‘bruintjie’ slices served with ‘Karoo cappuccino’ - strong coffee topped with sweet cream and cinnamon and served in a tin cup, as is the *moerkoffie* specialty.

“



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KAROO CUISINE |     Third stop on our @visitpaarl #coffeeculture tour - @knuskarookombuis Kombuis for the most amazing lunch. That carrot-apple-ginger juice!     Not pictured: the showstopper of beef biltong, camembert roast nut #roosterbrood... Full food review on #bizlounge soon!     #knuskarookitchen #karoolamb #edibleflowers #Karoocappuccino #coffeelover #Paarlcoffee #HeritageMonth #TourismMonth #explorePaarl #visitpaarl #visitSouthAfrica #coffeeSouthAfrica #PaarlTourism #meetSouthAfrica #meetPaarl #coffeetourist #paarlcoffeeshop #discoverpaarl #capewinelands #karoocoffee #coffeeshop #instacoffee #foodreview #coffeereview

A post shared by Leigh Andrews (@ramblinglitchi123) on Sep 17, 2019 at 10:54am PDT

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But it's not all coffee and cake at Knus – the recommended freshly pressed juice of the day was a zingy carrot, apple and ginger concoction that had our tastebuds tingling.

Gift shop treats like biscuits, figs and olives are from the Karoo, too and well worth topping up your pantry at home.

“



[View this post on Instagram](#)

#vintageideasmarket #simondium #knuskarookombuis #paarl #capewinelands #markets #homemade #visitpaarl #paarltourism

A post shared by knuskarookombuis (@knuskarookombuis) on Apr 26, 2018 at 11:39pm PDT

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Knus Karoo Kombuis is closed on Sunday, with the kitchen closing at 3pm on weekdays and 2pm on Saturdays, so aim for breakfast, brunch or an early lunch. Read a few of the excellent reviews for Knus on [TripAdvisor](#) and get rolling – you won’t regret it.

Stop 4: Mountain and Moon

By then it was early afternoon and we were more than ready for a coffee tasting with a difference.

“



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Join us on this beautiful sunny day in Paarl for a delicious lunch or a glass of wine, or why not both! ° ° ° #friday #weekend #winetime #winebar #lunch #sunnyday #bistro #mountainandmoonbistro #fraterssquare #paarl #wellington #paarlmountain #paarltourism #paarlinfo #visitpaarl #discoverpaarl #capewinelands #capetown #capetowninfo #capetowneats #capetownrestaurants #boland

A post shared by [Mountain and Moon](#) (@mountainandmoonbistro) on Jul 26, 2019 at 5:08am PDT

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That’s just what we got at Mountain and Moon Bistro Wine Bar, where we were presented with three mini iced coffees, served with giant biscotti – just the thing in the heat of the day, as we were all cappuccino’d out by now (trust me, it happens).

Situated in Frater Square, in the former Melissa’s spot, travel-inspired owner Yvette Frater explained the whimsical name, saying they kept the ‘M’ and dark blue branding of Melissa’s, making it their own in harnessing her love of the ‘Paarl bolletjie’, her favourite mountain, and their perfect position to watch the moon rise at night.

“



[View this post on Instagram](#)



ICED COFFEE TASTING | ☐💎💎 Just when we thought we couldn't possibly taste more coffee on our @visitpaarl #coffeeculture tour, @mountainandmoonbistro pulled out all the stops with an amazing #icedcoffeetasting. I can't even right meow. Pure #coffeebliss. All the words on #bizlounge soon! 💎💎💎💎 #mountainandmoon #icedcappuccino #cappuccino #biscotti #coffeelover #Paarlcoffee #HeritageMonth #TourismMonth #shotleft #explorePaarl #visitpaarl #visitSouthAfrica #coffeeSouthAfrica #PaarlTourism #meetSouthAfrica #meetPaarl #coffeetourist #paarlcoffeeshop #discoverpaarl #capewinelands #vietnamesecoffee #paperstraws #foodreview #coffeereview

A post shared by Leigh Andrews (@ramblinglitchi123) on Sep 17, 2019 at 11:11am PDT

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Frater is also a coffee lover at heart, who learned so much about coffee culture on a trip to Vietnam last year.

Vietnam featured all sorts of coffees served both hot and cold, usually in a slow drip press and always with something to chew, turning it into a mini meal rather than a quick drink stop. Frater marveled at the young set who would sit outdoors well into the night, sipping at coffee and having face-to-face conversations, rather than staring at their phones – perhaps a sign of the times?

While there's just one official iced coffee option on the Mountain and Moon menu at the moment, our group served as guinea pigs for two new options she's toying with – the one, a refreshing iced cappuccino, the other, a delicious creamy Brazilian hazelnut drink that was our winner on the afternoon.

In Frater's own words, “Paarl is already *vrekwarm*, so iced coffee is just the thing for an afternoon treat.”

This Facebook post is no longer available. It may have been removed, or the privacy settings of the post may have changed.

Mountain and Moon Bistro Wine Bar is also fully licensed and open from 8am every day, and forms part of the Frater Square Lifestyle Centre shopping experience, as the building dates back to 1845 as part of the Hou Moed farm. [Click here](#) to download Mountain and Moon's breakfast and lunch, drinks and home catering menus.

All utterly delicious and well worth the drive. The hospitality is warm, the story's true, heritage true and the coffee hot – I highly recommend a day-trip to experience the Paarl's valley's coffee culture!

ABOUT LEIGH ANDREWS

Leigh Andrews AKA the #MilkshakeQueen, is former Editor-in-Chief: Marketing & Media at Bizcommunity.com, with a passion for issues of diversity, inclusion and equality, and of course, gourmet food and drinks! She can be reached on Twitter at @Leigh_Andrews.

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