

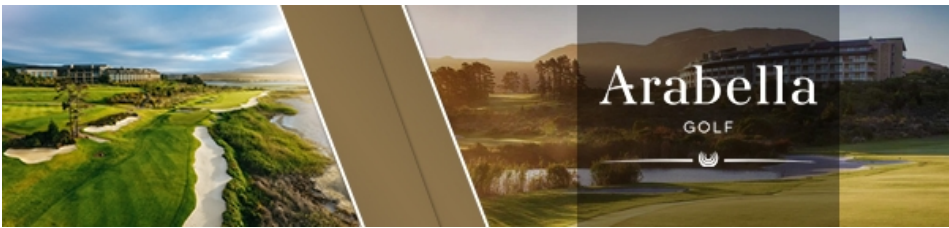
[View online](#) for a better experience

[Subscribe](#) | [Unsubscribe](#)

[Download a printer friendly copy](#)

Monday, April 29, 2024

[Email us](#) | [www.arabellaproshop.co.za](http://www.arabellaproshop.co.za) | Tel: 028 284 0105



# Let's get festive!

## Come dine with us this Christmas

Got any plans for Christmas? Our Festive Menu's are just what you need to get into the festive spirit.

*Click on the image to enlarge.*

### Christmas eve *set menu*

R495 per person  
R650 per person includes one glass of wine per course

#### Amuse Bouche

Black sesame macaroon  
Truffled chicken liver mousseline  
mashed potatoes, tomato, mushroom, goat's cheese crumble

#### Seafood Entrée

Fishies pie and beetroot carrot salad  
Smoked salmon, pistachio, cucumber, blood orange, passionfruit

#### Palate cleanser

Citrus and vanilla meringue flax

#### Main Course

Fishies honey and orange roasted duck breast  
Chinese pear barley with parmesan, cauliflower, miso, mushroom, duck jus

#### Dessert

Bo-Kaap Mince Pie  
Chocolate and gingerbread panacotta, Java crème patissière, chocolate ice cream, pistachio, citrus

Booking is essential  
Tel: +27 (0) 28 284 0000 or email [Reservations@arabellaproshop.co.za](mailto:Reservations@arabellaproshop.co.za)

Terms and conditions apply  
Pre-payment required to confirm bookings. Cancellation policy applies  
Seating from 18:00pm on 24<sup>th</sup> December 2019

\*Vegetarian options catered for on request  
\*Kosher and Halal options are available on request and subject to surcharges  
Children 0-4 years free | 4-12 years half price | 13 years full price

### Christmas *buffet lunch*

R695 per person

#### Bakery and Charcuterie

Artisan bread, infused olive oil & agave balsamic vinegar, homemade pesto, olive tapenade and dips  
Perna ham, salami, chorizo, fresh berries and dried fruit, Overberg cheese board

#### Prawn Station

Grilled tiger prawns  
Garlic and lemon butter sauce  
Tempura prawns  
Soy and sweet chili sauce  
Pasta roasted prawns  
Yuzu mayo

#### Salad Bar

Build your own salad bar  
Roasted root vegetables  
Grilled chicken Caesar  
Avocado and shrimp  
Cured salmon and caper berries  
Moroccan lamb and quinoa

#### Soup

Creamy tomato soup  
Blue cheese crostons  
Hearty lamb soup

#### Main Course

Roasted chicken  
Lemon and thyme jus  
Lamb Navarin  
Root vegetables in red wine sauce  
Water Bay seafood bouillabaisse  
Seared baby spring vegetables  
Fragrant Pilaf rice  
Cauliflower gratin  
Brussels sprouts tossed with bacon

#### Carvery

Roasted turkey  
Water chestnut, sage & onion gravy  
Roasted pork loin and pork belly  
Crawling and fishbones honey  
Roasted baby beets  
Roasted beef prime rib  
Mushroom sauce

#### Dessert

Opera cake  
Egging tumbler  
Fudge & cookie pots  
Chocolate dipped profiteroles  
Strawberry mousse  
Cheesecake with berry coulis  
Fruit mince pie  
Christmas log  
Seasonal fruit salad with mint & rosewater  
Warm Christmas pudding with crème anglaise

Booking is essential  
Tel: +27 (0) 28 284 0000 or email [Reservations@arabellaproshop.co.za](mailto:Reservations@arabellaproshop.co.za)

Terms and conditions apply  
Pre-payment required to confirm bookings. Cancellation policy applies  
Seating from 13:00pm on 25<sup>th</sup> December 2019

\*Vegetarian options catered for on request  
\*Kosher and Halal options are available on request and subject to surcharges  
Children 0-4 years free | 4-12 years half price | 13 years full price

**IMPORTANT NOTICE**  
Please note that while every effort is made to use fresh ingredients in the preparation of the food and beverages served on these premises, food and beverages including dairy products, sea urchin, truffle, allergens, gluten-free, organic, plant-based, dairy-free and prepared meals, cannot always be guaranteed. Allergens and other ingredients are listed on the menu. Food is prepared and served on premises in which food may be present. Non-kosher and non-halal foods are also prepared and served on premises in which food may be present.



Available only at African Pride Arabella Hotel & Spa, Autograph Collection  
On the Arabella, Country Estate, 844 Kromaat, Somerset,  
Western Cape, South Africa 7190  
Tel: +27 (0) 284 0000 | Email: [arabellaproshop@arabellaproshop.co.za](mailto:arabellaproshop@arabellaproshop.co.za)



AUTOGRAPH COLLECTION  
HOTELS

**IMPORTANT NOTICE**  
Please note that while every effort is made to use fresh ingredients in the preparation of the food and beverages served on these premises, food and beverages including dairy products, sea urchin, truffle, allergens, gluten-free, organic, plant-based, dairy-free and prepared meals, cannot always be guaranteed. Allergens and other ingredients are listed on the menu. Food is prepared and served on premises in which food may be present. Non-kosher and non-halal foods are also prepared and served on premises in which food may be present.



AUTOGRAPH COLLECTION  
HOTELS

Book your spot >

## Start 2020 with a bang

Looking for the ultimate food experience? Our New Year's Eve Buffet Menu will make your celebrations into 2020 one to remember.

*Click on the image to enlarge.*



### Live Salad Bar

Fynbos marinated crispy duck  
Citrus segments, watercress,  
cashew nuts, cranberries, bulgur wheat  
and citrus vinaigrette

Honey roasted pork belly  
Rocket, garden peas, toasted quinoa,  
mix nuts, marinated watermelon  
and mustard vinaigrette

Salad bar

### Hot Appetizers

Crispy wonton cajun chicken  
Sesame soy dressing  
Homemade duck spring rolls  
Chili jam  
Malay lamb samoosa  
Tzatziki dip  
Jalapeno poppers  
Lime aioli

### Street Food

Asian boa buns  
Prawns, pork char sui, kimchi  
Taco bar  
Pulled braised beef, spicy chicken,  
sautéed shrimp, chili corn carne,  
guacamole, pickled red cabbage  
Dim sum  
Soy sauce

### Seafood Station

Sushi  
Selection of maki, California rolls,  
fashion sandwiches, sashimi, pickled  
ginger, wasabi, soy sauce  
Smoked octopus  
Teriyaki glaze  
Scallop citrus ceviche  
Shrimp and avocado ritz  
Stuffed and pickled calamari  
Renosterbos gin and beetroot  
Cured salmon  
Caper berries and cream cheese

### Mussel Bar

Thai green mussel curry  
Spanish chorizo and paprika mussels  
Lemon & caper marinated mussels

### From The Grill

Spicy tiger prawns  
Lebanese shish tawook  
Grilled fine fish  
Sauce vierge  
Lamb sosaties  
Dry aged beef steak  
Root vegetable kebabs

### Dessert

Ice cream & sorbet  
Selection of sauces, nuts, fruit & sweets  
Homemade mini desserts  
Overberg cheese board  
Infused olive oil & aged balsamic  
vinegar, homemade pesto, olive  
tapenade & dips

Booking is essential

Tel: +27 (0) 28 284 0000 or email [Danielle.Stoop@autographhotels.com](mailto:Danielle.Stoop@autographhotels.com)

Terms and conditions apply

Pre-payment required to confirm bookings. Cancellation policy applies

Seating from 19:00pm on 31st December 2019

\*Vegetarian options catered for on request

\*Kosher and Halal options are available on request and subject to surcharges

Children 0-4 years free | 4-12 years half price | 13 years full price

#### IMPORTANT NOTICE

Please note that while every effort is made to use fresh ingredients in the preparation of the food and beverages served on these premises, food and beverages including dairy products, ice cream, frozen desserts, proprietary sauces, juices, preserves, jams and preserved meats served, may contain permitted artificial colourants, flavourants and preservatives. In addition, certain foodstuffs have been packaged and prepared on premises in which nuts may be present. Non-Halal and non-Kosher foods are also prepared and served on the premises.

JAMANI

Available only at African Pride Arabella Hotel & Spa, Autograph Collection  
On the Arabella Country Estate, R44 Kleinmond, Hermanus,  
Western Cape, South Africa 7195  
Tel: +27 (0) 284 0000 | Email [arabellareservations@autographhotels.com](mailto:arabellareservations@autographhotels.com)  
[arabellahotelspa.com](http://arabellahotelspa.com)

AFRICAN PRIDE  
ARABELLA HOTEL & SPA  
KLEINMOND, WESTERN CAPE  
AUTOGRAPH COLLECTION  
HOTELS

Book your spot >

# EOGA tip of the week

*With Chalton Steyn (EOGA Killarney)*

## The Importance of the correct placement in the left-hand grip

Players often make small mistakes in the set-up, that lead to big issues down the line during the golf swing.

One of these mistakes is the placement of the grip in the left hand. The left-hand grip plays a really big role in our ability to not only deliver a square club face into the ball consistently, but it also has an effect on our power.

### 1. The biggest mistake

Placing the club in the palm of the left hand when gripping the club is probably your biggest error here.

*Below is an image of incorrect placement: you will notice how the club is in the palm.*



Let's do a small experiment:

*Pick up something around you that has reasonable weight (like a bag or backpack) and notice that you most likely grabbed the object in the base of your fingers. The reason for this is basic anatomy: we cannot successfully*

*use our wrists nor forearms if we don't grip an object in our fingers.*

## **2. What effect does this have on your golf?**

If you are gripping the club in your palms and you are unable to successfully utilise your forearms and wrists, it will compromise your backswing. We find all kinds of faults, such as the left arm breaking down or the left wrist getting really "bowed", which lead to complications down the line.

*Below is an image of what that would look like:*



Instead you should grip the club in the base of your fingers. Notice how much easier it is to use the wrists and forearms.

*This would look like the image below:*





This will really help you to get the left arm in a better structure during the backswing, as well as at the top of the backswing. It will also allow the left wrist to be in a neutral position, which ultimately makes it easier to get the club face in a good position.

*Like this:*



**Last tip:**

If you notice you wear your glove out quickly in the palm of the glove, it's a good indication that the grip is in the palm. Give this simple tip a try and let us know how it goes!

**Contact your EOGA coach:**

André at [andre@eoga.co.za](mailto:andre@eoga.co.za) or 082 860 4977

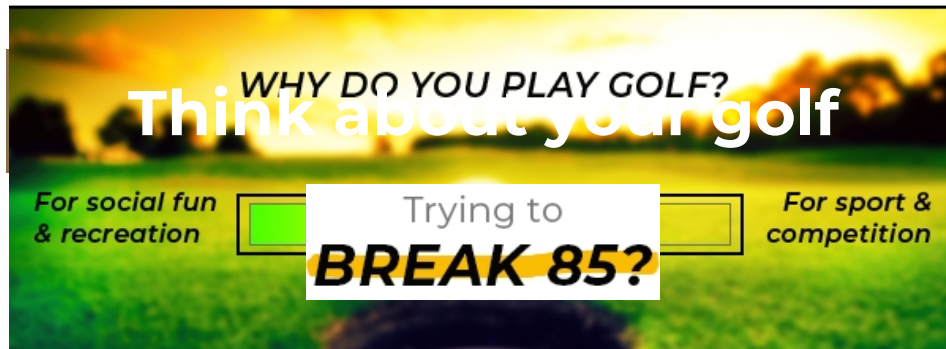
Jean at [jean@eoga.co.za](mailto:jean@eoga.co.za) or 071 355 9771

**What matters most to you?**



## It's the question 'WHY?'

Last week we asked if you could answer one question. With the ability to be entirely anonymous. We wanted to know how you viewed your position on a simple continuum. Where do you see yourself on your golfing journey?



The second statistic we want you to collect over 4 rounds, is your average score on Par 3s that are within iron shot range. If you missed last week's article, and the first statistic [click here](#).

At one end there's space for the person who sees golf totally as a competitive sport, and on the other end there's those that see it as a social and recreational activity. We're asking golfers to position themselves. Next month we'll publish a SUMMARY of how our community of golfers see the game.

### If you haven't already done so

So, if haven't given a response then please follow the link below. It's a very short and very private survey – no personal details required – so go on

[Answer now >](#)





Two 3s and two 4s on your card and you're doing well. Three 3s and provided your steady elsewhere then you're likely to be below 85.

**Improvements you can make that pay off on any approach shot:**



*If we can make sure your rotation and ball striking is led by your large muscles and not your hands, then we can improve your consistency of contact and accuracy of result.*

*There're a number of consistent club and shot selection errors we see from less experienced or skilled golfers that often cost them a stroke per Par 3. It's an easy fix.*



*"Improving your ball striking consistency, club selection, and shot selection on Par 3s will have a big impact on your approach shot*





This mail was sent to {{contact.contact\_email}} by Annette Pillay and is provided as a service for the members and guests of Arabella Golf Shop and the customers of the Arabella Golf Shop Pro Shop and has been supported and sponsored by advertisers in this mail and my partner suppliers:

[Cleveland](#) | [Srixon](#)

To ensure delivery, please add [arabella@greensidegolfer.retailtribenews.com](mailto:arabella@greensidegolfer.retailtribenews.com) to your contacts.

RetailTribe: Unit 8, Blaauwklip 1 | Blaauwklip Office Park | R44 | Stellenbosch | South Africa | +27

(0)21 880 2693

Trouble viewing this newsletter? [View it online](#) | [Download a printer friendly copy](#)

[Subscribe here](#) | [Unsubscribe here](#)