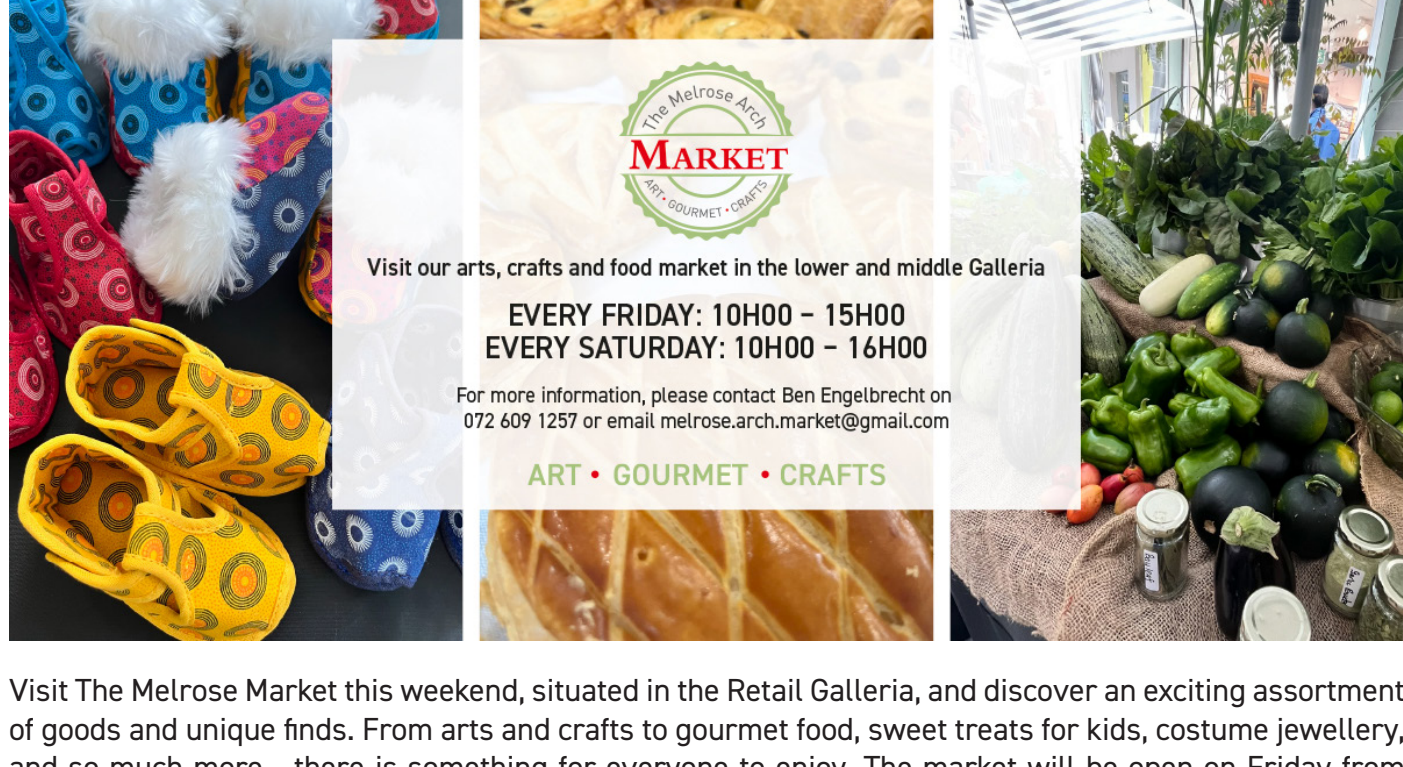


Weekends @ The Arch

15 - 17 MAY 2026

melrose arch

THE MELROSE MARKET



Visit our arts, crafts and food market in the lower and middle Galleria

EVERY FRIDAY: 10H00 - 15H00
EVERY SATURDAY: 10H00 - 16H00

For more information, please contact Ben Engelbrecht on 072 609 1257 or email melrose.arch.market@gmail.com

ART • GOURMET • CRAFTS

Visit The Melrose Market this weekend, situated in the Retail Galleria, and discover an exciting assortment of goods and unique finds. From arts and crafts to gourmet food, sweet treats for kids, costume jewellery, and so much more - there is something for everyone to enjoy. The market will be open on Friday from 10am-3pm and Saturday from 10am-4pm. We look forward to seeing you there for a vibrant and enjoyable weekend experience.

COME MEET HANDRÉ POLLARD

SHARE A FREE PROTEIN SHAKE ON TAP. DO A BODY COMPOSITION TEST. HANG OUT WITH HANDRÉ POLLARD. SNAP SOME PICS. GET AN AUTOGRAPH, AND ENJOY THE EXPERIENCE. STAND A CHANCE TO WIN A SIGNED SPRINGBOK JERSEY.

14:00 TO 15:30
15th MAY 2026

SAMPLES & PRIZES TO BE WON!

bokrugby
handrepollard

BIOMEN

DIS-CHEM HEALTH HUB SPRINGBOKS X BIOGEN

Dis-Chem has officially unveiled its new Melrose Arch Health Hub - a groundbreaking healthcare-first retail concept designed to improve access to healthcare, reduce costs, and support better long-term wellness outcomes. Meet and greet Andre Pollard this Friday, from 2.30pm, and stand a chance to win a signed Springbok jersey.

VAULT STRENGTH CLUB WEEKEND RUN

Start your Saturday on the right foot and join us for a community run at Melrose Arch, in collaboration with The Grind Coffee Company. Whether you're a seasoned runner or simply looking to move, connect, and enjoy the morning energy, there's a distance for everyone to enjoy. Choose between 3KM, 5KM, 8KM, or 10KM routes and experience the vibrant atmosphere, great company, and feel-good momentum that makes these mornings so special.

VAULT STRENGTH CLUB

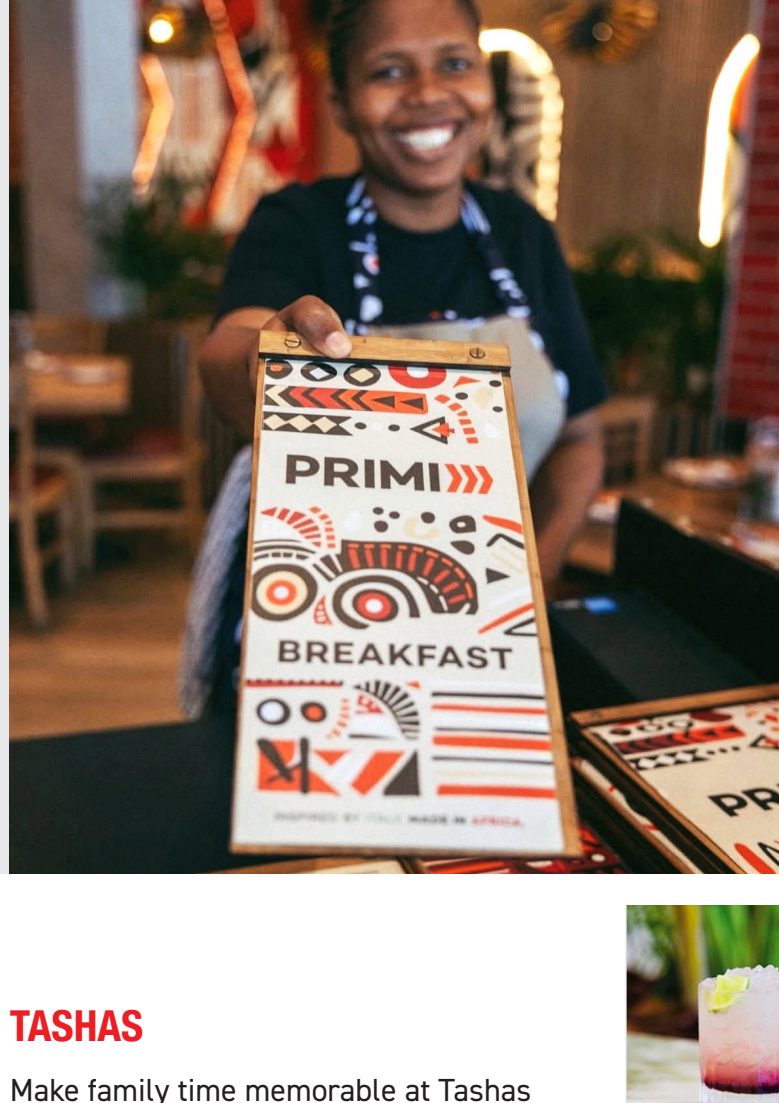
STRENGTH IN NUMBERS

16 MAY 2026

3KM/5KM/8KM/10KM

TIME: 06:30AM
THEME: ALL BLACK
LOCATION: MELROSE ARCH, GRIND CAFE

POWERED BY GRIND CAFE - 15% DISCOUNT ON GRIND COFFEE BRE & POSTY JOG



PRIMI ALL DAY BREAKFAST

Start your day the PRIMI way with their delicious all-day breakfast menu - because great mornings shouldn't have a cut-off time. From freshly brewed coffee and flaky pastries to hearty breakfast favourites and wholesome classics, there's something to satisfy every craving, any time of day. Whether you're meeting friends for a relaxed brunch, grabbing a quick bite between meetings, or easing into the weekend, PRIMI offers the perfect setting to sit back, indulge, and savour every moment.

TASHAS

Make family time memorable at Tashas Melrose Arch - a warm and welcoming space where delicious food, relaxed dining, and something for everyone come together for the perfect family outing. From wholesome breakfasts and leisurely lunches to indulgent treats and signature favourites, Tashas offers a menu the whole family will love. Whether you're gathering for a weekend brunch or a relaxed dinner out, enjoy quality time together in a stylish yet family-friendly setting.



Emirates FA CUP

FA CUP FINAL

CHELSEA V MANCHESTER CITY

WEMBLEY STADIUM

SATURDAY 16 MAY 2026

KICK-OFF: 10:00

SPORTS SCREENING

FA Cup Final between Chelsea and Manchester City at 4pm. Gather your friends, soak up the atmosphere, and enjoy world-class dining while you catch every moment of this clash on our iconic LED Screens, with excellent visuals and complete surround sound. We look forward to hosting you for an unforgettable match-day experience.

THE RED BUS SIGHTSEEING

2 Melrose Arch

First Departure 09h12 EVERY 60 minutes Last Departure 15h12

010 009 0095
www.citysightseeing.co.za

CitySightseeing Joburg

Experience Johannesburg in style aboard the iconic Red Bus. Enjoy a safe and flexible hop-on, hop-off journey, with convenient pick-up available at the Corner Whiteley Road and High Street bus collection point. Tickets can be purchased directly when you board the bus. For more information, please visit <https://citysightseeing.co.za/en/joburg>

We look forward to welcoming you on board for a memorable way to explore the city.

THE MELROSE GALLERY

I LEFT SOMETHING FOR YOU ON THE TABLE

FALIDA NKOMO
MASINDI NAHISA MBOLEKWA
NABULILO HLOPHE
SILINDOKUHLE SHANDU
SWALINE MKHONTO

OPENS 16.05 | 10H00 - 14H00 | 10 THE HIGH STREET MELROSE ARCH

THE MELROSE GALLERY

You are warmly invited to experience "I Left Something for You on the Table" at The Melrose Gallery - an evocative group exhibition exploring identity, memory, and inheritance. Featuring works by Falida Nkomo, Masindi Nafisa Mbolekwa, Njabulo Hlophe, Silindokuhle Shandu, and Swaline Mkhonto, the exhibition brings together compelling contemporary voices reflecting on selfhood, belonging, and legacy.

PRIMI SUNSET HOUR

Unwind in style with PRIMI's Sunset Hour - where classic cocktails, golden-hour energy, and after-work indulgence come together. Enjoy a curated selection of timeless favourites for just R75, served daily from 2pm - 6pm. Whether you're catching up with friends or relaxing after a long day, it's the perfect excuse to sip, stay, and savour the moment. Good cocktails. Great atmosphere. Even better company.

PRIMI

Sunset Hour

Selected Classic Cocktails

R75

2pm-6pm

010 005 0455

T's & C's Apply



LA PARADA

Sip, savour, and socialise at La Parada Melrose Arch - where expertly crafted cocktails, bold flavours, and vibrant energy come together for the ultimate dining and nightlife experience. Whether you're meeting friends for sundowners, enjoying after-work drinks, or settling in for a lively evening out, La Parada offers the perfect atmosphere to unwind and indulge. From signature cocktails to delicious tapas and an electric ambiance, every visit promises unforgettable moments in the heart of Melrose Arch.

Your perfect weekend starts at Melrose Arch - where great food, vibrant experiences, and unforgettable moments await around every corner.