

WATERFALL

CELEBRATION & LIBATION

SIMPLE SUSTENANCE SUBTLE AMBIENCE

WHOLESOME SIMPLICITY

DECADENT DELIGHTS

Life is all these things.

WE HAVE A SIMPLE PHILOSOPHY.

THE FRESHEST FOOD WITH GREAT PROVENANCE FROM PASSIONATE PURVEYORS,
SIMPLY PREPARED; SLOW AND LANGUOROUS FROM OUR WOOD-BURNING FORNO,
OR FAST AND SPIRITED FROM OUR SALAD, CRUDO, TAPAS AND COCKTAIL BARS.

COMFORTABLE CLASSICS FROM THE KITCHEN,
with a little twist.



*FOOD YOU WANT TO LEAVE HOME FOR.
FOOD YOU FEEL AT HOME WITH.*



ARTISAN COFFEES, PREMIER CHEESES, CRAFTED CHARCUTERIE...
EVERYDAY FRIENDS IN THE GUISE OF FOOD. THE WHIMSY OF FINE FARE,
THE JOY OF FRESHLY BAKED BREAD. THE PLEASURE OF PIZZETTE AND COCKTAILS,
THE INDULGENCE OF GOOD COMPANY IN LIVING THE WELL WELL-LIVED LIFE.

ENJOY WITH FAMILY, FRIENDS OR EN MASSE
FOR LAZY MOMENTS, ENERGETIC QUICK-FIXES,
HEALTHY PLEASURES OR NAUGHTY INDULGENCES.
Things that make the spirit smile.

ENJOY LIFE!



ALL HAPPINESS DEPENDS
ON A LEISURELY

BREAKFAST

John Gunther

BREAKFAST BOWLS

Served
until
12h30

OAT BOWL

Steel cut oats *toasted almonds *figs *pumpkin seeds *goji berries
*apple *honey **66**

GREEN BOWL

Kale *spinach *zucchini *asparagus *grilled pesto chicken *quinoa
*poached eggs *zatar lemon dressing **76**

AVOCADO BOWL

Avocado *trio tomatoes *poached eggs *rye bread crisps **76**

TROPICAL BOWL

Papaya *banana *orange *cranberries *coconut & pumpkin seed
granola *yoghurt *lime **64**

RED FRUIT BREAKFAST BOWL

Seasonal red fruits *cranberries *coconut & pumpkin seeds granola
*yoghurt *lime **78**



BREAKFAST

BRIOCHE FRENCH TOAST

Madagascan vanilla mascarpone *berries **66**
bacon & maple syrup **76**

LAZY BREAKFAST

Two eggs *bacon *beef sausage *grilled mushrooms *char-grilled plum
tomatoes *baby potato wedges *baked beans *toast **79**

SIMPLE BREAKFAST

Two eggs your way *bacon *grilled plum tomatoes *toast **58**

EGGS & TOAST

Fried, poached or scrambled with toast choice **34**

THE BREAKFAST SANDWICH

Bacon *mozzarella *char-grilled plum tomatoes
*rocket on toasted ciabatta **68**
Creamy scrambled eggs *bacon *char-grilled plum tomatoes
on toasted ciabatta **72**

MEDITERRANEAN BREAKFAST

Forno-baked health loaf filled with marinated feta *caramelized onions
*rosa tomatoes *grilled mushrooms topped with Mozzarella **72**

EGGS

EGGS BENEDICT

Poached eggs *hickory ham *homemade hollandaise *English muffin **80**

SALMON BENEDICT

Poached eggs *smoked salmon *red capsicum hollandaise
*English muffin **98**

GREEN BENEDICT

Poached eggs *wilted spinach *grilled asparagus spears
*lemon hollandaise *toasted seed loaf **72**

MUSHROOM BENEDICT

Poached eggs *creamy foraged mushrooms *Parmesan shavings
*rocket *English Muffin **92**

SALMON SURPRISE

Homemade potato rosti *Smoked salmon *scrambled egg
*dill crème fraiche *Capers *dill **98**

PLAIN OMELETTE

3 egg omelette *toast **40**
Egg white only omelette *toast **40**



EXTRAS

Fillet steak 150g **66**

Smoked salmon **38**

Roe caviar **40**

Bacon **32**

Macon **32**

Avocado **28**

Olives **16**

Chorizo **32**

Onions **16**

Beefragù **32**

Capsicums **16**

Hickory ham **32**

Plum tomatoes **16**

Calamata olives **16**

Feta or cream cheese **14**

Emmenthaler or Gruyère **22**

Baby potato wedges **16**

BUTTER CROISSANT

*butter *preserves made in our kitchen **24**

with Klein Rivier Gruyère **32**

with Nutella **42**

Enquire about our daily pastries from your waitron





WHAT GARLIC
IS TO **SALAD**,
INSANITY IS TO ART

Augustus Saint-Gaudens

❧ SALAD BAR ❧

Customize your own seasonal salad with fresh greens, gourmet toppings the dressing of your choice from the Salad Bar

LIFE SALAD

*Lettuce varieties *tomato *cucumber ribbons *toasted bruschetta *seasonal toppings **76***

GOURMET TOPPINGS

*Avocado **28***

*Grilled halloumi **48***

*Grilled chicken breast **48***

*Fillet steak 150g **78***

*Prawns **78***

*Seared tuna **89***

*Seared salmon **96***

POKE BOWLS

*Crudo Salmon *yuzu *mirin & soy marinade *Granny Smith apple julienne
*cucumber & radish slaw *Enoki mushroom *purple kimchi *avocado *mango *yoghurt **178***

*Seared beef fillet *soy *sesame *balsamic dressing *mange tout *cucumber *carrots
*beans *enoki mushrooms *purple kimchi **168***

*Miso poached chicken *coleslaw *kale *cucumber *avocado *corn *trio tomato *yoghurt **154***

TAPAS

ARTISANAL FROMAGERIE & CHARCUTERIE BOARD

*Artisan cheese *preserves *roasted peppers *fruit *prosciutto stagionata *chorizo piquant *pickles
*dips *pâté *bread basket *biscuits *fresh fruit **280***

SEAFOOD TAPAS

*Grilled calamari *prawn gambas *crispy fish croquettes *fried squid heads *tzatziki *crispy potato cheese croquettes **220***

CHICKEN TAPAS

*Chicken livers *spicy chicken drumettes *grilled halloumi *crispy potato cheese croquettes *Carrot and tahini slaw **198***

ARTISAN DIPS

*Olive salsa verde *beetroot hummus *spicy vegetable dip *green pea, basil & mint pesto *fried halloumi *bread basket **88***

BREAD BASKET **22** • HALLOUMI **48** • FRIED SQUID HEADS **46**
FRIED CHORIZO **68** • PRAWN GAMBAS **78** • GRILLED CALAMARI **48**
CHICKEN DRUMETTES **54** • CHICKEN LIVERS **34**





FOOD IS EVERYTHING. FOOD, FRIENDS,
FAMILY: THOSE ARE THE MOST
IMPORTANT THINGS IN LIFE

Zac Posen

GOURMET LOAVES

Served on artisan wood-burning forno bread with extra virgin olive oil, mixed greens, toppings & fries

For:

Salad instead add 12 • Roasted Vegetables instead add 12

CLUB ON CIABATTA

*Bacon *egg *grilled chicken breast *tomato *rocket *Emmentaler *caramelised onion *lemon & wholegrain mustard *aioli 98*

CHICKEN BREAST ON BRIOCHE

*Spicy or lemon grilled chicken breast *marinated peppers *balsamic onions *mixed greens *cucumber 96*

GOURMET BURGER ON BRIOCHE

*200 g House-ground beef *beer-battered onion rings served on brioche roll 98*

CHICKEN MAYO ON BROWN

*Chicken wholegrain mustard mayo *lettuce *tomato *gherkins 70*

GRILLED FILLET ON CIABATTA

*150G Beef fillet completed with duo of tomatoes *balsamic onions & mixed greens 96*

CAPRI ON RYE

*Basil pesto *olive tapenade *tomato *mozzarella 86*

CRUDO

OYSTERS

*3 West Coast Oysters *slightly sweet & fiery jalapeño & matsuhisa salsa *Maui onion salsa 70*

CEVICHE OF SALMON OR TUNA

*Thinly sliced fish tossed with coriander *cucumber ribbons *cherry tomato *red onion *ceviche sauce 98*

LECHE DE TIGRE

*Cubed fish fillets dressed with fresh lime and lemon juice *sweet potato *fresh ginger *coriander *parsley *celery 148*

LINE FISH & COCONUT

*Fresh line fish marinated in coconut and lime *chilli *cucumber *trio tomato *pomegranate *shaved coconut 162*

SEAFOOD CEVICHE

*Salmon *tuna *prawns *calamari *squid heads *tomato *onion *celery *coriander chilli dressing 136*

MILLIONAIRE'S SALAD

*Palm heart ceviche *yuzu *lime *grapefruit 128*





I LOVE **PIZZA**. I WANT TO MARRY IT,
BUT IT WOULD JUST BE TO EAT
HER FAMILY AT THE WEDDING.

Mike Birbiglia

PASTA BAR

CREAMY CHAR-GRILLED CHICKEN LINGUINI **125**

ARRABIATA OR POMODORO PENNE **80**

Add 150g fillet 78 • Add chicken 48 • Add chargrilled vegetables 36 • Add prawns 78

AL FUME CREAMY POMODORO LINGUINE

*Touch of vodka *chilli *garlic *flambeed strips of bacon 125*

HOUSE GROUND BEEF BOLOGNAISE RAGU SPAGHETTI

*Beef mince *tomato pomodoro sauce 98*

CREAMY MUSHROOM PENNE

*Foraged field mushrooms *cream *thyme 128*

Half Portions available at 70% of the price



PIZZETTE

ROSA

*Smashed Rosa tomatoes *mozzarella *basil 72*

*Hickory ham *Portabello mushrooms 96*

*Roast sirloin *caramelised onions *pickled red onion 128*

*Beef ragout *roasted peppers *chilli 115*

*Prawn *jalapeño papaya salsa *dill crème fraîche 165*

VEGETARIAN

*Burrata *trio tomatoes *torn basil 138*

*Roast butternut *chargrilled peppers *zucchini *rosa base *feta *basil 98*

Healthy gluten-free pizza base with toppings as above
*sesame, pumpkin & linseed *quinoa Add **60**



I'M NOT MAKING ART,
I'M MAKING
SUSHI

Masabaru Morimoto

SUSHI



SALMON CEVICHE ROLL

8 pieces

Fresh salmon, papaya and avocado topped with ceviche style marinated white fish black rice roll **158**

CRISPY PRAWN BLACK RICE ROLL

8 pieces

*Crispy prawn *black sushi rice *cream cheese *avocado *toasted coconut wrapped in nori paper *spicy papaya salsa *toasted coconut flakes* **160**

SUSHI BURRITO FUTOMAKI

8 pieces

*Soy and Miso poached chicken breast *burrito black rice roll* **139**

CRAB BURRITO FUTOMAKI

8 pieces

*Crab *avocado *kale *cucumber *carrot *spicy mayo sushi rice roll* **158**

VEGETARIAN BURRITO FUTOMAKI

8 pieces

*Daikon *cucumber *red pepper *avocado *carrot *cream cheese *burrito black rice roll* **118**

GLUTEN FREE CEVICHE TACO

3 pieces

Taco shells with sesame seeds filled with avocado & salmon ceviche **85**

SPRING ROLLS WRAPPED IN RICE PAPER

6 pieces

*Salmon *avocado *mint *coriander* **64**
*Tuna *avocado *mint *coriander* **64**
*Spicy Salmon *cucumber *spicy sauce* **68**
*Spicy Tuna *cucumber *spicy sauce* **68**
*Chilli Crab *avocado *mint *spicy sauce* **68**

VOLCANO ROLL

6 pieces

Inside out avocado and crab roll with spicy tuna, masago, wasabi mayonnaise & a sprinkle of sesame seeds **120**

NIGIRI

4 pieces

*Soy bean paper *black rice *salmon ceviche* **62**
*Nori *black rice *spicy tuna & edamame ceviche* **68**
*Nori *sushi rice *seabass & tomato ceviche* **68**
*Soy bean paper *black rice *apple & celery tartare* **62**

SALMON CAVIAR ROSE

3 pieces

72

TUNA AND BLACK RICE ROSE

3 pieces

72

HAND ROLL

One piece

Seaweed cone filled with rice, avocado, Japanese mayo & sesame seeds **68**
Salmon Skin & Caviar **68**

CALIFORNIA ROLL

8 pieces

88

MAKI

6 pieces

62

EDAMAME

Snacking edamame beans with coarse rock salt **68**



XO

I AM NOT INTERESTED IN SLICE OF LIFE,
WHAT I WANT IS A **SLICE**
OF THE IMAGINATION

Carlos Fuentes

sliced



BEEF CARPACCIO

*Beef *fennel *mixed baby greens *radish *pickled mushrooms *Dukkah phyllo 120*

SALMON TARTARE

*Salmon tartare *cucumber *quail egg *avocado *caviar *anchovy aioli 128*

TUNA TARTARE

*Tuna tartare *cucumber *quail eggs *caviar *spicy vinaigrette 128*

COALS

SPEARED FILLET

*200g fillet bound in bacon *crushed baby potatoes
*grilled tomatoes *salsa verde 198*

BEEF RIBS

*BBQ Basted Beef Ribs served with onion rings and fries
500g 132 1kg 210*

BILTONG SIRLOIN

*400g Beef sirloin on the bone *biltong and brie stuffing
*roasted veg *mushroom sauce 172*

LAMB RIBS

*800g lemon and oregano marinated
Greek roasted baby potatoes 220

T BONE

*750g Grilled *Greek roasted baby potatoes
roasted vegetables 237

GRILLED BEEF FILLET

300g 164 200g 135

ACCOMPANYING SAUCES

Add mushroom cream 28

**Add peppercorn sauce 28*

**Add peri peri sauce 28*

**Add chimichurri 28*

SIDES OF YOUR CHOICE

Fries 18

Salad 36

Roasted Vegetables 36

FORNO

WOOD FIRED SPATCHOCK CHICKEN

*Forno roasted baby potatoes *roasted vegetables *NKD coleslaw
Half 112 Full 153*

PORK BELLY

*8-hour braised belly *pineapple *ginger *spices *marmalade *soy glaze
*whipped potatoes *sesame spinach 210*

LAMB NECK & CHORIZO

*6 hour cooked lamb neck with chorizo *white wine *bay served with lemon sweet potatoes & tzatziki 198*

SLOW ROAST LAMB SHANK

served with mixed potatoes & baby butternut 215

WHOLE GRILLED LINE FISH

Please ask your waitron or visit our Crudo bar SQ



OX

KITCHEN

[kich-uh n] noun 1. A ROOM OR PLACE EQUIPPED FOR COOKING.
2. CULINARY DEPARTMENT; CUISINE

KITCHEN

PORK RIB EYE ON THE BONE

Grilled 300g pork with café de paris butter
*mung bean salad & salsa **148**

FISH CAKES

Salmon fishcakes *preserved baby potato *fennel
*avocado & papaya salsa **130**

HAKE & CHIPS

Grilled or fried hake *battered onion rings *dill crème fraiche
*lemon & crispy fries **128**

LEMON OR HARISSA SPICED CALAMARI

With LIFE side salad *fries or roasted vegetables **138**

GRILLED CHICKEN

Grilled Cajun or lemon chicken breast *side salad
*fries or roasted vegetables **116**

GRILLED SOLE

Grilled lemon sole *crushed potatoes *cucumber *tomato *caper
*olive *red onion *green beans *mange tout **198**

LAMB CUTLETS

400g Grilled lamb cutlets *scallion baby potatoes
*roasted vegetables **198**

CHICKEN KORMA

Served with sambals *Malay chutney *basmati rice *lavash **165**

GRILLED SALMON

With scallion baby potatoes *side salad *dill crème fraiche **220**

SEAFOOD PAELLA

Fresh salmon *prawns *calamari *line fish
*rice *creamy paprika sauce **198**

CHICKEN & PRAWN CURRY

Malay spicy tomato broth *Methi leaves *coriander *coconut milk
*basmati rice *pappadums *sambal **198**



THE LIFE GRAND PLATTERS

Selection of platters for sharing

*All served with *oven-roasted seasonal vegetables *lemon-roasted potatoes from the forno or fries *LIFE salad *bread basket*

FIRE PIT PLATTER

800g Lamb cutlets *8 chicken drumettes *500g beef ribs *4 grilled prawns *300g fried squid heads **900**

FLIGHT OF FOWL

Chicken Souvla *8 chicken drumettes *2 Malay chicken Kormas *chicken livers in a rich, spicy tomato gravy *500g beef ribs **690**

DOCK & DIVE

24 Prawns *500g grilled calamari *200g squid heads *2 fillets grilled sole **900**



XO

WITHOUT **DESSERT**,
THERE WOULD BE
DARKNESS AND CHAOS

Don Kardong

DESSERT

NUTELLA BRIOCHE PIZZA

*Vanilla ice cream *hazelnut praline *mixed berries 68*

WAFFLE

*Vanilla ice cream *chocolate sauce 68*

ETON MESS

*Strawberries *marbled meringue *Greek yoghurt *vanilla ice cream 68*

CHOCOLATE MARQUISE

*Layered chocolate brownie *chocolate mousse glazed in ganache *white chocolate mousse *gold chocolate glass 68*

RED VELVET CHEESECAKE

*Baked cheesecake *red velvet cake crust 68*

MOLTEN CHOCOLATE PUDDING

With vanilla ice cream 70

VANILLA BEAN CRÈME BRÛLÉE

*Vanilla-infused baked anglaise *caramel crunch 58*

SPECIALITY COFFEES

BOMBARDINO

Cognac espresso homemade advocaat & cream 48

GIANDUIA

*Hazelnut liqueur, espresso, hot chocolate with
crème Chantilly & toasted almonds 38*

NOUGAT

*Honey, nougat liqueur, espresso, hot milk with
callebaut chocolate mousse & nougat 42*



YSWARA

African Muslin Tea 25

SHAKA ZULU

Rooibos, cherries & chilli peppers

AMINA

Green Tea with tropical fruit

NANDI

Honey bush, coconut & mango

POLE

Chai

OMOLUABI

Rooibos, coconut, chocolate & whiskey

DESSERT WINE

served by the glass

FAIRVIEW LA BERYL BLANC 2011

2011 was made exclusively using chenin blanc grapes, harvested from their Fairview farm in Paarl 78



THERE'S NOT A MAN, WOMAN OR CHILD ON THE FACE
OF THE EARTH WHO DOESN'T ENJOY A TASTY

BEVERAGE.*David Letterman*

COLD & FROZEN

Or

HOT & STEAMY

STILL *SPARKLING WATER 350ml **16** *750ml **28**AQUA PANNA 250ml **29** *750ml **48**SAN PELLEGRINO 250ml **29** *750ml **48**COLD DRINKS 340ml **22**TISERS **28**ICE TEA **28**MIXERS 200ml **18**

RAW JUICE BAR

*Freshly squeezed on site 38**add ginger 4 • add celery 8*

RED RUSH

*Beetroot *carrot *pineapple *celery *ginger 48*

DR OZ'S BODY RESTART

*Apple *celery *cucumber *ginger *mint *pineapple***parsley *spinach 52*

NATURES NECTAR

*Kiwi *pineapple *apple *lime *coriander 52*

RAINBOW BLITZ

*Apple *carrot *cucumber *ginger *lemon *pear *spinach 48*

CITRUS GINGER ZINGER

*Carrot *orange *red pepper *ginger *celery 44*

GAZPACHO JUICE

*Tomato *cucumber *celery *red pepper *parsley *lime 44*

MORNING JO

*Papaya *lime *orange *kiwi *mint 52*

PARADISE FRUIT

*Banana *mango *pineapple 52*

GOJI YOUTH ELIXIR

*Goji berry *grapefruit *pomegranate 52*

FRUIT SMOOTHIES

TURBO CHARGE

*Apple *cucumber *celery *lemon *lime *avo
*pineapple *yellow pepper 52*

REVVED UP RED

*Beetroot *red pepper *watermelon *strawberry
*cucumber *lemon *ginger 52*

ANTIOXIDANT

*Spinach *banana *Dates *apple *cinnamon 52*

GRANITA

*Crushed Ice Infusions**Watermelon *rosewater *basil 32**Elderflower *lime *mint 32**Mango *passion fruit 32**Peach *Pineapple 32**Mixed berry 32*CAPPUCCINO **25**CAPPUCCINO CON PANNA **28**ESPRESSO SINGLE **20** DOUBLE **26**MACCHIATO **22**AMERICANO **22**CAFE LATTE **26**MOCACCINO **24***For Red Espresso (Rooibos Tea Espresso) add 5**Decaf coffee add 4*

LOLLIPOP CHOCOLATE

*with hot milk 24*SPICED CHAI LATTE **28**

RED HOT WHITE CHOCOLATE

Red espresso, hot milk with a lollipop chocolat blanc 30

FRAPPETERIE

CAPPUCCINO

Extreme coffee Toffee 36

ICED COFFEE

*Blended ice cream *Malabar Espresso frappuccino 38*

MARBLE CAPPUCCINO

*Espresso *cold milk *hot froth 28*

ESPRESSO FREDDO

Espresso blended with ice 30

THES

25

TWG

UVA HIGHLANDS BOP

FRENCH EARL GREY

ENGLISH BREAKFAST TEA

JASMINE QUEEN TEA

EMPEROR SENCHA


ROOIBOS

CHAMOMILE

*Housemade lemon, ginger, mint infusion**Housemade lemon, honey, mint infusion*

L I F E

GRAND CAFE

ESTD  1999

www.lifegrandcafe.com

www.lifegrandgroup.com

 lifegrandcafe

 lifegrandcafe

 lifegrandcafe

*For any filling not listed, please ask for availability and price.
If you have any specific allergies or dietary needs please consult with the manager on duty.*

ENJOY LIFE!