

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 **XX***

GREEN BOWL

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

AVOCADO BOWL

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

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 *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 *Klein Rivier Gruyère
*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***

*Emmentaler 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*

LIFE DEMI SALAD

*Lettuce varieties *tomato *cucumber ribbons *toasted bruschetta *seasonal toppings 68*

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 • DEEP 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

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

CHICKEN MAYO ON BROWN

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

STEAK ROLL ON CIABATTA

*150G Beef Steak 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 line 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 dressed *coriander *parsley *celery 148*

LINE FISH & COCONUT

*Fresh tuna 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 95*

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 **98**

CREAMY MUSHROOM PENNE **120**

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***

*Beefragout *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***

On healthy Pizza base *gluten-free *gluten free flour
*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

VEGGIE QUINOA ROLLS

4 pieces

*Avocado *quinoa *peppers *celery **86***



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





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 *shoestring fries or roasted vegetables 138*

GRILLED CHICKEN

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

GRILLED SOLE

*Grilled lemon sole *crushed potatoes *cucumber *tomato *caper
*olive *red onion *green beans *mange tout 148*

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 *mussels *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

*1 Fire pit chicken *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 740*



OX

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 pod ice cream 70

VANILLA BEAN CRÈME BRÛLÉE

*Vanilla-infused baked anglaise *caramel crunch 58*

SPECIALITY COFFEES

BOMBARDINO

Cognac espresso homemade advocaat & cream XX

GIANDUIA

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

NOUGAT

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



YSWARA

African Muslin Tea 22

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

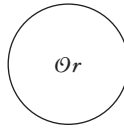


THERE'S NOT A MAN, WOMAN OR CHILD ON THE FACE
OF THE EARTH WHO DOESN'T ENJOY A TASTY

BEVERAGE.

David Letterman

COLD & FROZEN



HOT & STEAMY

STILL *SPARKLING WATER 350ml **16** *750ml **28**
AQUA PANNA 250ml **29** *750ml **48**
SAN PELLEGRINO 250ml **24** *750ml **48**
COLD DRINKS 340ml **22**
TISERS **26**
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 XX*

DR OZ'S BODY RESTART

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

IMMUNE BOOST

*Kiwi *pineapple *apple *lime *coriander XX*

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 XX*

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

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

LOLLIPOP CHOCOLATE

with hot milk 24

SPICED CHAI LATTE 28

RED HOT WHITE CHOCOLATE

Red espresso, hot milk with a lollipop chocolat blanc 30

THES

22

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

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*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!