

V&A WATERFRONT

O.H.C 1902

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!

*Commissioned by HRH Queen Victoria and established by her son, Prince Alfred in 1902, over its long history,
this landmark ocean-front heritage building in the Victoria and Alfred Waterfront has been reviving travellers,
locals and visitors as a refreshment station, tea room, chocolatier and restaurant for over a century.
Under the sensitive restoration, skilled experience and character of fun of the LIFE Grand Group,
~ established in 1999 ~ this grand dame has entered a new age.*

~ Welcome ~



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 78*

AVOCADO BOWL

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

TROPICAL BOWL

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



BREAKFAST

BRIOCHE FRENCH TOAST

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

LAZY BREAKFAST

*Two eggs *bacon *beefsausage *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

BUTTER CROISSANT

**butter *preserves made in our kitchen 24
with Klein Rivier Gruyère 32*

Enquire about our daily pastries from your waitron

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*

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



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*

*Crudo Tuna *sriracha *soy & sesame marinade *quinoa *grapefruit *avocado *wakame *cucumber julienne *yoghurt 168*

*Fresh seasonal white linefish *lime & chilli marinade *trio tomatoes *cucumber & radish slaw *avocado *mango *yoghurt 164*

*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 ❧

ARTISAN 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 *shaved fennel salad 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
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 & sides of your choice

Fries 18 • Salad 36 • Roasted Vegetables 36

CHICKEN BREAST ON BRIOCHE

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

GOURMET BURGER ON BRIOCHE

*250g House-ground Wagyu beef *beer-battered onion rings served on ciabatta *fries 98*

PRAWN BRIOCHE BURGER

*Grilled prawn *lemon truffle aioli *green slaw *sweet potato chips drizzled with truffle oil and parmesan 220*

CHICKEN MAYO ON BROWN

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

GRILLED HAKE ON TACO

*Gluten-free taco shell *grilled hake *pickled cabbage & kiwi salsa 68*

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

MILLIONAIRE'S SALAD

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

CEVICHE OF SALMON OR TUNA

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

SEABASS CEVICHE

*Thinly sliced sea bass with ruby grapefruit segments
*fennel *coriander *mint *ceviche sauce *olive oil 148*

LECHE DE TIGRE

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

LINEFISH & COCONUT

*Fresh linefish in coconut & lime *chilli *cucumber
*trio tomatoes *pomegranate *shaved coconut 162*

SEAFOOD CEVICHE

*Salmon *tuna *prawns *calamari *squid heads *tomato
*onion *celery *coriander chilli dressing 95*

AVOCADO & TOMATO CEVICHE

*Seared avocado *marinated tomatoes *celery *pickled ginger
*Chinese seven spice *soy *rice wine vinegar 88*

WHOLE FISH CEVICHE

*We invite you to visit our Crudo Bar and select a fresh fish
of the day's catch which our Crudo chefs will prepare for you
in a paired ceviche marinade SQ*



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 CHARGRILLED CHICKEN LINGUINE **125**

ARRABIATA OR POMODORO PENNE **80**

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

VONGOLE MOZAMBICAN CLAMS

*White wine cream sauce *cherry tomatoes *chilli *garlic *fresh parsley 150*

ALFREDO & VEGETABLES

*Foraged field mushrooms *smoky vanilla mascarpone *broccoli *tomato *penne 120*

RED PRAWNS LINGUINE

*Grilled prawns *cherry tomatoes *fennel *grilled chilli butter 220*

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*

*Parma ham *red onion *brie *fig *fennel 145*

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

VEGETARIAN

*Burrata *trio tomatoes *torn basil 138*

*Roast pumpkin *grilled peppers *zucchini *Rosa base *feta *basil 98*

On healthy Pizza base *gluten-free *gluten free flour
*sesame, pumpkin & linseed *quinoa Add **60**



SUSHI



SALMON SUVICHE ROLL

8 pieces

*Fresh salmon *mango & avocado topped
with ceviche style marinated white fish* **158**

FISH & CHIPS

4 pieces

*Marinated sea bass *essence of sauce tartare
*match stick potato crisps *bonito flakes* **89**

CRISPY CRAB

8 pieces

*Crispy soft shell crab *black sushi rice *cream cheese
*avocado *toasted coconut wrapped in nori paper
*spicy mango salsa *toasted coconut flakes* **160**

SUSHI BURRITO FUTOMAKI

8 pieces

*Soy- & 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**

SUSHI RICE BALLS

3 pieces

*Black sushi rice stuffed with crab ginger coleslaw
wrapped with avocado* **68**

*Sushi rice stuffed with yuzu beans wrapped
with mango & red snapper* **79**

GLUTEN-FREE CEVICHE TACO

3 pieces

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

SPRING ROLLS IN RICE PAPER

6 pieces

*Salmon *avocado *mint *coriander* **64**

*Tuna *avocado *mint *coriander* **64**

*Spicy Salmon *cucumber *wasabi, sriracha mayo* **68**

*Spicy Tuna *cucumber *wasabi, sriracha mayo* **68**

*Chilli Crab *avocado *mint *wasabi, sriracha mayo* **68**

VOLCANO ROLL

6 pieces

*Inside out avocado & crab roll *spicy tuna *masago,
*wasabi mayonnaise *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

*Salmon *sushi rice *Japanese mayo *red caviar* **72**

TUNA & BLACK RICE ROSE

3 pieces

*Tuna *black sushi rice *sliced tuna *wasabi soy mayo
red caviar **72**

HAND ROLL

One piece

*Seaweed cone filled with rice *avocado
Japanese mayo & sesame seeds **68**

Salmon Skin & Caviar **68**

VEGGIE QUINOA ROLL

4 pieces

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

CALIFORNIA ROLL

8 pieces

88

MAKI

6 pieces

62

XO

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

Carlos Fuentes

sliced

BEEF CARPACCIO

*Sliced Afrikaner™ beef *fennel *mixed baby greens *radish *pickled mushrooms *Dukkah phyllo 120*

SALMON TARTARE

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

TUNA TARTARE

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

BEEF TARTARE

*Beef tartare *pesto *quail's egg *bread shard *caper *onion salsa 128*

COALS

GRILLED BEEF FILLET

300g 164 200g 135

SPEARED FILLET

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

BEEF RIBS

*BBQ-basted beef ribs *onion rings *fries
500g 132 1kg 210*

SOUVLA

Chicken 500g 98

WHOLE GRILLED LINE FISH

Please ask your waitron or visit our Crudo bar SQ

300g AFRIKANER™ BEEF RUMP

Organic, marbled, grain-fed Afrikaner™ beef 198

ACCOMPANYING SAUCES

**Add mushroom cream 28*

**Add peppercorn sauce 28*

**Add peri-peri sauce 28*

**Add gastrique 28*

**Add chimichurri 28*

ACCOMPANYING SIDES

Fries 18

Salad 36

Forno-roasted Vegetables 36

BILTONG SIRLOIN

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

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 153*

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

MOULES & FRITES

Fresh mussels *white wine *cream broth *fries
*homemade mayo *grilled ciabatta **130**

SALMON FISH CAKES

Pako-crumbed salmon fishcakes *preserved baby potato
*fennel *avocado *papaya salsa **130**

HAKE & CHIPS

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

LEMON OR HARISSA SPICED CALAMARI

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

GRILLED CHICKEN BREAST

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

SEARED LINE FISH

Whipped potatoes *grilled asparagus *lemon vinaigrette **148**

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

Sambals *Malay chutney *basmati rice *lavash **165**

SEARED TUNA

Served rare in a tomato elderflower gazpacho *olive
*edamame *cucumber *yuzu salsa verde **156**

GRILLED SALMON

Scallion potatoes *side salad *dill crème fraîche **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 *poppadoms *sambals **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

1kg Lamb cutlets *8 chicken drumettes *500g beef ribs *4 grilled prawns *300g fried squid heads **900**

FLIGHT OF FOWL

1kg Fire pit chicken souvla *8 chicken drumettes *2 Malay chicken Kormas *chicken livers in a rich, spicy tomato gravy *500g beef ribs **690**

DOCK & DIVE

12 prawns *chargrilled octopus *calamari *squid heads *mussels *grilled linefish **720**



OX

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

Don Kardong

DESSERT

NUTELLA BRIOCHE PIZZA

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

ETON MESS

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

LAYERED LEMON MERINGUE

*Biscuit crust *lemon curd crème *mini meringues served in a jar 68*

MOLTEN CHOCOLATE PUDDING

Vanilla pod ice cream 70

VANILLA BEAN CRÈME BRÛLÉE

*Vanilla-infused baked Anglaise *caramel crunch 58*

WAFFLE

Vanilla ice cream and chocolate sauce 68

SPECIALITY COFFEES

BOMBARDINO

*Cognac *espresso *homemade Advocaat *crème XX*

GIANDUIA

*Hazelnut liqueur *espresso *hot chocolate
*Chantilly crème *toasted almonds XX*

NOUGAT

*Honey *nougat liqueur *espresso *hot milk
*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

RAW JUICE BAR

Raw fruit & veg squeezed fresh at our Juice Bar 38
add ginger 4 add celery 8

JOLT JUICE

*Apple *cucumber *ginger *orange *lemon *spinach 52*

DR OZ'S BODY RESTART

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

DR OZ'S GREEN DRINK

*Apple *celery *cucumber *ginger *lemon *lime *parsley *spinach 52*

PARADISE FRUIT

*Banana *mango *pineapple 52*

GOJI YOUTH ELIXIR

*Goji berry *grapefruit *pomegranate 52*

RAINBOW BLITZ

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

APPLE CRISP

*Apple *celery *orange 44*

LEMON GINGER ZINGER

*Apple *carrot *ginger *lemon 44*

MEAN GREEN

*Apple *celery *cucumber *ginger *spinach *lemon 52*

FRUIT SMOOTHIES

*Freshly squeezed, creamy fruit & veg *no dairy*

TURBO CHARGE

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

GREEN POWDER

*Apple *cucumber *celery *lemon *lime *avo*
**pineapple *spinach *ginger 52*

ULTIMATE

*Apple *celery *lime *carrot *spinach *yellow pepper 52*

GRANITA

Crushed flavoured ice infusions

*Watermelon *rosewater *basil 32*

*Elderflower *lime *mint 32*

*Mango *passion fruit 32*

*Peach *pineapple 32*

Mixed berry 32

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

ICED TEA 28

MIXERS 200ml 18

Or

HOT & STEAMY

CAPPUCCINO 25

CAPPUCCINO CON PANNA 28

ESPRESSO *Single 20 Double 26*

MACCHIATO 22

AMERICANO 22

CAFÉ LATTE 26

MOCCACCINO 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 *lollipop chocolat blanc 30*

TEA ROOM

TWG 22

ENGLISH BREAKFAST

EARL GREY

ROOIBOS

CAMOMILE

GREEN TEA

*Housemade lemon *ginger *mint infusion 18*

*Housemade lemon *honey *mint infusion 18*

Please enquire about our Yswara Tea box
selection from your waitron

FRAPPETERIE

CAPPUCCINO

Extreme coffee Toffee 36

ICED COFFEE

*Blended ice cream *Malabar espresso freezoccino 38*

MARBLE CAPPUCCINO ESPRESSO


**Cold milk *hot froth 28*

ESPRESSO FREDDO

Espresso blended with ice 30

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!