

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-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.

PLEASE BE ADVISED THAT THE FOOD PREPARED HERE MAY CONTAIN THESE
INGREDIENTS:

*Milk *Eggs *Wheat *Soy bean *Peanuts *Tree nuts *Fish *Shellfish*

ENJOY LIFE!



ALL HAPPINESS DEPENDS
ON A LEISURELY

BREAKFAST

John Gunther

BREAKFAST BOWLS

OAT BOWL

*Creamy steel cut oats *honey *cinnamon *pumpkin seeds
apple & cinnamon 50
fig & golden syrup 50*

GREEN BOWL

*Kale *spinach *zucchini *asparagus *grilled pesto chicken
quinoa *poached eggs *za'atar lemon dressing 78*

AVOCADO BOWL

*Avocado *trio tomato *poached eggs *rye bread crisps 80*

TROPICAL BOWL

*Papaya *banana *cranberries *coconut & pumpkin seed
granola *yoghurt *lime 68*

RED FRUIT BREAKFAST BOWL

*Seasonal red fruits *cranberries *coconut & pumpkin seeds
granola *yogurt *lime 80*

BREAKFAST

BRIOCHE FRENCH TOAST

*Madagascan vanilla mascarpone *berries 68
bacon & maple syrup 78*

LAZY BREAKFAST

*Two eggs *bacon *beef sausage *grilled mushrooms
*char-grilled plum tomatoes *baby potato wedges
*baked beans *toast 80*

SIMPLE BREAKFAST

*Two eggs your way *bacon *grilled plum tomatoes *toast 60*

EGGS ON TOAST

Fried, poached or scrambled with toast choice 36

THE BREAKFAST SANDWICH

*Bacon *mozzarella *char-grilled plum
tomatoes *rocket on toasted ciabatta 72
Creamy scrambled eggs *char-grilled plum
tomatoes on toasted ciabatta 76*

BUTTER CROISSANT

*with butter *preserves made in our kitchen 26
with white cheddar 36 with Nutella 42*

FILLED CROISSANT

*Bacon *brie *caramelised onion 60
Scrambled egg *bacon 72
Tomato *mozzarella *pesto 42
Beefragù *emmenthaler *chilli 60*

*Served
until
12h30*

EGGS

EGGS BENEDICT

*Poached eggs *hickory ham *homemade hollandaise
English muffin 82*

SALMON BENEDICT

*Poached eggs *80g Norwegian Smoked salmon
*red capsicum hollandaise *English muffin 120*

GREEN BENEDICT

*Poached eggs *wilted spinach *grilled asparagus spears
*lemon hollandaise *toasted seed loaf 84*

MUSHROOM BENEDICT

*Poached eggs *creamy foraged mushrooms *parmesan
shavings *rocket *English muffin 98*

SALMON SURPRISE

*Homemade potato rosti *smoked salmon *scrambled egg
*dill crème fraiche *Capers 120*

PLAIN OMELETTE

*3 egg omelette *toast 46
Egg white only omelette *toast 46*

EXTRAS

*Fillet steak 150g 86
80g Smoked salmon 90
Roe caviar 40
Bacon per slice 8
Avocado 28
Chorizo 34
Onions 8
Beefragù 34
Capsicums 12
Hickory ham 18
Plum tomatoes 10
Calamata olives 8
Feta or cream cheese 18
Emmenthaler 22
Baby potato wedges 18
Eggs 8
Mushrooms 12
Spinach 8
Chicken livers 34
Macon 8*

PANCAKES

*Nutella *banana *vanilla crème 78
Strawberry preserve *vanilla crème 78
Beefragù *cheddar cheese *avocado 82
Chicken liver *roasted capsicum *dill crème fraiche 86
Scrambled egg *bacon *mozzarella 78*





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

Augustus Saint-Gaudens

SALAD BAR

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

LIFE SALAD

*Lettuce varieties *tomato *cucumber ribbons *lavash *seasonal toppings 80*

GOURMET TOPPINGS

AVOCADO **28** • GRILLED HALLOUMI **50** • GRILLED CHICKEN BREAST **42**
FILLET STEAK 150G **84** • PRAWNS **80** • SEARED TUNA **92**
SEARED SALMON **98**

POKE BOWLS

A colourburst of raw crudo flavours, dressed in zesty combinations

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

*Black rice *inari *avocado *cucumber *mango *enoki mushroom
wakame *edamame *apple julienne *yoghurt 98*

*Miso poached chicken *coleslaw *kale *cucumber *avocado *corn *trio tomato *yoghurt 158*

TAPAS

SEAFOOD TAPAS

*Grilled calamari *prawn gambas *crispy fish croquettes *fried squid heads *tzatziki
*crispy potato cheese croquettes *focaccia *lavash 240*

CHICKEN TAPAS

*Chicken livers *spicy chicken drumettes *grilled halloumi *crispy potato cheese croquettes
*carrot and tahini slaw *focaccia *lavash 230*

ARTISAN DIPS

*Olive salsa verde *hummus *spicy vegetable dip *tzatziki *fried halloumi *focaccia *lavash 98*

FOCACCIA *LAVASH **22** • HALLOUMI **50** • CRISPY SQUID HEADS **48**
FRIED CHORIZO **76** • PRAWN GAMBAS **80** • GRILLED CALAMARI **48**
CHICKEN DRUMETTES **80** • 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

*Salad instead add **16** • Roasted Vegetables instead add **16***

CLUB ON CIABATTA

*Bacon *egg *grilled chicken breast *tomato *rocket *Emmentaler *balsamic onion *lemon & wholegrain mustard *aioli **110***

CHICKEN BREAST ON BRIOCHE

*Spicy or lemon grilled chicken breast *marinated peppers *balsamic onions *mixed greens *cucumber **98***

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 **84***

GRILLED FILLET ON CIABATTA

*150G Beef fillet completed with duo of tomatoes *balsamic onions & mixed greens **92***

CAPRI ON RYE

*Basil pesto *olive tapenade *tomato *mozzarella **88***

SALAD WRAPS

*Flour tortilla wrap *mozzarella cheese base. Served with sweet potato crisps*

CHICKEN CEASAR

*Grilled chicken breast *lettuce *bacon *yoghurt dressing *parmesan *anchovy *egg **76***

BEEF

*Sesame grilled beef fillet *carrot julienne *cucumber *caspicum *lettuce *tomato *coleslaw *radish *mushroom **84***

CRUDO

OYSTERS

*3 West Coast Oysters *slightly sweet & fiery jalapeño salsa *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***

SEAFOOD CEVICHE

*Salmon *tuna *prawns *calamari *squid heads *tomato *onion *celery *coriander chilli dressing **142***

AVOCADO & TOMATO CEVICHE

*Grilled avocado *marinated tomatoes *celery *pickled ginger *Chinese seven spice *soy *rice wine vinegar **90***





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 LINGUINE **130**
*Sage cream *grilled chicken breast*

ARRABIATA OR POMODORO PENNE **86**
*Add 150g fillet **84** • Add chicken **42** • Add chargrilled vegetables **36** • Add prawns **80***

AL FUME CREAMY POMODORO LINGUINE
*Touch of vodka *chilli *garlic *flambéd strips of bacon **128***

HOUSE GROUND BEEF BOLOGNAISE RAGU SPAGHETTI
*Beef mince *tomato pomodoro sauce **98***

CREAMY MUSHROOM PENNE
*Foraged field mushrooms *cream *thyme **128***

SMASHED SEAFOOD PENNE
*Prawns *linefish *salmon calamari *creamy pomodoro *garlic *chilli **198***

FILLET PESTO PENNE
*Grilled capsicum *creamy pesto *garlic *chilli *fillet strips **160***

PIZZETTE

ROSA
*Smashed Rosa tomatoes *mozzarella *basil **78***

*Hickory ham *Portabello mushrooms **110***

*Roast sirloin *caramelised onions *pickled red onion **146***

*Beef ragù *roast capsicum *chilli **128***

*Prawn *jalapeño papaya salsa *dill crème fraîche **194***

*Chicken *roast capsicum *feta **138***

VEGETARIAN
*Roast pumpkin *chargrilled peppers *zucchini *Rosa base *feta *basil **100***

GREEN
*Charred spinach *olives *brown mushrooms *roasted capsicum *feta **100***

GLUTEN FREE PIZZA
*with any of the other combinations above
*gluten free flour *sesame, pumpkin & linseed *quinoa Add **60***





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

SUSHI



SALMON SUVICHE ROLL

8 pieces

Fresh salmon, papaya and avocado topped with ceviche style marinated white fish black rice roll **168**

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* **172**

SUSHI BURRITO FUTOMAKI

8 pieces

*Soy and Miso poached chicken breast *burrito black rice roll* **152**

VEGETARIAN BURRITO FUTOMAKI

8 pieces

*Daikon *cucumber *red pepper *avocado *carrot *cream cheese *burrito black rice roll* **128**

SALMON FUTOMAKI

*Salmon *daikon *mango *spinach *red capsicum* **168**

SPRING ROLLS WRAPPED IN RICE PAPER

6 pieces

*Salmon *avocado *mint *coriander* **68**
*Tuna *avocado *mint *coriander* **68**
*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 *spicy tuna *masago, wasabi mayonnaise *sesame seeds* **120**

NIGIRI

4 pieces

*Soy bean paper *black rice *salmon ceviche* **72**
*Nori *black rice *spicy tuna & edamame ceviche* **72**
*Classic *salmon | tuna | prawn* **72**

SALMON CAVIAR ROSE

3 pieces

72

TUNA AND BLACK RICE ROSE

3 pieces

72

SEARED SALMON ROSE

3 piece

*Sesame *dill crème fraîche *caviar* **72**

EDAMAME

Snacking edamame beans with coarse rock salt **72**

HAND ROLL

One piece

*Seaweed cone filled with rice *avocado, Japanese mayo *sesame seeds* **70**
Salmon Skin & Caviar **70**

CALIFORNIA ROLL

8 pieces

88

MAKI

6 pieces

64

FASHION SANDWICHES

8 pieces

88

SASHIMI

4 pieces

80



XO

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

Carlos Fuentes

sliced



BEEF CARPACCIO

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

SALMON TARTARE

*Salmon tartare *cucumber *quail egg *avocado *caviar *anchovy aioli 130*

TUNA TARTARE

*Tuna tartare *cucumber *quail egg *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 & fries
500g 150 1kg 268*

BILTONG SIRLOIN

*400g Beef sirloin on the bone *biltong and brie stuffing
*roasted veg *mushroom sauce 210*

SEAFOOD SOUVLA

*6 Prawns *calamari *kingklip crispy squid heads *Cafe de Paris
butter *fries *roasted vegetables 280*

GRILLED BEEF FILLET

200g 140 300g 180

RUMP

200g 120 400g 180

RIBEYE ON BONE

*1kg Grilled *choice of side *sauce choice 280*

T BONE

*750g Grilled *Greek roasted baby potatoes
roasted vegetables 240

ACCOMPANYING SAUCES

*Add mushroom cream 36 *Add peppercorn sauce 36 *Add peri peri sauce 36 *Add gastrique 36 *Add chimichurri 36*

SIDES OF YOUR CHOICE

Fries 28 Salad 38 Roasted Vegetables 38 Greek Roasted Potatoes 38

FORNO

WOOD FIRED SPATCHCOCK CHICKEN

*Forno roasted baby potatoes *roasted vegetables *Red kimchi
Half 120 Full 188*

LAMB MADRAS

*Lamb *Madras style tomatoes *mustard seeds *cumin *curry
leaves *yoghurt *potatoes *vegetables *basmati rice *poppadums
sambals 204

PORK BELLY

*8-hour braised belly *pineapple *ginger *spices *marmalade
*soy glaze *whipped potatoes *sesame spinach 214*

SLOW ROAST LAMB SHANK

served with mixed potatoes & butternut 260





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 Cafe de Paris butter
mung bean salad & salsa **180***

FISH CAKES

*Fishcakes *preserved baby potatoes *fennel
avocado & papaya salsa **138***

HAKE & CHIPS

*Grilled or fried hake *battered onion rings *dill crème fraîche
lemon & fries **132***

LEMON OR HARISSA SPICED CALAMARI

*With side salad *fries or roasted vegetables **142***

GRILLED CHICKEN

*Grilled Cajun or lemon chicken breast *side salad
fries or roasted vegetables **128***

PRAWN GRILL

*12 Prawns *Cafe de Paris butter *saffron rice *kimchi **268***

LAMB CUTLETS

*400g Grilled lamb cutlets *scallion baby potatoes
*roasted vegetables **248***

CHICKEN KORMA

*Served with sambals *Malay chutney *basmati rice
*lavash **168***

GRILLED SALMON

*With scallion baby potatoes *side salad *dill crème fraîche **228***

SEAFOOD PAELLA

*Fresh salmon *prawns *calamari *line fish
*rice *creamy paprika sauce **220***

CHICKEN & PRAWN CURRY

*Malay spicy tomato broth *methi leaves *coriander
*coconut milk *basmati rice *poppadums *sambals **220***

KINGKLIP

*Grilled medallion *lemon cream sauce *scallion potatoes **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 *side salad *focaccia *lavasha*

FIRE PIT PLATTER

*600g beef fillet *half spatchcock chicken *500g beef ribs *crispy squid heads *4 grilled prawns *200g grilled calamari **960***

DOCK & DIVE

*24 prawns *400g grilled calamari *crispy squid heads *2 fillets grilled kingklip *Cafe de Paris butter **980***

FROM THE EARTH

*400g lamb cutlets *8 chicken drumettes *750g T-Bone *chicken livers in a rich tomato gravy **980***



XO

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

Don Kardong

DESSERT

NUTELLA BRIOCHE PIZZA

*Vanilla ice cream *hazelnut praline *mixed berries 76*

WAFFLE

Vanilla ice cream and chocolate sauce 80

ETON MESS

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

DEATH BY CHOCOLATE

*White chocolate ganache *dark chocolate mousse
fresh berries *chocolate meringue 72*

VANILLA BEAN CRÈME BRÛLÉE

*Vanilla-infused baked anglaise *caramel crunch 72*

BAKLAVA & ICE CREAM

*Crispy layers of phyllo *almond *cinnamon
spiced orange syrup 68*

MOLTEN CHOCOLATE PUDDING

With vanilla ice cream 72

SPECIALITY COFFEES

BOMBARDINO

*Cognac *espresso *homemade Advocaat *crème 48*

GIANDUIA

*Hazelnut liqueur *espresso *hot
chocolate *Chantilly crème *toasted almonds 52*

NOUGAT

*Honey *nougat liqueur *espresso *hot milk
*Callebaut chocolate mousse *nougat 44*

JÄGERMEISTER COLD BREW SHOT

Jägermeister cold brew malabar gold 56*



TWIG SPECIALITY TEA

Muslin Tea 32

SILVER MOON TEA - GREEN TEA

Green tea with dried strawberries

POLO CLUB TEA - GREEN TEA

Green tea with caramel and vanilla

CRÈME CARAMEL TEA - ROOIBOS

Rooibos blended with toffee pieces

1837 BLACK - BLACK TEA

Black tea with red berries and caramel

BLACK CHAI - BLACK TEA

Black chai tea blend with Indian spices

DESSERT WINE

DELHEIM NOBLE LATE HARVEST

Bright gold, aromas of orange blossom, kumquart, honeybush 78

DE KRANZ RUBY PORT

Aromas of ripe red berries & plums complimented with cinnamon and a touch of vanilla 78

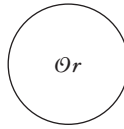


THERE'S NOT A MAN, WOMAN OR CHILD ON THE FACE
OF THE EARTH WHO DOESN'T ENJOY A TASTY

BEVERAGE.

David Letterman

COLD & FROZEN



HOT & STEAMY

STILL & SPARKLING WATER 250 **20** 750 **38**

AQUA PANNA 250 **36** 750 **68**

SAN PELLEGRINO 250 **36** 750 **68**

COLD DRINKS **26**

TISERS **30**

ICED TEA **30**

MIXERS **24**

RED BULL ENERGY **42**

RED BULL SUGAR FREE **42**

SAN PELLEGRINO SPARKLING FRUIT
BEVERAGES **32**

*Aranciata (Orange) Aranciata Rossa
(Blood Orange) Limonata (Lemon)*

RAW JUICE BAR

Freshly squeezed on site **38**

add ginger **4** • *add celery* **8**

RED RUSH

*Beetroot *carrot *pineapple *celery *ginger* **52**

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* **46**

GAZPACHO JUICE

*Tomato *cucumber *celery *red pepper *parsley *lime* **52**

PARADISE FRUIT

*Banana *mango *pineapple* **54**

GOJI YOUTH ELIXIR

*Goji berry *grapefruit *pomegranate* **54**

FRUIT SMOOTHIES

TURBO CHARGE

*Apple *cucumber *celery *lemon *lime *avo
*pineapple *yellow pepper* **56**

REVVED UP RED

*Beetroot *red pepper *watermelon *strawberry
*cucumber *lemon *ginger* **56**

ANTIOXIDANT

*Spinach *banana *Dates *apple *cinnamon* **56**

CAPPUCCINO **28**

CAPPUCCINO CON PANNA **32**

ESPRESSO SINGLE **22** DOUBLE **26**

MACCHIATO **22**

AMERICANO **24**

CAFÉ LATTE **32**

MOCACCINO **22**

For Red Espresso (Rooibos Tea Espresso) add **6**

Decaf coffee add **4**

For Almond Milk add **6**

HOT CHOCOLATE **32**

MILKSHAKES

Bar One **46**

Wild Berry **46**

Oreo **46**

GRANITAS & MOCKTAILS

Crushed Ice Infusions

*Watermelon *rosewater *basil* **32**

*Elderflower *lime *mint* **32**

TWISTS

RED BULL MOJITO TWIST

*RED BULL *lime *apple *mint* **48**

RED BULL SUGARFREE TWIST

*RED BULL Sugarfree *apple *berry* **48**

BUBBLES

Babylonstoren sparkling grape juice **106**

TEAS

30

TWG

UVA HIGHLANDS BOP

FRENCH EARL GREY

ENGLISH BREAKFAST TEA

JASMINE QUEEN TEA

EMPEROR SENCHA

ROOIBOS

CHAMOMILE

HERBAL INFUSIONS

*Housemade lemon *ginger *mint infusion* **22**

*Rose *honey *mint infusion* **22**

We support our Environment

**We are using bio Packaging & Straws. We have committed to help in saving our ocean and Going Greener
Please assist us in our aim to protect our environment**



L I F E

GRAND CAFE

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V&A WATERFRONT
WATERFALL CORNER
MALL OF THE SOUTH
THE CLUB PRETORIA
MALL OF AFRICA

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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!