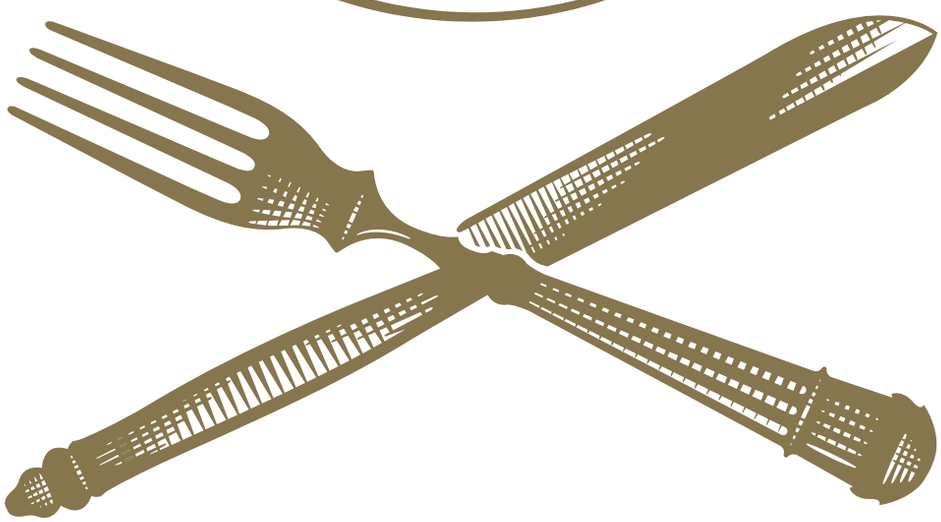
LIFE

GRAND CAFE

ESTD 1999



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,

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

Served until 12h30

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* **80**

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

EGGS ON TOAST
Fried, poached or scrambled with toast choice **34**

MACON **add 8**

PATISSERIE

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

BREAKFAST BOWLS

OAT BOWL
Creamy oats honey * cinnamon *pumpkin seeds*
apple & cinnamon **48**
fig & golden syrup **48**

GREEN BOWL
*Kale *spinach * zucchini *asparagus *grilled pesto chicken *quinoa*
poached eggs *za'atar lemon dressing* **80

AVOCADO BOWL
*Avocado *trio tomato *poached eggs *rye bread crisps* **76**

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

EGGS

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

SALMON BENEDICT
*Poached eggs *80g Norwegan Smoked salmon *red capsicum hollandaise *English muffin* **116**

GREEN BENEDICT
*Poached eggs *wilted spinach *grilled asparagus spears *lemon hollandaise *toasted seed loaf* **82**

MUSHROOM BENEDICT
*Poached eggs *creamy foraged mushrooms *Klein Rivier Gruyère *rocket *English muffin* **96**

PLAIN OMELETTE
*3 egg omelette *toast* **44**
*Egg white only omelette *toast* **44**

EXTRAS

Fillet steak 150g **84**
Smoked salmon **88**
Roe caviar **40**
Bacon per slice **8**
Avocado **28**
Chorizo **32**
Onions **6**
Beef ragù **32**
Capsicums **8**
Hickory ham **18**
Plum tomatoes **10**
Calamata olives **8**
Feta or cream cheese **16**
Emmenthaler **20** */ Gruyère* **24**
Baby potato wedges **16**
Egg **8**
Mushrooms **8**
Spinach **8**

WHAT GARLIC
IS TO **SALAD**,
INSANITY IS TO ART
Augustus Saint-Gaudens

SALAD BAR

Visit our seasonal Salad Bar to customize your own seasonal salad with fresh greens, gourmet toppings and the dressing of your choice.

LIFE SALAD

*Lettuce varietals *tomato *cucumber ribbons *toasted bruschetta *seasonal toppings* ***80***

GOURMET TOPPINGS

Avocado ***28***
Grilled halloumi ***48***
Grilled chicken breast ***38***
Fillet steak 150g ***84***
Prawns ***78***
Seared tuna ***92***
Seared salmon ***98***

POKE CRUISE BOWLS

A colourburst of raw crudo flavours, dressed in zesty combinations

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

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

TAPAS

ARTISAN FROMAGERIE & CHARCUTERIE BOARD

*Local Cape 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 croquettas *fried squid heads *tzatziki *crispy potato cheesecroquettas* ***230***

CHICKEN TAPAS

*Chicken livers *spicy chicken drumettes *grilled halloumi *crispy potato cheese croquettas *carrot tahini salad* ***220***

ARTISAN DIPS

*Olive salsa verde *hummus *spicy vegetable dip *tzatziki *fried halloumi * bread basket* ***96***

BILTONG TAPAS

*Biltong *dry wors * dolmades * roasted corn *peppadew dip * lavash *marinated olives* ***186***

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 ***add 12*** • *Roasted Vegetables* ***add 12***

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 Wagyu beef *beer-battered onion rings served on brioche* ***98***

LOBSTER BURGER ON BRIOCHE
*Grilled East Coast Rock lobster *lemon truffle aïoli *green slaw *parmesan* ***228***

CHICKEN MAYO ON BROWN
*Grilled chicken *wholegrain mustard mayo *lettuce *cucumber ribbons *tomato *gherkins* ***84***

GRILLED HAKE ON TACO
*Gluten-free taco shell *grilled hake *pickled cabbage & kiwi salsa* ***86***

CAPRI ON RYE
*Basil pesto *olive tapenade *tomato *mozzarella* ***88***

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***

BURRATA & PEACHES
*Grilled peach *mint *red onion *cucumber *yuzu *matcha avocado* ***128***

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* ***138***

AVOCADO & TOMATO CEVICHE
*Grilled 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 ***128***

ARRABIATA OR POMODORO PENNE ***82***

Add 150g fillet ***84*** *• Add chicken* ***48*** *• Add chargrilled vegetables* ***36*** *• Add prawns* ***78***

VONGOLE MOZAMBICAN CLAMS
*White wine cream sauce *cherry tomatoes *chilli *garlic *fresh parsley* ***162***

ALFREDO & VEGETABLES
*Foraged field mushrooms *smoky vanilla mascarpone *broccoli *tomato *penne* ***128***

RED PRAWN LINGUINE
*Grilled prawns *cherry tomatoes *fennel *grilled chilli butter* ***220***

HOUSE GROUND BEEF BOLOGNAISE SPAGHETTI
*Beef mince *tomato pomodoro sauce* ***120***

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

PIZZETTE

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

*Hickory ham *Portabello mushrooms* ***108***

*Roast sirloin *caramelised onions *pickled red onion* ***142***

*Parma ham *red onion *brie *fig *fennel* ***150***

*Prawn *jalapeño papaya salsa *dill crème fraîche* ***172***

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

GLUTEN FREE PIZZA

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

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

SUSHI

SALMON SUVICHE ROLL
8 pieces
*Fresh salmon *mango & avocado topped with ceviche style marinated white fish* ***160***

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* ***168***

SUSHI BURRITO FUTOMAKI
8 pieces
*Soy & Miso-poached chicken breast *burrito black rice roll* ***142***

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***

CEVICHE TACO
3 pieces
Taco shells with sesame seeds filled with avocado & salmon ceviche ***98***

SPRING ROLLS IN RICE PAPER
6 pieces
*Salmon *avocado *mint *coriander* ***68***
*Tuna *avocado *mint *coriander* ***68***
*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* ***68*** *Nori *black rice *spicy tuna *edamame ceviche* ***68***
Tuna / Salmon / Prawn ***68***

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
64

FASHION SANDWHICHES
8 pieces
82

SASHIMI
4 pieces
80

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 aïoli* ***128***

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

BEEF TARTARE
*Afrikaner™ beef tartare *pesto *quail's egg *bread shard *caper *onion salsa* ***128***

COALS

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 ***148*** *1kg* ***268***

SOUVLA
Seafood ***848***
*East coast lobster *calamari *linefish & mussels*
**Cafe de Paris butter *fries *roasted vegetables*

Chicken 500g ***98***

BILTONG SIRLOIN
*400g Beef sirloin on the bone * biltong and brie stuffing*
roasted veg *mushroom sauce* ***198*

RUMP
400g ***180*** *200g* ***118***

GRILLED BEEF FILLET
300g ***180*** *200g* ***148***

CHEF'S CUT BEEF
Organic, marbled, grain-fed beef

ACCOMPANYING SAUCES
Add mushroom cream* ***36*
Add peppercorn sauce* ***36*
Add peri-peri sauce* ***36*
Add gastrique* ***36*
Add chimichurri* ***36*

ACCOMPANYING SIDES
Fries ***20***
Side Salad ***38***
Forno-roasted Vegetables ***38***
Greek Roasted Potatoes ***38***

FORNO

WOOD-FIRED SPATCHCOCK CHICKEN
*Fennel *potatoes *roasted vegetables *coleslaw*
Half ***120*** *Full* ***185***

VEGETABLE TAJINE
*Harissa-spiced farm vegetables *tomato reduction*
chickpeas *carrot *baby marrow & spices* ***120*

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

LAMB MADRAS
*Lamb *Madras style tomatoes * mustard seeds *cumin *curry leaves *yoghurt*
potatoes * vegetables *basmati rice *poppadums *sambals* ***198*

SLOW ROAST LAMB SHANK
served with mixed potatoes & baby butternut* ***238*

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* ***150*

SALMON FISH CAKES
*Panko-crumbed salmon fishcakes *preserved baby potato*
fennel *avocado *papaya salsa* ***138*

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

LEMON OR HARISSA SPICED CALAMARI
With side salad or shoestring fries or roasted vegetables ***152***

GRILLED CHICKEN BREAST
Grilled Cajun or herbed lemon chicken breast
side salad or fries or roasted vegetables* ***128*

SEARED LINE FISH
*Whipped potatoes *grilled asparagus *lemon vinaigrette* ***158***

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

SEARED TUNA
*Served rare in a tomato elderflower gazpacho *olive*
edamame *cucumber *yuzu salsa verde* ***172*

GRILLED SALMON
*Scallion potatoes *side salad *dill crème fraîche* ***230***

SEAFOOD PAELLA
*Fresh salmon *prawns *calamari *line fish *rice*
creamy paprika sauce* ***210*

CHICKEN & PRAWN CURRY
*Malay spicy tomato broth *Methi leaves *coriander *coconut milk*
basmati rice *poppadums *sambals* ***220*

PORK RIBEYE ON BONE
*Grilled 300g pork with *mung bean salad & salsa* ***180***

PRAWN GRILL
*12 Prawns *Cafe de Paris butter * saffron rice *kimchi* ***260***

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 Forno Roasted Lamb *8 chicken drumettes *500g beef ribs *4 grilled prawns *200g crispy calamari* ***960***

FLIGHT OF FOWL
*Chicken souvla *8 chicken drumettes *2 Malay chicken Kormas *chicken livers in a rich, spicy tomato gravy *500g beef ribs* ***780***

DOCK & DIVE
*24 prawns *500g grilled calamari *baby kingklip *mussels* ***980***

GRILLED ROCK LOBSTER
*1kg *chilli butter *purple kimchi *truffle fries *side salad* ***900***

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

DESSERT

NUTELLA BRIOCHE PIZZA
*Vanilla ice cream *hazelnut praline *mixed berries* ***76***

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

VANILLA BEAN CRÈME BRÛLÉE
*Vanilla-infused baked anglaise *caramel crunch* ***72***

WAFFLE
Vanilla ice cream and chocolate sauce ***80***

DEATH BY CHOCOLATE
*White chocolate ganache *dark chocolate mousse *fresh berries *chocolate meringue* ***72***

ARTISAN CHEESE
*Winelands cheese *berry & orange preserve *pineapple chutney *fresh fruit*
home made biscuits & glass of De Kranz Ruby Port* ***134*

BAKLAVA & ICE CREAM
*Crispy layers of phyllo *almond *cinnamon *spiced orange syrup* ***68***

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*

&

YSWARA

African Muslin Tea ***32***

THOUSAND HILLS MAJESTY
Black tea of Rwanda

MBUYA NE HANDA
Earl Grey

NZINGA OF NDONGO
Egyptian chamomile & honey

POLE
Zanzibar Chai

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

Or

HOT & STEAMY

STILL & SPARKLING WATER *250* ***20*** *750* ***38***
AQUA PANNA *250* ***36*** *750* ***65***
SAN PELLEGRINO *250* ***36*** *750* ***65***
COLD DRINKS ***25***
TISERS ***30***
ICED TEA ***30***
MIXERS ***22***
SAN PELLEGRINO SPARKLING ***32***

RAW JUICE BAR

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

NATURE'S 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***

GRANITA

Crushed Ice infusions

*Watermelon *rosewater *basil* ***32***
*Elderflower *lime *mint* ***32***

CAPPUCCINO ***26***
CAPPUCCINO CON PANNA ***30***
ESPRESSO *Single* ***22*** *Double* ***26***
MACCHIATO ***22***
AMERICANO ***24***
CAFÉ LATTE ***30***
MOCCACCINO ***24***
For Red Espresso (Rooibos Tea Espresso add ***5***

Decaf coffee ***add 4***

For almond milk ***add 12***

HOT CHOCOLATE ***30***

MILKSHAKES

Bar One ***42***
Wild Berry ***42***
Oreo ***42***

FRAPPETERIE

ICED COFFEE
*Blended ice cream *Malabar espresso freezoccino* ***38***

MARBLE CAPPUCCINO ESPRESSO
*Cold milk *hot froth* ***28***

ESPRESSO FREDDO
Espresso blended with ice ***30***

TEAS

30

TWG
UVA HIGHLANDS BOP
FRENCH EARL GREY
ENGLISH BREAKFAST TEA
JASMINE QUEEN TEA
EMPORER SENCHA
ROOIBOS
CHAMOMILE

HERBAL INFUSIONS
*Housemade lemon *ginger *mint infusion* ***22***

- THE FINAL STRAW -
Plastic straws are hurting our ocean. We have committed to saving our ocean & limiting our straw consumption. Please assist us in going greener.

L I F E

GRAND CAFE

ESTª 1999

www.lifegrandcafe.com

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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.