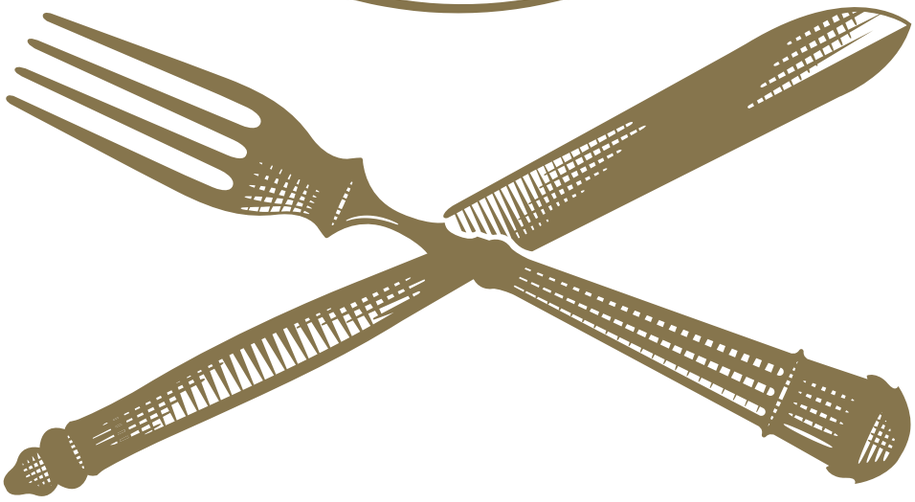
LIFE

GRAND CAFE

ESTD 1999



MALL OF THE SOUTH

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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.

ENJOY LIFE!

♥

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ALL HAPPINESS DEPENDS
ON A LEISURELY
BREAKFAST
John Gunther

BREAKFAST BOWLS

Served until 12h30

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

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

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

GREEN BOWL
*Kale *spinach * zucchini *asparagus *grilled pesto chicken *quinoa *poached eggs *za'atar lemon dressing* ***76***

BREAKFAST

EGGS & TOAST
*Fried, poached or scrambled *toast of your choice* ***34***

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***

MACON ***add 8***

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

EGGS

SALMON SURPRISE
*Homemade potato rosti *80g Norwegian Smoked salmon *scrambled egg *dill crème fraiche *capers *dill* ***116***

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

SALMON BENEDICT
*Poached eggs *80g Norwegian 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 *parmesan shavings *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***

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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 the dressing of your choice from the Salad Bar

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 BOWLS

A colourburst of raw crudo flavours, dresssed in zesty combinations

*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* ***150***

TAPAS

SEAFOOD TAPAS

*Grilled calamari *prawn gambas *crispy fish croquettes *fried squid heads *tzatziki *crispy potato cheese croquettes* ***230***

CHICKEN TAPAS

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

ARTISAN DIPS

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

BREAD BASKET ***22*** • HALLOUMI ***48*** • FRIED SQUID HEADS***48***
FRIED CHORIZO***76*** • PRAWN GAMBAS ***78*** • GRILLED CALAMARI ***48***
CHICKEN DRUMETTES***68*** • CHICKEN LIVERS***34***

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

CLUB ON CIABATTA
*Bacon *egg *grilled chicken breast *tomato *rocket *Emmentaler *Balsamic onion *lemon & wholegrain mustard aïoli* ***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 RUMP ON CIABATTA
*150g rump *balsamic onion *duo tomatoes *peppers *lettuce varieties* ***92***

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***

CEVICHE OF SALMON OR TUNA
*Thinly sliced line 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* ***138***

AVOCADO & TOMATO CEVICHE
*Grilled avocado *marinated tomatoes *celery *pickled ginger*
*Chinese seven spice *soy *rice wine vinegar* ***88***

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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 ***128***

ARRABIATA OR POMODORO PENNE ***82***

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

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

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

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

CREAMY SEAFOOD PENNE
*Calamari *prawns *linefish *white wine *garlic *lobster *creme *tomato* ***198***

SMASHED SEAFOOD PENNE
*Prawns*linefish*salmon *calamari *creamy pomodoro *garlic *chilli* ***220***

PIZZETTE

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

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

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

Chicken livers, bacon, feta ***138***

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

VEGETARIAN
*Spinach *feta *mushroom *olive *roasted peppers* ***96***
*Roast pumpkin *chargrilled peppers *zucchini *Rosa base *feta *basil* ***100***

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XO

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

SUSHI

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 ***168***

SUSHI BURRITO FUTOMAKI
8 pieces
Soy and 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***

SANDWICHES
8 pieces
*Rice *avocado *Japanese mayo *sesame seeds* ***88***

DRAGON ROLL
8 pieces
*Avocado *cucumber wrapped in rice with seaweed covered in avocado*
96

TIGER ROLL
8 pieces
*Avocado * smoked salmon roll topped with prawn & avocado* ***98***

SASHIMI
4 pieces
80

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* ***68***
*Nori *black rice *spicy tuna & edamame ceviche* ***68*** *Nori*
*sushi rice * 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
64

FASHION SANDWICHES
8 pieces
82

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***

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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

BEEF RIBS
BBQ Basted Beef Ribs served with onion rings and fries
500g ***148*** *1kg* ***268***

SOUVLA
Chicken 500g ***98***
Lamb 500g ***198***

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

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

T BONE
*750g Grilled *Choice of side *sauce choice* ***238***

GRILLED BEEF FILLET
300g ***164*** *200g* ***135***

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

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

SIDES OF YOUR CHOICE
Fries ***20***
Salad ***38***
Roasted Vegetables ***38***
Greek Roasted Potatoes ***38***

FORNO

WOOD FIRED HALF SPATCHOCK CHICKEN
*Forno roasted baby potatoes *roasted vegetables *Red kimchi* ***120***

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

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

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

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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
*Salmon fishcakes *preserved baby potato *fennel*
avocado & papaya salsa* ***138*

HAKE & CHIPS
*Grilled or fried hake *battered onion rings *dill crème fraiche*
lemon & fries* ***130*

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*

BEST FISH PIE
*Crispy phyllo pastry *creamy mushroom*fennel *linefish*
salmon *hake *prawns *side salad* ***198*

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* ***168***

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

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 *po ppadums *sambals* ***220*

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 * side salad *bread basket*

FIRE PIT PLATTER
*800g 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 *fish goujons *2 fillets grilled sole* ***980***

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 *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***

MOLTEN CHOCOLATE PUDDING
With vanilla ice cream ***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***

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***

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OX

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 ***40***
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
EMPERER 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.

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LIFE

GRAND CAFE

ESTª 1999

www.lifegrandcafe.com

www.lifegrandgroup.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.

ENJOY LIFE!

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