

MALL OF THE SOUTH

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!

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

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

*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

AVOCADO BOWL

*Avocado *trio tomato *poached eggs *rye bread crisps 88*

TROPICAL BOWL

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

BREAKFAST

LAZY BREAKFAST

*Two eggs *bacon *beef sausage *grilled mushrooms
*char-grilled plum tomatoes *baby potato wedges
*baked beans *toast 115*

SIMPLE BREAKFAST

*Two eggs your way *bacon *grilled plum tomatoes *toast 64*

HUMMUS & TOAST

*Health bread *Hummus *tomato *fried black rice *onion *green
capsicum *teriyaki dressing *poached egg 68*

BRIOCHE FRENCH TOAST

*Cinnamon spiced *bacon *maple syrup 88*

SPICY CHICKEN LIVER SHAKSHUKA

*Chicken liver *chilli * onion *green capsicum *rich tomato gravy *poached
egg *mozzarella * sourdough toast 98*

BREAKFAST BUNNY CHOW

*Creamy bacon & mushroom filling *poached eggs *parmesan 92*

BREAKFAST PASTRIES

BUTTER CROISSANTS

*with butter *preserves made in our kitchen 34
with white cheddar 40
with Nutella 46*

BAGELS

*Scrambled egg *bacon 72
Salmon & Avocado 142*

*Served
until
12h30*

EGGS

EGGS BENEDICT

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

SALMON BENEDICT

*Poached eggs *smoked salmon 80g
*red capsicum hollandaise *English muffin 176*

MUSHROOM BENEDICT

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

SALMON SURPRISE

*Homemade potato rosti *Seared salmon *scrambled egg
*dill crème fraiche *Capers 176*

PLAIN OMELETTE

*3 egg omelette *toast 54
Egg white only omelette *toast 54*

EXTRAS

Fillet steak 200g 152

Smoked salmon 80g 108

Roe caviar 40

Bacon per slice 8

Avocado 32

Onions 8

Beefragù 34

Capsicums 12

Hickory ham 18

Plum tomatoes 16

Calamata olives 8

Feta or cream cheese 18

Baby potato wedges 18

Egg 8

Mushrooms 14

Spinach 8

Chicken livers 34

Roast sirloin 48

Emmentaler 26

XO

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

Augustus Saint-Gaudens

SALAD BOWLS

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

PULLED BEEF SALAD

*Forno Braised beef*humus* quinoa*pickled red onion* cherry tomatoes* peppers*grilled courgette* spring onions* kalamata olives*feta*julienne carrots*tahini dressing **136***

SPICY CHICKEN SALAD

*Spicy grilled chicken*charred pineapple*avocado*kimchi*leafy greens* apple*cucumber* cocktail tomatoes *edamame* carrot julienne*lemongrass pomegranate noodles* seeds and nuts **128***

CRISPY PRAWN PEPPER SALAD

*Prawn*white fish*coriander poppers*asian slaw*avocado*beansprouts*tobacco onions*spicy cashew nuts*julienne tomato*avocado*coconut dressing **138***

ROOT VEGETABLE SALAD BOWL

*Lettuce varieties*mungbeans*roast butternut*grilled zucchini*julienne carrot*red onion*cherry tomatoes*marinated olives*feta **98***

LIFE GREEN SALAD BOWL

*Lettuce varieties*rocket*tomato*cucumber*green pepper*marinated olives*feta **80***

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 **196*

*Black rice *inari *avocado *cucumber *mango *enoki mushroom wakame *edamame *apple julienne *yoghurt **134***

GOURMET TOPPINGS

AVOCADO **32** • GRILLED HALLOUMI **50** •

GRILLED CHICKEN BREAST **42**

FILLET STEAK 200g **140** • PRAWNS **88** •

VEGAN CHICKEN **90**

CRUDO

CEVICHE OF SALMON OR TUNA

*Thinly sliced fish tossed with coriander *cucumber ribbons *cherry tomato *red onion *ceviche sauce **102***

AVOCADO & TOMATO CEVICHE

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

OYSTERS

*3 West Coast Oysters *Matsuhisa salsa *Maui onion salsa **96***

TAPAS

SEAFOOD TAPAS

*Grilled calamari *prawn gambas *crispy prawn, white fish & coriander croquettes *fried squid heads *tzatziki *crispy potato cheese croquettes *crispy fries *lavash **260***

CHICKEN TAPAS

*Chicken livers *spicy chicken drumettes *grilled halloumi *crispy potato cheese croquettes *carrot and tahini slaw *crispy fries *lavash **246***

ARTISAN DIPS

*Olive salsa verde *humus *spicy vegetable dip *tzatziki *fried halloumi *crispy parmesan dumplings *lavash **98***

LAVASH **22** • HALLOUMI **50** • CRISPY SQUID HEADS **54**
PRAWN GAMBAS **88** • GRILLED CALAMARI **54** • PRAWN & FISH CROQUETTES **60**
CHICKEN DRUMETTES **88** • CHICKEN LIVERS **34**



FOOD IS EVERYTHING. FOOD, FRIENDS,
FAMILY: THOSE ARE THE MOST
IMPORTANT THINGS IN LIFE

Zac Posen

GOURMET LOAVES

CHICKEN BREAST ON BRIOCHE

*Spicy or lemon grilled chicken breast *marinated peppers *balsamic onions *mixed greens *cucumber *fries 114*

GOURMET BURGER ON BRIOCHE

*200g House-ground beef *beer-battered onion rings *on brioche roll *fries 128*

CHICKEN MAYO & AVOCADO

*Chicken wholegrain mustard mayo *lettuce *tomato *gherkins *avocado *petite salad 96*

TUNA MAYO ON BROWN

*Tuna *egg *gherkins *carrots *lemon mayonnaise *lettuce *tomato *red onion *petite salad 98*

PLANT BASED BEEF

*200g Plant Based Beed *beer battered onion ring served on Brioche *fries 158*

VEGAN CHICKEN ON HEALTH

*Roast sirloin *white cheddar *pineapple chutney *wholegrain mustard mayo *petite salad 120*

BEEF GATSBY

*Soft French loaf *honest fries *lettuce *tomato *onion *pulled beef *homemade saffron mayonnaise *cheddar cheese 134*

SALAD WRAPS

*Flour tortilla wrap *mozzarella cheese base.*

CHICKEN CAESAR

*Grilled chicken breast *cucumber *lettuce *bacon *yoghurt dressing *parmesan *anchovy *egg
sweet potato crisps 84

BEEF

*Roast beef sirloin *carrot julienne *cucumber *caspicum *lettuce *tomato *coleslaw *radish *mushroom
sweet potato crisps 88

BACON & AVOCADO

*Grilled bacon *feta *mozzarella *avocado *lettuce *tomato *cucumber *red onion *yogurt dressing *sweet potato crisps 84*

GRILLED HALLOUMI WRAP

*Grilled halloumi *mung beans *cucumber *lettuce *zucchini ribbons *julienne carrot *sesame & lemon dressing
sweet potato crisps 84

XO

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 **120**
*Add 200g fillet **140** Add chicken **42** Add chargrilled vegetables **36** Add prawns **88** Add vegan chicken **90***

AL FUME CREAMY POMODORO LINGUINE
*Touch of vodka *chilli *garlic *flambéd strips of bacon **142***

HOUSE GROUND BEEF BOLOGNAISE RAGÙ SPAGHETTI
*Beef mince *tomato pomodoro sauce **118***

ARTICHOKE & MUSHROOM GLUTEN FREE PENNE
*Roasted artichoke *spinach *coconut cream *pesto **140***
*ADD VEGAN CHICKEN **90***

CREAMY SEAFOOD PENNE
*Truffled lobster crème *calamari *prawns *moules **288***

PIZZETTE

ROSA
*Smashed Rosa tomatoes *mozzarella *basil **86***

*Hickory ham *Portabello mushrooms **120***

*Roast sirloin *caramelised onions *pickled red onion **158***

*Chicken livers, bacon, feta **146***

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

VEGETARIAN
*Roast pumpkin *chargrilled peppers *zucchini *Rosa base *feta *basil **122***



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 172***DRAGON ROLL**

8 pieces

*Avocado *cucumber wrapped in rice with seaweed covered
in avocado 98***TIGER ROLL**

8 pieces

*Avocado *salmon roll topped with
prawn & avocado 120***VOLCANO ROLL**

8 pieces

*Inside out avocado and crab roll with spicy tuna *masago
*spicy mayonnaise *sesame seeds 120***NIGIRI**

4 pieces

*Classic *salmon | tuna | prawn 76***SUSHI BOWLS***Sushi rice *salmon *nori *avocado *cucumber *carrot
*edamame *ginger dressing 98**Tuna *black rice *sweet potato *cucumber
*carrot *red onion 98**Sushi rice *avocado *apple *nori *edamame *broccoli
*baby marrow *cucumber 80***DRESSED BOSTON ROLL**

8 pieces

*Poached prawn *avo *cucumber *cream cheese california roll *caviar
*spicy mayo *teriyaki dressing *edamame beans 170***FRIED CALIFORNIA RAINBOW**

8 pieces

*Panko crumbed and fried salmon roll
*salmon *tuna *avocado *sweet chilli *teriyaki *spicy mayo 170***LOADED RAINBOW ROLL**

8 pieces

*Rainbow roll *creamy prawn tempura *purple kimchi 170***SALMON CAVIAR ROSE**

3 pieces

*Salmon *sushi rice *Japanese mayo *red caviar 74***TUNA & BLACK RICE ROSE**

3 pieces

*Tuna *black sushi rice *sliced tuna *wasabi soy mayo
*red caviar 74***PRAWN TEMPURA ROSE**

3 pieces

*Salmon roses *spicy mayo *prawn tempura *sweet chilli *caviar 108***HAND ROLL**

One piece

*Seaweed cone filled with rice *avocado,
Japanese mayo *sesame seeds 74
Salmon Skin & Caviar 74***CALIFORNIA ROLL**

8 pieces

*salmon | tuna | prawn | cucumber/avocado
92***MAKI**

6 pieces

*salmon | tuna | prawn | cucumber/avocado
64***FASHION SANDWICHES***salmon | tuna | prawn | cucumber/avocado
8 pieces
88***SASHIMI**

4 pieces

*salmon | tuna
98*

XO

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

Carlos Fuentes

sliced

SALMON TARTARE

Salmon tartare *cucumber *quail egg *avocado *caviar *anchovy aioli **160**

FILLET TARTARE

200g Beef fillet *olive salsa verde *quail egg *lavash *capers *onion salsa **168**

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 **220** 1kg **390**

BILTONG SIRLOIN

350g sirloin *biltong and brie stuffing
*roasted vegetables *mushroom cream **240**

SEAFOOD SOUVLA

3 Prawns *calamari *kingklip crispy squid heads *Cafe de Paris butter *fries *roasted vegetables **390**

GRILLED BEEF FILLET

200g **152** 300g **208**

RUMP

350g **190**

T BONE

750g Grilled *Greek roasted baby potatoes
*roasted vegetables **320**

PRIME RIB ON BONE

1kg Grilled *choice of 2 sides *sauce choice **420**

HENNESSY & ANGUS

350g Angus Rump, Hennessy VS wild mushroom sauce, spiced sweet potato puree,
HENNESSY BUTTERWASH CUP Hennessy VS butterwashed*
grilled pineapple*lime*mint **380**

ACCOMPANYING SAUCES

Add mushroom cream **40** *Add peppercorn sauce **36** *Add peri peri sauce **36** *Add chimichurri **36** *Add cheese sauce **40**

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 **142**

SLOW ROAST LAMB SHANK

served with mixed potatoes & butternut **340**

VEGETABLE TIKKA MASALA

Spiced farm vegetables *tomato & cumin reduction
*basmati rice *papadums *sambals **148**
Add vegan chicken **90**

BEEF SHIN HOTPOT

Beef shin*pearl onion* traditional gravy
*rice **188**



XO

KITCHEN

[kich-uh n] noun 1.A ROOM OR PLACE EQUIPPED FOR COOKING.
2.CULINARY DEPARTMENT; CUISINE

KITCHEN

HAKE & CHIPS

*Grilled or fried hake *battered onion rings *dill crème fraîche
lemon & fries 158

MOULES & FRITES

*Fresh mussels *white wine *cream broth *fries
*homemade mayo *garlic lavash 180*

GRILLED CHICKEN

*Grilled Cajun or lemon chicken breast * carrot & tahini
slaw *lettuce *cherry tomatoes *capsicum 130*

LAMB CUTLETS

*400g Grilled lamb cutlets *scallion baby potatoes
roasted vegetables 340*

GRILLED SALMON

*With scallion baby potatoes *side salad
dill crème fraîche 298

SEAFOOD PAELLA

*Prawns *calamari *line fish *moules
*rice *creamy paprika sauce 280*

CHICKEN & PRAWN CURRY

*Malay spicy tomato broth *methi leaves *coriander
*coconut milk *basmati rice *poppadums *sambals 286*

PRAWN GRILL

*10 Prawns *Cafe de Paris butter *saffron rice *kimchi 380*

GRILLED KINGKLIP

*250g Grilled *lemon cream sauce *scallion
potatoes 180*

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 *lavash*

FIRE PIT PLATTER

*600g beef fillet *half spatchcock chicken *500g beef ribs *crispy squid heads *4 grilled prawns *200g calamari 998*

FROM THE EARTH

*400g lamb cutlets *half spatchcock chicken *750g T-Bone 880*

DOCK & DIVE

*16 prawns *400g grilled calamari *crispy squid heads *kingklip *Cafe de Paris butter 1180*



XO

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

Don Kardong

DESSERT

CHERRIES & CHOCOLATE

*Chocolate sponge*manjari mousse*white chocolate creme*
cherries*honeycomb & meringue crunch 84*

WAFFLE

Vanilla ice cream and chocolate sauce 80

VANILLA BEAN CRÈME BRÛLÉE

*Vanilla-infused baked anglaise *caramel crunch 72*

TIRAMISU

*Layers of coffee and Tia Maria soaked sponge*mascarpone & orange
cream*cocoa dust 86*

MANGO PAVLOVA

*Meringue*spiced creme*lemon curd*mango 84*

MOLTEN CHOCOLATE PUDDING

With vanilla ice cream 72

APPLE CRUMBLE

*Warm spiced apples*almond & cinnamon crumble*
chantilly cream 84*

SPECIALITY COFFEES

BOMBARDINO

*Cognac *espresso *homemade Advocaat *crème 60*

GIANDUIA

*Hazelnut liqueur *espresso *hot
chocolate*Chantilly crème *toasted almonds 60*

NOUGAT

*Honey *nougat liqueur *espresso *hot milk
*Callebaut chocolate mousse *nougat 60*



TWIG SPECIALITY TEA

Muslin Tea 32

SILVER MOON TEA - GREEN TEA

Green tea with dried strawberries

CRÈME CARAMEL TEA - ROOIBOS

Rooibos blended with toffee pieces

1837 BLACK - BLACK TEA

Black tea with red berries and caramel



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

STILL & SPARKLING WATER 250 **42** 750 **42**
COLD DRINKS **28**
TISERS **30**
BOS ICED TEA **30**
MIXERS **24**
RED BULL ENERGY **44**
RED BULL SUGAR FREE **42**
RED BULL WATERMELON **44**
RED BULL APRICOT AND STRAWBERRY **44**
APPLETIZER **30**
GRAPETIZER RED **30**

RAW JUICE BAR

Freshly squeezed on site **38**
add ginger **16** • *add celery* **8**
DR OZ'S BODY RESTART
*Apple *celery *cucumber *ginger *mint *pineapple*
parsley *spinach* **66

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**

FRUIT SMOOTHIES

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

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

GRANITAS & MOCKTAILS

Crushed Ice Infusions
*Watermelon *rosewater *basil* **52**
*Elderflower *lime *mint* **52**

Or

HOT & STEAMY

CAPPUCCINO **32**
CAPPUCCINO CON PANNA **34**
ESPRESSO SINGLE **24** DOUBLE **28**
MACCHIATO **24**
AMERICANO **26**
CAFÉ LATTE **34**
MOCACCINO **58**
DECAF MOCCACINO **60**
GIANDUIA **66**
CHAI LATTE **32**
RED CUPPUCCINO **40**
HOT CHOCOLATE **36**

Decaf coffee add **4**
For Lactose Free milk add **8**

TEAS

32
TWG
FRENCH EARL GREY
ENGLISH BREAKFAST TEA
JASMINE QUEEN TEA
EMPEROR SENCHA
ROOIBOS
CHAMOMILE

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

MILKSHAKES

Bar One **48**
Wild Berry **48**
Oreo **48**

TWISTS

RED BULL MOJITO TWIST
*RED BULL *lime *apple *mint* **52**

RED BULL SUGARFREE TWIST
*RED BULL Sugarfree *apple *berry* **52**

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

ESTD 1999

www.lifegrandcafe.com


<https://lifegrandcafe.com/restaurants/v-a-waterfront>
<https://lifegrandcafe.com/restaurants/waterfall>
<https://lifegrandcafe.com/restaurants/mall-of-the-south>

Radio - <http://music.lifegrandcafe.com/>

Youtube - https://www.youtube.com/channel/UCsdLcnTQ94pLCJMrmv_T7ZQ

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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!