

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-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

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 steel cut 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*

*Served
until
12h30*

EGGS

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 *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 varieties *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

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

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

*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 **158***

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 croquettes *fried squid heads *tzatziki
*crispy potato cheese croquettes **240***

CHICKEN TAPAS

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

ARTISAN DIPS

*Olive salsa verde *hummus *spicy vegetable dip *tzatziki *fried halloumi *bread basket **98***

BILTONG TAPAS

*Biltong *boerewors *lamb pinchos *tzatziki *green bean pickle *cauliflower pickle *fresh fruit *bread basket **240***



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 AIOLI

*Grilled East Coast Rock lobster *lemon trujfie aioli
*green slaw *parmesan 228*

CHICKEN MAYO ON BROWN

*Grilled chicken *wholegrain mustard mayo *lettuce
*cucumber ribbons *tomato *gherkins 84*

GRILLED HAKE ON TACO

*Taco shell *grilled hake *pickled cabbage & kiwi salsa 86*

CAPRI ON RYE

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

PULLED LAMB GATSBY

*Fournu braised 7 hour lamb *red onion
*tzatziki *lettuce *tomato *cheddar *fries *baguette 108*

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*



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

Zac Posen

PASTA BAR

CREAMY CHARGILLED CHICKEN LINGUINE **130**

ARRABIATA OR POMODORO PENNE **84**

Add 150g fillet 84 Add chicken 48 Add chargilled vegetables 36 Add prawns 78

VONGOLE MOZAMBICAN CLAMS

*White wine cream sauce *cherry tomatoes *chilli *garlic *fresh parsley 164*

ALFREDO & VEGETABLES

*Foraged field mushrooms *smoky vanilla mascarpone *broccoli *tomato *penne 130*

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 130*

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 *chargilled peppers *zucchini *Rosa base *feta *basil 100*

GREEN

*Charred spinach *feta *olives *brown mushrooms 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

Masabaru 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**

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 SANDWICHES

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 aioli 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

*Prawns *calamari *linefish & mussels Cafe de Paris
butter *fries *roasted vegetables 100*

*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 148

GRILLED BEEF FILLET

300g 180 200g 148

400G 60 DAY DRY AGED CHEF'S CUT BEEF

Organic, marbled, grain-fed beef 480

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*

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*



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***

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***

BEST FISH PIE

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

LAMB CUTLETS

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

PRAWN GRILL

*12 Prawns *Café 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 **980***

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*

WAFFLE
Vanilla ice cream and chocolate sauce 80

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

MOLTEN CHOCOLATE PUDDING
With vanilla ice cream 72

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*



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

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**RED BULL ENERGY **32**RED BULL SUGAR FREE **32**RED BULL SUMMER EDITION
COCONUT & BERRY **32**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***

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***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****For Decaf coffee add **4****For Almond Milk add **5***HOT CHOCOLATE **24**

MILKSHAKES

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

GRANITAS & MOCKTAILS

*Crushed Ice Infusions**Watermelon *rosewater *basil **32****Elderflower *lime *mint **32***

TWISTS

RED BULL MOJITO TWIST **48***RED BULL *lime *apple *mint*RED BULL SUGARFREE TWIST **48***RED BULL Sugarfree *apple *berry*RED BULL SUMMER EDITION TWIST **48***RED BULL *coconut & berry *pineapple *lime*

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*****-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

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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!