



MALL OF AFRICA





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!





ALL HAPPINESS DEPENDS
ON A LEISURELY
BREAKFAST

John Gunther

BREAKFAST BOWLS

*Served
until
12h30*

OAT BOWL

*Steel cut oats *toasted almonds *dried figs *pumpkin seeds
*goji berries *apple *honey 66*

GREEN BOWL

*Kale *spinach *zucchini *asparagus *grilled pesto chicken *
quinoa *poached eggs *zatar lemon dressing 76*

AVOCADO BOWL

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

TROPICAL BOWL

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

VALRHONA CHOCOLATE BOWL

*Quinoa *almond milk *coconut *banana
*mixed berries *almonds 78*



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 79*

SIMPLE BREAKFAST

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

EGGS & TOAST

*Fried, poached or scrambled *toast of your choice 34*

THE BREAKFAST SANDWICH

*Bacon *mozzarella *char-grilled plum tomatoes
*rocket on toasted ciabatta 68
Creamy scrambled eggs *bacon *char-grilled plum tomatoes
on toasted ciabatta 72*

MEDITERRANEAN BREAKFAST

*Forno-baked health loaf filled with marinated feta *caramelized onions
*rosa tomatoes *grilled mushrooms topped with Mozzarella 72*

EGGS

EGGS BENEDICT

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

SALMON BENEDICT

*Poached eggs *smoked salmon *red capsicum hollandaise
English muffin 98

GREEN BENEDICT

*Poached eggs *wilted spinach *grilled asparagus spears
*lemon hollandaise *toasted seed loaf 72*

MUSHROOM BENEDICT

*Poached eggs *creamy foraged mushrooms *Parmesan shavings
*rocket *English muffin 92*

SALMON SURPRISE

*Homemade potato rosti *Smoked salmon *scrambled egg
*dill crème fraiche *capers 98*

PLAIN OMELETTE

*3 egg omelette *toast 40
Egg white only omelette *toast 40*



EXTRAS

Fillet steak 150g 78

Smoked salmon 38

Roe caviar 40

Bacon 32

Macon 45

Avocado 28

Olives 16

Chorizo 32

Onions 16

Beefragù 32

Capsicums 16

Hickory ham 32

Plum tomatoes 16

Calamata olives 16

Feta or cream cheese 14

Emmenthaler or Gruyère 22

Baby potato wedges 16

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





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 varieties *tomato *cucumber ribbons *toasted bruschetta *seasonal toppings **76***

GOURMET TOPPINGS

*Avocado **28***

*Grilled halloumi **48***

*Grilled chicken breast **48***

*Fillet steak 150g **78***

*Prawns **78***

*Seared tuna **89***

*Seared salmon **96***

POKE BOWLS

*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***

*Fresh seasonal white linefish *lime & chilli marinade *trio tomatoes *cucumber & radish slaw *avocado *mango *yoghurt **164***

*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 **154***

❧ TAPAS ❧

ENDURA TAPAS

*Lamb lollipops *Haloumi skewers *beef fillet rollups *chicken drumettes *prawn gambas *vegetable kebab
*falafel & lavash *dukkah *salsa verde *spicy yoghurt sauce **210***

SEAFOOD TAPAS

*Grilled calamari *prawn gambas *crispy fish croquettes *fried squid heads *tzatziki *crispy potato cheese croquettes **220***

CHICKEN TAPAS

*Chicken livers *spicy chicken drumettes *grilled halloumi *crispy potato cheese croquettes *carrot tahini slaw **198***

ARTISAN DIPS

*Olive salsa verde *beetroot hummus *spicy vegetable dip *green pea, basil & mint pesto *fried halloumi *bread basket **88***

BREAD BASKET **22** • HALLOUMI **48** • FRIED SQUID HEADS **46**
FRIED CHORIZO **68** • PRAWN GAMBAS **78** • GRILLED CALAMARI **48**
CHICKEN DRUMETTES **54** • 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 12 • Roasted Vegetables instead add 12

CHICKEN BREAST ON BRIOCHE

*Spicy or lemon grilled chicken breast *marinated peppers *balsamic onions *mixed greens *cucumber 96*

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 70*

GRILLED RUMP ON CIABATTA

*150g rump steak *balsamic onion *duo tomatoes *peppers *lettuce varieties 86*

CAPRI ON RYE

*Basil pesto *olive tapenade *tomato *mozzarella 86*

PULLED PORK ON BRIOCHE

*Pulled pork *coleslaw *wholegrain mustard sauce *sliced tomato 60*

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 fish tossed with coriander *cucumber ribbons *cherry tomato *red onion *ceviche sauce 98*

LECHE DE TIGRE

*Cubed fish fillets dressed with fresh lime and lemon juice *sweet potato *fresh ginger *coriander *parsley *celery 148*

LINE FISH & COCONUT

*Fresh line fish marinated in coconut and lime *chilli *cucumber *trio tomato *pomegranate *shaved coconut 162*

SEAFOOD CEVICHE

*Salmon *tuna *prawns *calamari *squid heads *tomato *onion *celery *coriander chilli dressing 136*

AVOCADO & TOMATO CEVICHE

*Seared avocado *marinated tomatoes *celery *pickled ginger *Chinese seven spice *soy *rice wine vinegar 88*





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 **125**

ARRABIATA OR POMODORO PENNE **80**

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

AL FUME CREAMY POMODORO LINGUINE

*Touch of vodka *chilli *garlic *flambéed strips of bacon 125*

HOUSE GROUND BEEF BOLOGNAISE RAGU SPAGHETTI

*Beef mince *tomato pomodoro sauce 98*

CREAMY FUNGHI PENNE

*Foraged field mushrooms *cream *thyme 128*

ALFREDO & VEGETABLES

*Foraged field mushrooms *smoky vanilla mascarpone *broccoli *tomato *penne 120*

RED PRAWN LINGUINE

*Grilled prawns *cherry tomatoes *fennel *grilled chilli butter 220*

Half Portions available at 70% of the price



PIZZETTE

ROSA

*Smashed Rosa tomatoes *mozzarella *basil 72*

*Hickory ham *Portabello mushrooms 96*

*Roast sirloin *caramelised onions *pickled red onion 128*

*Prawn *jalapeño papaya salsa *dill crème fraîche 165*

*Chicken *roast capsicum *feta 128*

VEGETARIAN

*Burrata *trio tomatoes *torn basil *focaccia 138*

*Roast butternut *chargrilled peppers *zucchini *rosa base *feta *basil 98*

Healthy gluten-free pizza base with toppings as above
*sesame, pumpkin & linseed *quinoa Add **60**





I'M NOT MAKING ART,
I'M MAKING

SUSHI

Masaharu Morimoto

SUSHI



SALMON CEVICHE ROLL

8 pieces

*Fresh salmon *papaya and avocado topped with ceviche style marinated white fish *black rice roll 158*

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 160*

SUSHI BURRITO FUTOMAKI

8 pieces

*Soy and Miso poached chicken breast *burrito black rice roll 139*

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*

SPRING ROLLS WRAPPED IN RICE PAPER

6 pieces

*Salmon *avocado *mint *coriander 64*
*Tuna *avocado *mint *coriander 64*
*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 62*
*Nori *black rice *spicy tuna & edamame ceviche 68*
*Nori *sushi rice *seabass & 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

EDAMAME

Snacking edamame beans with coarse rock salt 68

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

62

FASHION SANDWICHES

8 pieces

82

SASHIMI

4 pieces

70

SASHIMI DELUXE

6 pieces

92





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

Carlos Fuentes

sliced



BEEF CARPACCIO

*Rare beef fillet *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

SPEARED FILLET

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

SPICED SKEWERS 500g

*Served with roasted vegetables *Greek roasted potatoes
Chicken 110 Beef 156*

BEEF RIBS

*BBQ Basted Beef Ribs served with onion rings and fries
500g 132 1kg 210*

BILTONG SIRLOIN

*400g Beef sirloin on the bone *biltong and brie stuffing
*roasted veg *mushroom sauce 172*

T BONE

*750g Grilled *Greek roasted potatoes
roasted vegetables 237

GRILLED BEEF FILLET

300g 164 200g 135

ACCOMPANYING SAUCES

Add mushroom cream 28

**Add peppercorn sauce 28*

**Add peri peri sauce 28*

**Add chimichurri 28*

SIDES OF YOUR CHOICE

Fries 18

Salad 36

Roasted Vegetables 36

Greek Roasted Potatoes 28

FORNO

WOOD FIRED SPATCHOCK CHICKEN

*Forno roasted baby potatoes *roasted vegetables *NKD coleslaw
Half 112 Full 153*

PORK BELLY

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

SLOW ROAST LAMB SHANK

served with mixed potatoes & baby butternut 215





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 148

FISH CAKES

*Salmon fishcakes *preserved baby potato *fennel
avocado & papaya salsa 130

HAKE & CHIPS

*Grilled or fried hake *battered onion rings *dill crème fraiche
lemon & fries 128

LEMON OR HARISSA SPICED CALAMARI

*With LIFE side salad *fries or roasted vegetables 138*

GRILLED CHICKEN

*Grilled Cajun or lemon chicken breast *LIFE side salad
fries or roasted vegetables 116

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 156*

CHICKEN KORMA

*Served with sambals *Malay chutney *basmati rice *lavash 165*

GRILLED SALMON

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

GRILLED SOLE

*Grilled lemon sole *crushed potatoes *cucumber *tomato
*caper *olive *red onion *green beans *mange tout 198*

SEAFOOD PAELLA

*Fresh salmon *prawns *calamari *line fish
*rice *creamy paprika sauce 198*

EXOTIC CHICKEN PIE

*Cream, mushroom & leek sauce *leafy green salad 158*

CHICKEN & PRAWN CURRY

*Malay spicy tomato broth *methi leaves *coriander *coconut milk
*basmati rice *poppadums *sambals 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 *LIFE salad *bread basket*

FIRE PIT PLATTER

*800g Lamb cutlets *8 chicken drumettes *500g beef ribs *4 grilled prawns *300g fried squid heads 900*

FLIGHT OF FOWL

*Chicken Souvla *8 chicken drumettes *2 Malay chicken Kormas *chicken livers in a rich, spicy tomato gravy *500g beef ribs 690*

DOCK & DIVE

*24 Prawns *500g grilled calamari *fish goujons *2 fillets grilled sole 900*





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

Don Kardong

DESSERT

NUTELLA BRIOCHE PIZZA

*Vanilla ice cream *hazelnut praline *mixed berries 68*

WAFFLE

*Vanilla ice cream *chocolate sauce 68*

ETON MESS

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

CHOCOLATE MARQUISE

*Layered chocolate brownie *chocolate mousse glazed in ganache *white chocolate mousse *gold chocolate glass 68*

VANILLA BEAN CRÈME BRÛLÉE

*Vanilla-infused baked anglaise *caramel crunch 68*

LAYERED LEMON MERINGUE

*Biscuit crust *lemon curd crème *mini meringues served in a jar 68*

SPECIALITY COFFEES

BOMBARDINO

Cognac espresso homemade advocaat & cream 48

GIANDUIA

*Hazelnut liqueur, espresso, hot chocolate with
crème Chantilly & toasted almonds 38*

NOUGAT

*Honey, nougat liqueur, espresso, hot milk with
callebaut chocolate mousse & nougat 42*



YSWARA

African Muslin Tea 25

SHAKA ZULU

Rooibos, cherries & chilli peppers

AMINA

Green Tea with tropical fruit

NANDI

Honey bush, coconut & mango

POLE

Chai

OMOLUABI

Rooibos, coconut, chocolate & whiskey

DESSERT WINE

served by the glass

FAIRVIEW LA BERYL BLANC 2011

2011 made exclusively using Chenin Blanc grapes, harvested from Fairview farm in Paarl 78



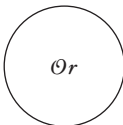
XO

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 **18** *750 **36**
- AQUA PANNA 250 **29** *750 **48**
- SAN PELLEGRINO 250 **29** *750 **48**
- COLD DRINKS **22**
- TISERS **28**
- ICE TEA **28**
- MIXERS 200 **18**

RAW JUICE BAR

Freshly squeezed on site 38
add ginger 4 • add celery 8

RED RUSH

*Beetroot *carrot *pineapple *celery *ginger 48*

DR OZ'S BODY RESTART

*Apple *celery *cucumber *ginger *mint *pineapple*
**parsley *spinach 56*

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 44*

GAZPACHO JUICE

*Tomato *cucumber *celery *red pepper *parsley *lime 56*

MORNING JO

*Papaya *lime *orange *kiwi *mint 52*

PARADISE FRUIT

*Banana *mango *pineapple 52*

GOJI YOUTH ELIXIR

*Goji berry *grapefruit *pomegranate 52*

FRUIT SMOOTHIES

TURBO CHARGE

*Apple *cucumber *celery *lemon *lime *avo*
**pineapple *yellow pepper 52*

REVVED UP RED

*Beetroot *red pepper *watermelon *strawberry*
**cucumber *lemon *ginger 52*

ANTIOXIDANT

*Spinach *banana *dates *apple *cinnamon 52*

GRANITA

Crushed Ice Infusions

*Watermelon *rosewater *basil 32*

*Elderflower *lime *mint 32*

*Mango *passion fruit 32*

*Peach *Pineapple 32*

Mixed berry 32

- CAPPUCCINO **25**
- CAPPUCCINO CON PANNA **28**
- ESPRESSO SINGLE **20** DOUBLE **26**
- MACCHIATO **22**
- AMERICANO **22**
- CAFE LATTE **26**
- MOCACCINO **24**

For Red Espresso add 5
Decaf coffee add 4

LOLLIPOP CHOCOLATE

with hot milk 24

SPICED CHAI LATTE **28**

RED HOT WHITE CHOCOLATE

Red espresso, hot milk with a lollipop chocolat blanc 30

FRAPPETERIE

CAPPUCCINO

Extreme coffee Toffee 36

ICED COFFEE

*Blended ice cream *Malabar Espresso frappuccino 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

EMPEROR SENCHA

ROOIBOS

CHAMOMILE

HERBAL TEA INFUSIONS

Housemade lemon, ginger, mint infusion

Housemade lemon, honey, mint infusion



L I F E

GRAND CAFE

ESTD 1999

www.lifegrandcafe.com

www.lifegrandgroup.com



*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!

