



## WATERFALL





# 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.*

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**ENJOY LIFE!**





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**  
tig & syrup **48***

**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***

**RED FRUIT BREAKFAST BOWL**

*Seasonal red fruits \* cranberries \* coconut & pumpkin seeds granola  
\* yoghurt \* lime **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 **80***

**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 **70**  
Creamy scrambled eggs \* bacon \* char-grilled plum tomatoes  
on toasted ciabatta **74***

**MEDITERRANEAN BREAKFAST**

*Forno-baked health loaf filled with marinated feta \* caramelized onions  
\* rosa tomatoes \* grilled mushrooms topped with Mozzarella **74***

**MACON add 8**

**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 \* Parmesan shavings  
\* rocket \* English muffin **96***

**SALMON SURPRISE**

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

**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***

*Beefragù **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***

**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 **38**  
Fillet steak 150g **84**  
Prawns **78**  
Seared tuna **92**  
Seared salmon **98***

## POKE BOWLS

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

*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

### 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 and tahini slaw **220***

### ARTISAN DIPS TZATZIKI

*Olive salsa verde \*hummus \*spicy vegetable dip \*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**





**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 \*caramelised onion \*lemon & wholegrain mustard \*aioli 110*

### CHICKEN BREAST ON BRIOCHE

*Spicy or lemon grilled chicken breast \*marinated peppers \*balsamic onions \*mixed greens \*cucumber 98*

### GOURMET BURGER ON BRIOCHE

*200 g 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 FILLET ON CIABATTA

*150G Beef fillet completed with duo of tomatoes \*balsamic onions & mixed greens 96*

### 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 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 138*

### AVOCADO & TOMATO CEVICHE

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



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 LINGUINI **128**

ARRABIATA OR POMODORO PENNE **82**

*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 128*

HOUSE GROUND BEEF BOLOGNAISE RAGU SPAGHETTI

*Beef mince \*tomato pomodoro sauce 98*

CREAMY FUNGHI PENNE

*Foraged field mushrooms \*cream \*thyme 128*

SMASHED SEAFOOD PENNE

*Prawns \*linefish \*salmon \*calamari \*creamy pomodoro \*garlic \*chilli 198*



## PIZZETTE

ROSA

*Smashed Rosa tomatoes \*mozzarella \*basil 78*

*Hickory ham \*Portabello mushrooms 108*

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

*Beef ragout \*roasted peppers \*chilli 120*

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

VEGETARIAN

*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**

*Masabaru Morimoto*

SUSHI



SALMON CEVICHE ROLL

8 pieces

*Fresh salmon \*papaya and avocado topped with ceviche style marinated white fish \*black rice roll **160***

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***

GLUTEN FREE CEVICHE TACO

3 pieces

*Taco shells with sesame seeds filled with avocado & salmon ceviche **98***

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***

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 \*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

**64**

FASHION SANDWICHES

8 pieces

**82**

SASHIMI

4 pieces

**80**









## KITCHEN

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

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## KITCHEN

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### 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 & crispy 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***

### 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 **165***

### GRILLED SALMON

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

### SEAFOOD PAELLA

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

### CHICKEN & PRAWN CURRY

*Malay spicy tomato broth \*Methi leaves \*coriander \*coconut milk  
\*basmati rice \*pappadums \*sambals **198***



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## THE LIFE GRAND PLATTERS

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*Selection of platters for sharing*

*All served with \*oven-roasted seasonal vegetables \*lemon-roasted potatoes from the forno or fries \*LIFE side 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*

### MOLTEN CHOCOLATE PUDDING

*With vanilla ice cream 70*

### VANILLA BEAN CRÈME BRÛLÉE

*Vanilla-infused baked anglaise \*caramel crunch 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

Or

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 **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

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GRAND CAFE

ESTD  1999

[www.lifegrandcafe.com](http://www.lifegrandcafe.com)

[www.lifegrandgroup.com](http://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!**

