

**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.

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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.*

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**~ Welcome ~**



ALL HAPPINESS DEPENDS  
ON A LEISURELY

**BREAKFAST**

*John Gunther*

**BREAKFAST BOWLS**

AVOCADO BOWL

Avocado \*trio tomato \*poached eggs \*rye bread crisps **90**

TROPICAL BOWL

Papaya \*banana \*cranberries \*coconut & pumpkin seed granola \*yoghurt \*lime **74**

**BREAKFAST**

LAZY BREAKFAST

Two eggs \*bacon \*beef sausage \*grilled mushrooms \*char-grilled plum tomatoes \*baby potato wedges \*baked beans \*toast **98**

SIMPLE BREAKFAST

Two eggs your way \*bacon \*grilled plum tomatoes \*toast **66**

SALMON & AVOCADO

2 eggs your way \*seared salmon \*avocado \*rye toast **176**

**BUTTER CROISSANT**

\*butter \*preserves made in our kitchen **30**  
with white cheddar **36**  
with Nutella **42**

FILLED CROISSANT

Bacon \*brie \*caramelised onion **60**  
Scrambled egg \*bacon **72**  
Tomato \*mozzarella \*pesto **42**  
Beefragù \*emmenthaler \*chilli **60**

Served  
until  
12h30

**EGGS**

EGGS BENEDICT

Poached eggs \*hickory ham \*homemade hollandaise English muffin **88**

SALMON BENEDICT

Poached eggs \*seared salmon \*red capsicum hollandaise \*English muffin **176**

MUSHROOM BENEDICT

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

PLAIN OMELETTE

3 egg omelette \*toast **58**  
Egg white only omelette \*toast **58**

**EXTRAS**

Fillet steak 200g **156**  
Seared salmon **104**  
Roe caviar **42**  
Bacon per slice **10**  
Avocado **32**  
Chorizo **38**  
Onions **10**  
Beefragù **38**  
Capsicums **16**  
Hickory ham **20**  
Plum tomatoes **14**  
Calamata olives **12**  
Feta or cream cheese **22**  
Emmenthaler **28**/Gruyère **28**  
Baby potato wedges **20**  
Eggs **8**  
Mushrooms **18**  
Spinach **10**  
Chicken livers **38**  
Roast sirloin **40**



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

*Augustus Saint-Gaudens*

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## SALAD BAR

*Visit our seasonal Salad Bar to customize your own seasonal salad with fresh greens, gourmet toppings and a dressing of your choice.*

### LIFE GREEN SALAD BOWL

*Lettuce varieties\*rocket\*tomato\*cucumber\*green pepper\*marinated olives\*feta **84***

### ROOT VEGETABLE SALAD BOWL

*Lettuce varieties\*mungbeans\*roast butternut\*grilled zucchini\*julienne carrot\*red onion\*cherry tomatoes\*marinated olives\*feta **104***

## 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 **186***

*Crudo Tuna \*sriracha \*soy & sesame marinade \*quinoa \*grapefruit \*avocado \*wakame  
\*cucumber julienne \*yoghurt **176***

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

### GOURMET TOPPINGS

AVOCADO **34** • GRILLED HALLOUMI **54** • GRILLED CHICKEN BREAST **44**  
FILLET STEAK 200g **156** • PRAWNS **86** • SEARED TUNA **98** • SEARED SALMON **104**

## TAPAS

### ARTISAN DIPS

*Olive salsa verde \*hummus \*spicy vegetable dip \*tzatziki \*fried halloumi \*crispy parmesan dumplings \*lavash **104***

### SEAFOOD TAPAS

*Grilled calamari \*prawn gambas \*crispy fish croquettes \*fried squid heads \*tzatziki  
\*crispy potato cheese croquettes \*crispy fries \*lavash **272***

### CHICKEN TAPAS

*Chicken livers \*spicy chicken drumettes \*grilled halloumi \*crispy potato cheese croquettes  
\*carrot tahini salad \*crispy fries \*lavash **260***

FOCACCIA & LAVASH **26** • HALLOUMI **54** • CRISPY SQUID HEADS **52**  
PRAWN GAMBAS **86** • GRILLED CALAMARI **52**  
CHICKEN DRUMETTES **88** • CHICKEN LIVERS **38**



**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*

*Salad add 18 • Roasted Vegetables add 18*

### CHICKEN BREAST ON BRIOCHE

*Spicy or lemon grilled chicken breast \*marinated peppers \*balsamic  
onions \*mixed greens \*cucumber \*fries 124*

### CHICKEN CEASAR SALAD WRAP

*Grilled chicken breast \*lettuce \*bacon \*yoghurt dressing \*parmesan  
\*anchovy \*egg \*sweet potato crisps 88*

### GOURMET BURGER ON BRIOCHE

*200g House-ground Wagyu beef \*beer-battered onion rings served  
on brioche \*fries 128*

### BEEF SALAD WRAP

*Roast beef sirloin \*carrot julienne \*cucumber \*caspicum \*lettuce  
\*tomato \*coleslaw \*radish \*mushroom \*sweet potato crisps 98*

### CHICKEN MAYO & AVOCADO OF HEALTH

*Chicken \*wholegrain mustard mayo \*lettuce \*cucumber ribbons  
\*tomato \*gherkins \*petice salad 82*

### GRILLED HALLOUMI WRAP

*Grilled halloumi \*mung beans \*cucumber \*lettuce \*zucchini  
ribbons \*julienne carrot \*sesame & lemon dressing \*sweet potato  
crisps 82*

### BLT ON WHITE

*Bacon \*Lettuce \*tomato \*wholegrain mustard mayo \*red onion \*  
petite salad 88*

### ROAST BEEF ON HEALTH

*Roast sirloin \*white cheddar \*pineapple chutney \*wholegrain  
mustard mayo \*petite salad 98*

### BEYOND BEEF

*200g BEYOND BEEF BURGER \*beer battered  
onion ring served on Brioche 128*

## CRUDO

### OYSTERS

*3 West Coast Oysters \*slightly sweet & fiery jalapeño  
Salsa \*Matsuhisa salsa \*Maui onion salsa 90*

### CEVICHE OF SALMON OR TUNA

*Thinly sliced fish with coriander \*cucumber ribbons \*cherry tomato  
\*red onion \*ceviche sauce 104*

### MILLIONAIRE'S SALAD

*Artichoke heart ceviche \*yuzu \*lime  
\*grapefruit 130*

### BURRATA & PEACHES

*Grilled peach \*mint \*red onion \*cucumber \*yuzu  
\*avocado \*burrata cheese. 160*

### AVOCADO & TOMATO CEVICHE

*Grilled avocado \*marinated tomatoes \*celery \*pickled ginger  
\*Chinese seven spice \*soy \*rice wine vinegar 102*

### SEAFOOD CEVICHE

*Salmon \*tuna \*prawns \*calamari \*squid heads \*tomato  
\*onion \*celery \*coriander chilli dressing 146*



I LOVE **PIZZA**. I WANT TO MARRY IT,  
BUT IT WOULD JUST BE TO EAT  
HER FAMILY AT THE WEDDING.

*Mike Birbiglia*

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## PASTA BAR

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CREAMY CHAR-GRILLED CHICKEN LINGUINE **146**

*Sage cream \*grilled chicken breast*

ARRABIATA OR POMODORO PENNE **92**

*Add 200g fillet 156 • Add chicken 44 • Add chargrilled vegetables 36 • Add prawns 86*

ALFREDO & VEGETABLES

*Foraged field mushrooms \*smoky vanilla mascarpone \*broccoli \*tomato \*penne 136*

HOUSE GROUND BEEF BOLOGNAISE SPAGHETTI

*Beef mince \*tomato pomodoro sauce 128*

SEAFOOD PENNE

*Truffled lobster crème \*calamari \*prawns \*linefish \*moules 288*

AL FUME CREAMY POMODORO LINGUINE

*Touch of vodka \*garlic \*chilli \*flambéd strips of bacon 140*

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## PIZZETTE

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ROSA

*Smashed Rosa tomatoes \*mozzarella \*basil 90*

*Hickory ham \*Portabello mushrooms 122*

*Roast sirloin \*caramelised onions \*pickled red onion 160*

*Parma ham \*red onion \*brie \*fig \*fennel 168*

*Prawn \*jalapeño papaya salsa \*dill crème fraîche 198*

*Beefragù \*Roasted capsicum \*chilli 136*

VEGETARIAN

*Roast pumpkin \*chargrilled peppers \*zucchini \*Rosa base \*feta \*basil 112*





I'M NOT MAKING ART,  
I'M MAKING  
**SUSHI**

*Masabaru 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 172*

### FASHION SANDWICHES

8 pieces

*Rice \*avocado \*Japanese mayo \*sesame seeds 88*

### DRAGON ROLL

8 pieces

*Prawns \*Avocado \*cucumber wrapped in rice with seaweed covered  
in avocado 96*

### TIGER ROLL

8 pieces

*Avocado \*salmon roll topped with  
prawn & avocado 120*

### SASHIMI

4 pieces

**80**

### VOLCANO ROLL

6 pieces

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

### NIGIRI

4 pieces

*Classic \*salmon | tuna | prawn 72*

### 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

*Poached prawn\*avo\*cucumber\*cream cheese california roll\*caviar\*  
spicy mayo\*teriyake dressing\*edamame beans 170*

### FRIED CALIFORNIA RAINBOW

panko crumbed and fried salmon roll\*

*salmon\*tuna\*avocado\*sweet chilli\*teritake\*spicy mayo 170*

### LOADED RAINBOW ROLL

*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 170*

### HAND ROLL

One piece

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

### CALIFORNIA ROLL

8 pieces

**92**

### MAKI

6 pieces

**64**

### FASHION SANDWICHES

8 pieces

**88**

### SASHIMI

4 pieces

**88**





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 136*

### **TUNA TARTARE**

*Tuna tartare \*cucumber \*quail egg \*caviar  
\*spicy vinaigrette 136*

### **FILLET TARTARE**

*200g Beef fillet \*salsa verde \*quail egg \*focaccia \*capers \*onion salsa 172*

## COALS

### **SPEARED FILLET**

*200g fillet bound in bacon \*crushed baby potatoes  
\*grilled tomatoes \*salsa verde 208*

### **BEEF RIBS**

*BBQ-basted beef ribs served with onion rings & fries  
500g 198 1kg 388*

### **BILTONG SIRLOIN**

*400g Beef sirloin on the bone \*biltong and brie stuffing  
\*roasted veg \*mushroom sauce 252*

### **SEAFOOD SOUVLA**

*6 Prawns \*calamari \*kingklip crispy squid heads \*Cafe de Paris  
butter \*fries \*roasted vegetables 370*

### **RUMP**

*200g 124 400g 192*

### **T BONE**

*750g Grilled \*Greek roasted baby potatoes  
\*roasted vegetables 348*

### **GRILLED BEEF FILLET**

*200g 152 300g 198*

### **RIBEYE ON BONE**

*1kg grilled \*choice of side \*sauce choice 388*

### **ACCOMPANYING SAUCES**

*Add mushroom cream 36 \*Add peppercorn sauce 36 \*Add peri peri sauce 36 \*Add gastrique 36 \*Add chimichurri 36*

### **ACCOMPANYING SIDES**

*Fries 28 Salad 40 Roasted Vegetables 40 Greek Roasted Potatoes 40*

## FORNO

### **SLOW ROAST LAMB SHANK**

*served with mixed potatoes &  
butternut 384*

### **BEEF SHIN HOTPOT**

*300g beef shin \*pearl onion \*traditional gravy \*smashed  
potatoes. 188*

### **WOOD FIRED SPATCHOCK CHICKEN**

*Forno roasted baby potatoes \*roasted vegetables \*Red kimchi  
Half 154*

### **VEGETABLE TIKKA MASALA**

*Spiced farm vegetables \*tomato & cumin reduction  
\*basmati rice \*papadums \*sambals 158*

### **WHOLE BAKED CRUSTED FISH**

*Fish crusted in salt \*saffron rice  
\*lemon butter SQ*







## 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* **166**

### HAKE & CHIPS

*Grilled or fried hake \*battered onion rings \*dill crème fraîche  
\*lemon \*crispy fries* **148**

### GRILLED CHICKEN BREAST

*Grilled Cajun or lemon chicken breast \*carrot & tahini  
slaw \*lettuce \*cherry tomatoes \*capsicum* **158**

### PRAWN GRILL

*8 Prawns \*Cafe de Paris butter  
\*saffron rice \*kimchi* **380**

### SEARED TUNA

*Served rare in a tomato elderflower gazpacho \*olive \*edamame  
\*cucumber \*yuzu salsa verde* **180**

### GRILLED SALMON

*Scallion potatoes \*side salad  
\*dill crème fraîche* **276**

### SEAFOOD PAELLA

*Prawns \*calamari \*line fish \*moules \*rice  
\*creamy paprika sauce* **250**

### CHICKEN & PRAWN CURRY

*Malay spicy tomato broth \*Methi leaves \*coriander \*coconut milk  
\*basmati rice \*Popodum \*sambals* **240**

### BABY KINGKLIP

*500g Grilled medallion \*lemon cream sauce  
\*scallion potatoes* **240**

### LAMB CUTLETS

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

## 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 \*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* **1080**

### DOCK & DIVE

*16 prawns \*400g grilled calamari \*crispy squid heads \*baby kingklip \*Cafe de Paris butter* **1080**



XO

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

*Don Kardong*

## DESSERT

### NUTELLA BRIOCHE PIZZA

*Vanilla ice cream \*hazelnut praline  
\*mixed berries 84*

### VANILLA BEAN CRÈME BRÛLÉE

*Vanilla infused baked anglaise  
\*caramel crunch 80*

### WAFFLE

*Vanilla ice cream and chocolate sauce 92*

### DEATH BY CHOCOLATE

*White chocolate ganache \*dark chocolate mousse  
\*fresh berries \*chocolate meringue 82*

### BAKLAVA & ICE CREAM

*Crispy layers of phyllo \*almond \*cinnamon  
\*spiced orange syrup 74*

### MOLTEN CHOCOLATE PUDDING

*With vanilla ice cream 84*

## SPECIALITY COFFEES

### BOMBARDINO

*Cognac \*espresso \*homemade Advocaat \*crème 56*

### GIANDUIA

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

### NOUGAT

*Honey \*nougat liqueur \*espresso \*hot milk  
\*Callebaut chocolate mousse \*nougat 56*



## TWIG SPECIALITY TEA

*Muslin Tea 32*

### 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

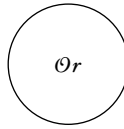
*Black chai tea blend with Indian spices*

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 **20** 750 **40**  
ACQUA PANNA 250 **36** 750 **68**  
SAN PELLEGRINO 250 **36** 750 **68**  
BOSS ICED TEA **30**  
MIXERS **24**  
RED BULL ENERGY **42**  
RED BULL SUGAR FREE **42**

RAW JUICE BAR

*Freshly squeezed on site* **38**

*add ginger* **4** • *add celery* **8**

DR OZ'S BODY RESTART

*Apple \*celery \*cucumber \*ginger \*mint \*pineapple  
\*parsley \*spinach* **52**

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**

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**

ANTIOXIDANT

*Spinach \*banana \*Dates \*apple \*cinnamon* **56**

CAPPUCCINO **30**  
CAPPUCCINO CON PANNA **34**  
ESPRESSO SINGLE **22** DOUBLE **26**  
MACCHIATO **24**  
AMERICANO **26**  
CAFÉ LATTE **34**  
MOCACCINO **32**

*Decaf coffee add* **4**

*For Lactose Free milk add* **8**

HOT CHOCOLATE **34**

MILKSHAKES

*Bar One* **48**

*Wild Berry* **48**

*Oreo* **48**

GRANITAS & MOCKTAILS

*Crushed Ice Infusions*

*Watermelon \*rosewater \*basil* **34**

*Elderflower \*lime \*mint* **34**

TWISTS

RED BULL MOJITO TWIST

*RED BULL \*lime \*apple \*mint* **50**

RED BULL SUGARFREE TWIST

*RED BULL Sugarfree \*apple \*berry* **50**

BUBBLES

*Babylonstoren sparkling grape juice* **120**

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* **26**

*Rose \*honey \*mint infusion* **26**

**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

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## GRAND CAFE

ESTD  1999

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