

Our Mission Statement is...

To create an inspiring & holistic haven where people can appreciate fresh organic wholesome vegetarian & vegan food at a fair price. Our aim is to provide this in a responsible and ecological fashion and to promote and increase the awareness of making conscious lifestyle choices for both the well being of our selves and the planet.

The Life Fund

10% from the sale of all menu items where you see ✨ goes to our Life Fund. The Fund is set up to provide support for sustainable community initiatives and charities. Details will be published periodically in the cafe and in our newsletters.

Opening Times

Deli	Mon - Fri	8am	-	10.30pm
	Sat - Sun	9am	-	10.30pm

Café	Mon - Fri	12noon	-	12midnight
	Sat - Sun	10am	-	12midnight

(Kitchen's last orders at 10.30pm)

We serve a comprehensive menu between
3pm & 6pm daily serviced from our Deli

Visit our Deli and Organic Shop on the way out.

🍃 - vegan 🍷 - yeast free 🍷 - gluten free 🍷 - wheat free 🍷 - onion & garlic free



Welcome To Life

We sincerely hope that you will enjoy your experience in our café and that eating here becomes a way of life for you.

Our philosophy here at Life is one of integral nourishment. This philosophy incorporates every stage of getting food to you the customer. It relates to the source of the produce, how it was farmed, how it was prepared, cooked, served and the atmosphere in which it was ingested. Here, at Life we make every effort to ensure that the proper care, attention and detail is given to each of these stages.

The process starts with the raw ingredients. At Life we work with fresh, natural and organic produce for our dishes in order to provide you with a really nutritious, high quality and delicious home-style food experience.

The next stage of integral nourishment relates to how the kitchen staff prepare the meal. Our chefs and cooks put heart and soul into the food preparation here at Life.

Following on from this stage is the manner in which the food is brought to your table. We believe friendly and informative dialogue with our serving staff with regard to your food will add to your nourishing experience. Our staff aim to provide good product knowledge regarding our ingredients and to serve you in a happy and helpful manner.

At last, you being mindful of the nourishment your body is receiving by consuming wholesome, fresh, natural food, and savouring this experience, is the final element of integral nourishment.

Our aim is to provide this experience all at a fair price and we sincerely hope you enjoy the relaxed, comforting, nurturing and inviting premises that we have created.

We hope you enjoy the nourishment you receive here today.

Bobby & Marian

Life's Snacks

Edamame \$35 (V) (Y)
(eg)
(g) (w)
Salted steamed soya beans

Olives & Hummus \$50 (V) (Y)
(eg)
Bowl of olives, hummus with organic wholewheat pita

Roasted Garlic \$35 (V)
A whole bulb of garlic roasted with olive oil and rosemary and served with organic wholewheat pita

Life's Brochette \$55 (V) (Y)
(g) (w)
Stewed tomato, peppers and fennel with olive & pine nuts served with toasted wheat free olive bread & a basil pesto dressing

***Wedges** \$50 (V) (Y)
(eg)
(g) (w)
Roasted potato wedges seasoned with zaatar served with a creamy tofunaise dip and a tomato fondue

Life's Breads	Serving	Basket	
Organic rye sunflower seed bread	\$25	\$50	(eg)
Organic olive, herb & onion bread	\$25	\$50	(g) (w) (y)
Organic wholewheat pita bread	\$25	\$50	(y) (eg)
Wheat free cassava chips	\$25	\$50	(g) (w) (y) (eg)

Life's Starters



- Soup Of The Day** sm \$35 Lg \$55 (V) (eg)
Served with Life's house bread
- Dhal Of The Day** sm \$35 Lg \$55 (V) (Y)
Served with Life's house bread (g) (w)
- Roasted Polenta** Starter \$55 Main \$80 (w) (Y)
Herb and cheese polenta
served with tomato fondue and a fresh garden salad
- The Filo Bake** Starter \$55 Main \$80 (Y) (eg)
Filo pastry stuffed with spinach, red pepper, feta cheese
served with leafy greens and a pine nut basil pesto
- ***Roast Veg Platter** \$75 (Y) (eg)
A platter of seasonal mixed vegetables served with an eggplant
dip & herbed goat's cheese (w) (g)



Another Side of Life



- Buckwheat noodles \$30
- Red rice \$30
- Quinoa \$35
- Steamed Broccoli \$30
- Steamed Mixed vegetables \$35
- Sautéed Spinach \$30


Salads For Life

Live Food at Its Best

Manouri, Cucumber and Tomato salad \$95  
Pan-fried manouri cheese with cucumber, mixed pepper, tomato & olives, with oregano dressing & leafy greens sprinkled with almonds

***Life's Live Salad** \$85  
Mixed leafy greens, grated carrots and beetroot, house sprouts, Life's nuts & seed mix and hummus, sprinkled with nutritional yeast, served with our house dressing on the side

Life's Live Mini Salad \$40  
All the wonder of Life's live salad but 1/2 the size leaving room for more

Life's Mixed Salad Platter 
Yours selection of fresh deli salads

mini	-	1 Choice	\$30
small	-	3 Choices	\$75
large	-	5 Choices	\$100

Life's small and large salads are served with our house bread or you may request wheat-free onion herb bread if you prefer.

There is a large variety of fresh deli salad to choose from everyday!

Wholesome Bowls of the World

- Moroccan Ground Nut Stew** \$95 (V) (Y) (g) (w)
Sweet potatoes, zucchini and chickpeas cooked in a mildly spiced peanut sauce & served with minted lemon rice & steamed seasonal greens
- Country Risotto of the Day** \$90 (Y) (w) (og)
Made with whole grains and served with seasonal greens
- Asian Stir-Fry** \$90 (V) (Y) (og) (g) (w)
Tofu, pumpkin, broccoli & red pepper seasoned with a tamarind, ginger & red chilli sauce, served with soyabean & cashew quinoa
- * **The Yogi** \$75 (V) (Y) (og) (g) (w)
A bowl of whole grain rice with fresh coriander and Life's nut & seed mix, steamed vegetables & a carrot lemon broth
- Dhal of The Day** \$80 (V) (Y) (g) (w)
Served with brown rice & steamed greens

Hearty Dishes From Home

All of Life's Hearty Dishes are served with steamed seasonal vegetables

- Roasted Vegetable Lasagna** \$110 (Y)
Layers of wholewheat pasta, tomato, mushroom, eggplant with a spinach, cheese & a pinenut pesto sauce
- Shepherdess Pie** \$95 (V) (Y) (g) (w)
Lentils, soya beans, squash & carrots topped with olive oil & a lemon scented mashed potato, baked 'til golden brown
- Quinoa Oat & Mushroom Bake** \$95 (V) (Y) (og) (w)
Quinoa, oats, wild mushrooms and fresh herb baked with cherry tomatoes and served with a red pepper chinese truffle sauce

Bakes & Bites

Lentil & Walnut Burger \$100 (V)

With roasted red peppers, tomato, greens & tofunaise served on a wholewheat burger bun accompanied by a side salad & roasted potato wedges

Add On's

Cheese \$10

Roasted portobello mushrooms \$10

Life's Seasonal Tart \$80 (og) (Y)

With a herb wholewheat crust, filled with seasonal vegetables & the chef's choice of cheese served with Life's house salad

Today's Quiche \$80 (og) (Y)

Life Quiche is made with a filling of tofu & seasonal vegetables served with a Life's house salad

Life's Calzone \$95 (og)

Served with tomato fondue and Life's house salad.
See daily specials or ask your server about the filling

Life's Pizza \$100 (og)

Served with a chickpea sauce, roasted Portobello mushrooms, tomato, broccoli, roasted red pepper, black olives, basil & cheese, pine nuts and fresh herb

* **Oven Roasted Zaatar** \$90

A wholewheat pita bread topped with zaatar, manouri cheese, roasted red pepper & eggplant

Life's Desserts

Please ask for The Sweet Life Menu or visit our selection of fresh organic cakes in the Deli

Life's Food Glossary

Organic: goods produced without the use of artificial chemicals such as fertilizers, toxic pesticides, antibiotics or hormones, and in harmony with the soil and the natural environment.

Fair Trade: is a certification set up to guarantee farmers a fair price exchange and to encourage sustainable farming practices like organic and shade farming. Fair trade ensures that the money from the goods purchased goes direct to the farmers and producers and thus connects the consumer directly to the farmers and producer of fair trade products.

Quinoa (keen-wa): Quinoa comes from the Andes Mountain region of South America (cultivated 3000 bc). Technically, it is not a true grain but an annual fruit. Quinoa is high in fibre and complex carbohydrate, which helps stabilize blood sugar. It has more than double the amount of protein than rice and one cup of quinoa has more calcium and protein than a quart of milk.

Brown rice (vs. white rice): Milling is the primary difference between brown and white rice. Milling, often called "whitening", removes the outer bran layer of the rice grain, leaving a core comprised of mostly simple carbohydrates - white rice. The vital nutrients for our diet are found in the outer bran layer of brown rice and it is dramatically higher in fiber than white rice. Fiber is not only filling, but is implicated in prevention of many major diseases. Brown rice also contains essential oils, most of the B vitamins, and important minerals that white rice does not contain.

Buckwheat: is native to Russia, and while thought of as a cereal, is actually a Herb of the genus *Fagopyrum*. The seed of this plant is used to make buckwheat flour which is then used for noodles etc. Buckwheat is gluten free. Buckwheat can also be cooked like any other grains such as rice, millet etc., and served as a substitute.

Tofu: White custard like substance varying in firmness, made from soybeans. Tofu is easy to digest, is high in protein and also cholesterol free.

Tofunaise: Our alternative to mayonnaise - this egg and dairy free dip is thick and creamy and is made from tofu, olive oil, mustard, tahini, salt, pepper & garlic

Spirulina: Approximately 3.6 billion years old - this blue green algae grows in water and is one of the worlds top super foods. It is 70% pure vegetable protein, the best kind for human assimilation. It has amazing concentrations of beta-carotene, iron, calcium, vitamin B12, B complex, chlorophyll and phyto-nutrients. It is possibly the only natural food besides mother's milk with the essential fatty acid GLA.

Zaatar: A herb mixture composed of thyme, sumac, and sesame seeds blended with olive oil; a Lebanese delicacy and staple. Really delicious on bread!

Flax seeds: Just a quarter of a cup of flax seed contains 9,000 mg of the crucial omega-3s - double that of fish oils.

Flax seeds provide an all round immune support, promote healthy cholesterol levels, aid healthy digestion and promote glowing skin. Your daily dose of flax seeds also provide protein, vitamins, precious phyto-nutrient, and health promoting lignans, as well as soluble and insoluble fibre that your body requires.

Dulse: is a red seaweed that grows attached to rocks by a "holdfast" in the North Atlantic and Northwest Pacific.

Dulse is a good source of essential dietary requirements. A handful will provide more than 100% of the daily amount of vitamin B6, 65% of vitamin B12, a day's supply of iron and fluoride, and it is relatively low in sodium and high in potassium.

Hemp seeds: Of the 3 million-plus edible plants that grow on Earth, no other single plant source can compare with the nutritional value of hemp seeds. Both the complete protein and the essential oils contained in hemp seeds are in ideal ratios for human nutrition. Hemp seeds contain the highest percentage of essential fatty acids in the entire plant kingdom.

Nutritional yeast: considered to be the most valuable supplement available, it is a complete protein (18 amino acids) containing more protein than meat and contains 15 minerals. Yeast is an excellent source of B-vitamins including B12 (the B group of vitamins help the body handle stress and B12 is extremely important in a vegetarian diet), and it also helps in the regulation of blood sugar.

Carob: powder or molasses is made from the ground bean pod of the carob tree found in the Mediterranean. It is generally used as a cocoa substitute and it has more vitamins & minerals but less fat & calories.

Tahini: ground sesame seed paste - highly nutritious with a high concentration of omega 6 and omega 9, it is extremely versatile can be used as a spread to replace butter, and used in cooking of sauces and dips.

Manouri: A traditional Greek sheeps' cheese made from a vegetarian rennet.

Hummus: A staple of the Lebanese & regional diet. A smooth dip made from blended chickpeas, garlic, tahini, olive oil and lemon juice. Traditionally, eaten with flat bread, olive oil and fresh herbs.