

## 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 ourselves 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 café and in our newsletter.

## Opening Times

Deli: Mon – Fri	8am - 10:30pm
Sat – Sun	9am - 10:30pm
Café: Mon – Fri	10am - 12midnight
Sat – Sun	10am - 12midnight

(Kitchen's last orders at 10:30pm)

We serve a comprehensive menu between  
3pm & 6pm daily served 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 at a fair price and we sincerely wish you enjoy the relaxed, comforting, nurturing and inspiring premises that we have created.

We hope you enjoy the nourishment you receive here today.

*Bobby & Marian*

# 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 producers of fair trade products.

**Amaranth (Amaranthus):** has a colorful history, is highly nutritious, and the plant itself is extremely attractive and useful. Amaranth was a staple in the diets of pre-Columbian Aztecs, who believed it had supernatural powers and incorporated it into their religious ceremonies. The grain was forbidden by the Spanish, and consequently fell into obscurity for hundreds of years. If not for the fact that the cultivation of amaranth continued in a few remote areas of the Andes and Mexico, it may have become extinct and completely lost to us. Amaranth seed is high in protein (15-18%) and contains respectable amounts of lysine and methionine, two essential amino acids that are not frequently found in grains. It is high in fiber and contains calcium, iron, potassium, phosphorus, and vitamins A and C. The fiber content of amaranth is three times that of wheat and its iron content, five times more than wheat. It contains two times more calcium than milk. Using amaranth in combination with wheat, corn or brown rice results in a complete protein as high in food value as fish, red meat or poultry, yet easily digested & assimilated.

**Babaghanouj:** Another staple of the Lebanese diet. A dip made from eggplants, garlic, tahini, olive oil & lemon juice. Traditionally eaten with flatbread, garnished with olive oil & fresh herbs.

**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 grain such as rice, millet etc., and served as a substitute.

**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 as it has more vitamins & minerals but less fat & calories.

**Flax Seeds:** Just a quarter of a cup of flax seeds contains 9,000mg 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 fiber that your body requires.

**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.

**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 flatbread, olive oil and fresh herbs.

**Labneh:** No doubt this is the most popular dish served in Lebanon. This cheese-like dip is made from fresh yoghurt & is garnished with olive oil. Traditionally eaten with flatbread as breakfast but is also an integral part of any mezza. Try it with zaatar for a delicious treat!

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

**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 to a vegetarian diet), and it also helps in the regulation of blood sugar.

**Polenta:** ground corn meal/flour.

**Quinoa (keen- wa):** Quinoa comes from the Andes Mountain region of South America (cultivated 3000bc). Technically, it is not a true Grain but an annual fruit. Quinoa is high in fiber and complex carbohydrates, 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.

**Shitake/Enoki:** Japanese mushroom.

**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. (Gamma linolenic acid is an immune booster)

**Sprouted Chickpea Dip:** A smooth dip made from blended sprouted chickpeas, tahini, olive oil and lemon juice.

**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.

**Tofu:** White custard like substance varying in firmness, made from soya beans. 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 is made from tofu, olive oil, mustard, tahini, salt, pepper & garlic.

**Wakami/Nori:** Japanese seaweed.

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

**To your health and the health of our planet**

As part of life's commitment to optimum health and well being, we welcome you to our raw food section. These living foods are essential for a balanced healthy diet. Raw food can be thought of as "sun-full food" containing an abundance of sunlight, phytonutrients, minerals, vitamins and enzymes (the catalysts for digestion & energy). Cooking food over 118°F/ 47°C depletes enzymes, so as a rule, raw food is not cooked, roasted, processed or toasted. Enjoy the difference.

## A Raw Start

### Beetroot Carpaccio ●●●●● \$55

Thinly sliced beetroot with fresh orange, wild rocket leaves, organic apple cider vinegar, ginger and mint dressing.

### Sprouted Organic Chick Pea Dip ●●●●● \$68

Served with organic olives, carrot and cucumber batons, home-made sunflower and sesame seed crackers.

### Life's Organic Guacamole \$78

Organic avocado guacamole with cherry tomato and corn salsa served with homemade flax seed crackers.

## Raw Salads

### Sprouted Organic Quinoa Salad ●●●●● \$75

With vine ripened tomatoes, cucumber ribbons, parsley, Spanish onion, mint, coriander with an organic extra virgin olive oil and preserved lemon dressing.

### Life's Live Salad ●●●●● Sm \$60 Lg \$98

With mixed leaves, sprouted organic chickpea dip, mixed nuts, nutritional yeast, shredded carrot and beetroot, topped with mung bean and alfalfa sprouts. Served with home-made raw flaxseed crackers.

## Raw (Main)

### \*Carrot and Zucchini Linguine ●●●●● \$78

With fresh tomato, basil and organic extra virgin olive oil.

### Flax Seed and Tomato Pizza ●●●●● \$78

With broccoli, mixed peppers, Spanish onion, shredded beetroot and carrot topped with mustard tofunaise.

### Mushroom Galettes ●●●●● \$95

With fresh rocket, pine nuts, olive tapenade, organic balsamic and organic extra virgin olive oil.

● - vegan ● - yeast free ● - gluten free ● - wheat free ● - onion & garlic free

# Life's Starters

**Soup of the Day** • Sm \$35 Lg \$55  
Served with Life's house bread  
(if gluten/yeast intolerant please request wheat free bread.)

**Dhal of the Day** • Sm \$35 Lg \$55  
Served with Life's house bread  
(if gluten/yeast intolerant please request wheat free bread.)

\***Edamame** ●●●●● \$45  
Salted steamed soya beans.

**Roasted Potato Wedges** ●●●● \$50  
Roasted potato wedges seasoned with zaatar  
served with a creamy tofunaise dip and a tomato fondue.

**Life's Bruschetta** ●●●●● \$55  
Fresh diced organic tomatoes, basil & organic extra virgin olive oil  
served on toasted wheat-free olive bread with basil pesto.

**Tofu and Vegetable Samosas** \$58  
An aromatic blend of Nepalese curry spices  
with tofu, potato, green peas and onion,  
wrapped in organic whole wheat pastry  
served with cucumber and chilli dipping sauce.

**Life's Platter of Oriental Delights** ●●●●● \$85

- Vietnamese style rice paper rolls with fresh grated carrots, rice vermicelli, coriander flowers, lemongrass, ginger, crushed peanuts, chili and mint; served with lime and soy dipping sauce.
- Home-made flax seed and sun dried tomato raw wrap with enoki mushroom, snow pea sprouts and avocado cream. (A taste of Raw life)
- Nori wrapped brown rice with cucumber, avocado, black sesame seeds and a wasabi tofunaise.

**Char Grilled Tofu Skewers** ●●●●● \$68  
Fresh Tofu marinated in Thai curry sauce  
served with fresh lime and a warm peanut dipping sauce.

**Life's Organic Dip Platter** • \$95  
A traditional medley of some tantalizing dips including hummus, babaghanouj, roasted beetroot dip, labneh, olives, oven dried tomatoes & baby spinach. Served with our wholewheat pita bread, or flax seed crackers.

● - vegan   ● - yeast free   ● - gluten free   ● - wheat free   ● - onion & garlic free

# Salads For Life

Live Food at Its Best

**Wakami and Tofu Salad** ●●● \$70

With pickled cucumber and an organic mirin and soy dressing.

**Baby Spinach, Roasted Pumpkin and Feta Cheese Salad** ●●● \$78

With an organic balsamic vinaigrette.

**Roasted Organic Eggplant Salad** ●●●● \$80

Roasted peppers, pesto, sun dried tomato, wild rocket and goat's cheese.

\***Gado Gado** ●●● \$85

A medley of red peppers, carrots sticks, bean sprouts, organic snake beans, chat potatoes, cucumber batons, tofu, baby spinach, boiled egg served with a warm spicy peanut sauce.

**Mediterranean Salad** ●●●● \$85

Mixed leaf lettuce, avocado, sun dried tomato, organic olives and fresh shaved parmesan.

## Life's Mixed Salad Platter

There is a large variety of fresh deli salads to choose from everyday! Please see today's specials menu.

Your selection of fresh deli salads	Mini - 1 Choice	\$30
	Sm - 3 Choices	\$75
	Lg - 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.

## Life's Breads

	Serving (2 slices)	Basket (4 slices)
Organic rye sunflower seed bread ●●	\$15	\$30
Organic olive, herb & onion bread ●●●	\$20	\$40
Organic wholewheat pita bread ●●	\$15	\$30

● - vegan ● - yeast free ● - gluten free ● - wheat free ● - onion & garlic free

# Life's World Cuisine

Light and Healthy Dishes...

- \***The Yogi** ●●●●● \$75  
A bowl of whole grain rice with fresh coriander and Life's seed & nut mix, steamed vegetables & a carrot lemon broth.
- Today's Tart** ●● \$80  
With a herb wholewheat crust, filled with seasonal vegetables and cheese served with Life's house salad.
- Today's Quiche** ●● \$80  
Life Quiche is made with a filling of tofu and seasonal vegetables served with Life's house salad.
- Wok Fried Organic Soba Noodles** ●●●●● \$85  
Served with organic tamari, shitake, enoki and oyster mushrooms, fresh chili and Baby spinach.
- Organic Soy and Chili Tofu Steak** ●●●●● \$95  
With saffron mashed potatoes, steamed kale and a mustard seed and organic yogurt sauce
- Asian Stir-fry** ●●●●● \$98  
Served with Tofu, Bok choy, mixed peppers, Choi sum, red onion, ginger, shallots, garlic and served with organic amaranth.
- Pumpkin and Lemon Thyme Bake** ●●●●● \$98  
Crisp steamed vegetables, almond and basil amaranth, served with red pepper sauce.
- Homemade Organic Quinoa Linguine** ●●●●● \$110  
Served with wilted baby spinach, air dried tomatoes, organic olives, and feta cheese.

● - vegan   ● - yeast free   ● - gluten free   ● - wheat free   ● - onion & garlic free

# Life's World Cuisine

Grounding and Nourishing Real Food...

## Homemade Mexican Burrito \$85

With organic red kidney bean, ground cumin and coriander served with organic red rice, mixed salad and tomato salsa.

## \*Oven Roasted Zaatar • \$90

A organic wholewheat pita bread topped with zaatar, manouri cheese, roasted red peppers and eggplant.

## Today's Country Style Risotto ••• \$95

Made with organic whole grains and served with seasonal greens.

## Greek Moussaka •• \$95

Our chef's take on this traditional Greek dish. Layers of thinly sliced eggplant & potatoes with lentils, shitake mushrooms, onions, garlic & tomatoes topped with a cheese sauce.

## Life's Pizza • \$95

Served with a chickpea sauce, roasted Portobello mushrooms, tomato, broccoli, roasted red pepper, black olives, basil & cheese, soybeans and fresh herbs with Manouri cheese.

## Moroccan Ground Nut Stew •••• \$100

Sweet potatoes, zucchini and chickpeas cooked in a mildly spiced peanut sauce & served with minted lemon organic rice and seasonal steamed greens.

## Life's Juicy Bean Burger •• \$100

with roasted peppers, fresh tomatoes, cucumber, mixed leaf lettuce on an organic whole-wheat burger bun and topped with chilli, eggplant and onion chutney. Served with roasted potato wedges and tofunaise.

## Homemade Vegetable Lasagna • \$110

Creamy layers of organic whole-wheat pasta, spinach, zucchini and mushroom with an italian style tomato and basil sauce, topped with melted cheese and grated nutmeg.