



ISLAND NATURALS CAFÉ

All Day Menu

Address: Ground Floor, Sunbird House

Phone: (345) 945 2252

Cuisine: Healthy Eating

Delivery terms: Delivery available exclusively via Bento

Delivery times: From 7.30am-6pm

OATMEAL

Freshly made with coconut milk and gluten-free oats

Cinnamon Raisin **Vegan** **CI\$6.5**

Granola, Maple Syrup, Walnut

Fruity **Vegan** **CI\$7**

Granola, Agave, Banana, Seasonal Berries

Snickers **Vegan** **CI\$7**

Granola, Peanut Butter, Chocolate Chip, Banana, Peanut, Caramel

ACAI BOWLS

Tropical **Vegan** **CI\$10**

Granola, Banana, Mango, Pineapple, Coconut

Fruity **Vegan** **CI\$10**

Granola, Banana, Seasonal Berries

Snickers **Vegan** **CI\$10**

Granola, Peanut Butter, Chocolate Chip, Banana, Peanut, Caramel

PANCAKES

Original **Vegan** **CI\$10**

Blueberry Vegan **CI\$12**

Chocolate Chip Vegan **CI\$12**

Banana Vegan **CI\$12**

TOASTS

Served on gluten-free, nut-free and dairy-free bread

Add: almond butter CI\$2 / berry jam CI\$1.50 / peanut butter CI\$1.50 / cashew cream cheese CI\$1.75 / hummus
CI\$1.50

Smashed Avocado & Tomato Vegan **CI\$6**

Everything Bagel Spice

Plain Vegan **CI\$2**

Savoury Avocado Toast **CI\$6**

Sautéed Mushroom and Spinach, Balsamic Reduction

SOMETHING SWEET

Fruit Cup Vegan **CI\$6**

Chef's Selection Of Fruit

Cashew Cheesecake **CI\$6.5**

Daily Flavours

Baker's Selection

Ask for details of the day's fresh baked goods

SOUPS

8oz CI\$5 / 12oz CI\$7 / 16oz CI\$10 / 32oz Family Size CI\$16

Add gluten-free bread CI\$2

Soup of the Day Vegan

Ask your server for the delicious details

Creamy Pumpkin Vegan

Tomato Lentil Vegan

WRAPS

Served in a wholewheat wrap. Gluten-free spinach wrap available for CI\$3

Add: small soup or Caesar salad CI\$3.50

Jerk Caesar Vegan CI\$11

Kale, Romaine, Cashew Parmesan Cheeze, Coconut Bacon, Tomato, Jerk Mushroom, With Cashew Caesar Dressing

Hearty Chorizo Vegan CI\$11

Plant-Based Chorizo, Potato, Spinach, Tomato, Onion, Jalapeno, Cashew Cheeze

Taco Vegan CI\$11

Walnut Taco Meat, Pico De Gallo, Romaine, Cashew Sour Cream

BBQ Burrito Vegan CI\$11

Black Bean, Tomato, Onion, Mushroom, Roasted Sweet Potato, Avocado, Brown Jasmine Rice, With BBQ Chipotle Dressing

Falafal Vegan CI\$11

Chickpea Falafel, Mixed Greens, Tomato, Red Onion, Cucumber, With Tahini Dressing

Black Bean Avocado Vegan CI\$11

Red Pepper, Tomato, Onion, Mushroom, Avocado, Cashew Cheeze, With Cilantro Lime Dressing

SALADS

Thai Crunch Vegan CI\$14

Spinach, Kale, Mixed Greens, Mixed Nuts, Red Pepper, Avocado, Roasted Sweet Potato, Quinoa, Red Cabbage, Chickpea, With Spicy Peanut Dressing

Sesame Soba Noodle Vegan **CI\$13**

Romaine, Red Pepper, Green Onion, Broccoli, Cilantro, Sesame Seeds, With Sesame Ginger Dressing

Kale & Spinach Vegan **CI\$14**

Mixed Nuts, Red Pepper, Avocado, Goji Berry, Strawberry, Chickpea, Cashew Cheeze, With Acai Dressing

Green Goddess Vegan **CI\$12**

Spinach, Mixed Greens, Roasted Sweet Potato, Sauteed Mushroom, Tomato, Corn, Chickpea, Hemp Seeds, With Green Goddess Dressing

Caesar Vegan **CI\$12**

Kale, Romaine, Cashew Parmesan Cheeze, Coconut Bacon, Tomato, Croutons, With Cashew Caesar Dressing

Taco Vegan **CI\$14**

Corn Chips, Romaine, Walnut Taco Meat, Pico De Gallo, Corn, Avocado, With BBQ Chipotle Dressing

BOWLS

Your choice of brown jasmine rice or quinoa. Sub soba noodles or spinach CI\$2

Spicy Pan Asian Vegan **CI\$13**

Red Pepper, Red Cabbage, Onion, Mushroom, Zucchini, Carrot, Cauliflower, Celery, Jalapeno, With Peanut Sauce

Fajita Vegan **CI\$13**

Red Pepper, Avocado, Mushroom, Red Onion, Black Bean, Corn, Pico De Gallo, With BBQ Chipotle Dressing

Falafel Vegan **CI\$13**

Chickpea Falafel, Avocado, Tomato, Red Onion, Cucumber, Cilantro, Black Bean, With Tahini Dressing

Green Coconut Curry Vegan **CI\$13**

Onion, Mushroom, Red Pepper, Zucchini, Carrot, Red Cabbage, Mixed Nuts

Zen Buddha Bowl Vegan **CI\$13**

Quinoa, Red Cabbage, Broccoli, Avocado, Roasted Sweet Potato, Tomato, Beet Hummus, Sesame Seeds, With Greek Dressing

Greek Buddha Vegan **CI\$13**

Tomato, Cucumber, Avocado, Chickpea, Spinach, Quinoa, Hummus, Parsley, Sesame Seeds, With Greek Dressing

Taco Bowl v Vegan

CI\$13

Walnut Taco Meat, Black Beans, Corn, Pico De Gallo, Avocado, Cilantro, With BBQ Chipotle Dressing

Pad Thai v Vegan

CI\$13

Zucchini, Carrot, Red Pepper, Peanut, Chickpea, Cilantro, Green Onion, Lemon

Last updated: Wed 29 Jan, 2025