



ISLAND NATURALS CAFÉ

Food 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

SMOOTHIES

Add natural whey or plant protein for CI\$1.75

Peanut Butter Chocolate Chip	CI\$9
Banana, Chocolate Rice Protein, Oats, Almond Milk	
Green	CI\$8.75
Banana, Kale, Spinach, 'Green Supreme' Juice	
Flat Belly	CI\$8.75
Banana, Kale, Blueberry, Pineapple, Almond Butter, Coconut Milk	
Mango Blueberry	CI\$8.5
Banana, Almond Milk	
Strawberry Banana	CI\$8.5
Vanilla, Almond Milk	
Espresso Hazelnut	CI\$9
Banana, Date, Cacao, Vanilla, Almond Milk	
Tropical	CI\$8.5
Banana, Mango, Pineapple, Coconut Milk, Almond Milk	
Island Sunrise	CI\$8.5
Strawberry, Mango, Pineapple, Mint, Coconut Milk, Agave	

JUICES

Green Supreme	CI\$7
Kale, Spinach, Cucumber, Celery, Parsley, Ginger, Green Apple, Red Apple, Lemon	
Tropical Riddim	CI\$7
Orange, Carrot, Pineapple	
Strawberry Mint Lemonade	CI\$7
Ginger Beet	CI\$7
Watermelon, Red Apple, Lemon	
Celery Juice	CI\$7
Local Coconut Water	CI\$5

OATMEALS

Freshly made with coconut milk and gluten-free oats

Cinnamon Raisin <input type="checkbox"/> <input type="checkbox"/> Vegan	CI\$6.5
Granola, Maple Syrup, Walnut	
Fruity <input type="checkbox"/> <input type="checkbox"/> Vegan	CI\$7
Granola, Agave, Banana, Seasonal Berries	
Snickers <input type="checkbox"/> <input type="checkbox"/> Vegan	CI\$7
Granola, Peanut Butter, Chocolate Chip, Banana, Peanut, Caramel	

PANCAKES

Original <input type="checkbox"/> <input type="checkbox"/> Vegan	CI\$10
Blueberry <input type="checkbox"/> <input type="checkbox"/> Vegan	CI\$12
Chocolate Chip <input type="checkbox"/> <input type="checkbox"/> Vegan	CI\$12
Banana <input type="checkbox"/> <input type="checkbox"/> Vegan	CI\$12

ACAI BOWLS

Tropical v Vegan **CI\$10**

Granola, Banana, Mango, Pineapple, Coconut

Fruity v Vegan **CI\$10**

Granola, Banana, Seasonal Berries

Snickers v Vegan **CI\$10**

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

TOASTS

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

Plain v Vegan **CI\$2**

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

Everything Bagel Spice

Savoury Avocado Toast **CI\$6**

Sautéed Mushroom and Spinach, Balsamic Reduction

SOMETHING SWEET

Fruit Cup v 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

Black Bean Avocado Vegan **CI\$11**

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

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

Hearty Chorizo Vegan **CI\$11**

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

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

Taco Vegan **CI\$14**

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

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

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

Caesar Vegan **CI\$12**

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

Green Goddess Vegan **CI\$12**

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

Greek Buddha Vegan **CI\$13**

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

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

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

Falafel Vegan **CI\$13**

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

Taco Bowl Vegan **CI\$13**

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

Curried Sweet Potato Vegan **CI\$12**

Sweet potato, onion, chickpea, spinach, red pepper, tomato, zucchini, yellow curry, coconut milk

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

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

Pad Thai Vegan **CI\$13**

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

Last updated: Mon 18 Nov, 2024