



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

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

## JUICES

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

## OATMEALS

Freshly made with coconut milk and gluten-free oats

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

## PANCAKES

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