



## ISLAND NATURALS THE GROVE

# All Day & Dinner Menu

**Address:** The Grove

**Phone:** (345) 516 7300

**Cuisine:** Healthy Breakfast, Lunch & Dinner

**Delivery terms:** Delivery available exclusively via Bento

**Delivery times:** Available from 11am

## SHAREABLES

### **A-Mezze-ing Board** v Vegan CI\$16

Hummus, Cashew Romesco, Beetroot Hummus, IN House Oil, Whole Wheat Chips, Grilled Sourdough

### **Lettuce Wraps** v Vegan GF CI\$14

Bell Pepper, Carrot, Onion, Ginger Sesame Sauce, Cilantro, Scallion, Peanut, Crispy Sweet Potato. Choice of Chicken or Mushroom

### **IN Ceviche** v Vegan GF CI\$20

Fresh Catch, Leche De Tigre, Chili, Avocado, Bell Pepper, Red Onion, Orange Spiced Sweet Potato, Cancha, Aji, Cilantro, Spiced Plantain Chips

### **Tuna Poke Nachos** CI\$18

Crispy Wonton, Avocado, Jalapeno, Radish, Wakame, Togarashi, Teriyaki and Sriracha Aioli

### **Vegetable Gyoza** v Vegan CI\$14

Sesame Ginger Slaw, Chili Oil, Ponzu Sauce

### **Smoked Mushroom Brisket Nachos** v Vegan GF CI\$15

Corn Chips, Roasted Corn & Black Bean Salsa, Pico De Gallo, Smoked Tomato Aioli, Ancho Cheeze Sauce

### **Blood Orange & Aji Tiradito** CI\$18

Fresh Catch, Criolla, Leche De Tigre, Cilantro Oil

### **Tuna Tostadas** GF CI\$20

Homemade Tortillas, Smashed Avocado, Sriracha Crema Aioli, Slaw, Cumin Lime Vinaigrette. (Sub Watermelon 'Tuna' CI\$15)

## SOUPS

8oz CI\$6 / 12oz CI\$8

**Soup of the Day** v Vegan

Ask your server for details

**Caribbean Chicken Soup** GF

## IN BOWLS

**OC Green Curry** v Vegan GF **CI\$14**

Mushroom, Onion, Bell Pepper, Cauliflower, Green Bean, Sweet Potato, Pumpkin, Coconut Milk, Candied Nuts, Cilantro With Brown Jasmine Rice

**Sesame Soba Noodles** v Vegan **CI\$14**

Bok Choy, Mushroom, Broccoli, Onion, Bell Pepper, Carrot, Red Cabbage, Cashew, Sesame Seeds, Sesame Ginger Sauce, Chili Oil

**Pad Thai** v Vegan **CI\$14**

Onion, Carrot, Bell Pepper, Chickpea, Peanut, Green Onion, Cilantro, Lime, Pad Thai Sauce With Rice Noodles

**Tuna Poke Bowl** **CI\$22**

Carrot, Cucumber, Mango, Wakame, Radish, Nori, Sesame Ginger Sauce, Sriracha Aioli On Sushi Rice (Sub Watermelon 'Tuna' CI\$15)

## LIGHTER

Add ons: Soft Boiled Egg CI\$2 / Roast Chicken Breast CI\$8 / Blackened Chicken Thigh CI\$6 / 2 Slices of Turkey Bacon CI\$4 / Blackened Mahi CI\$8 / Half Sesame Avocado CI\$4

**Caesar Salad** v Vegan **CI\$13**

Kale, Romaine, Pickled Onion, Cashew Parmesan Cheeze, Coconut Bacon, Crouton, Cashew Caesar Dressing, Jerk Cashews

**Sweet & Spicy Thai Salad** v Vegan GF **CI\$14**

Kale, Mixed Greens, Candied Nuts, Bell Pepper, Carrot, Roasted Sweet Potato, Red Cabbage, Mango, Pineapple, Crispy Chickpea With Spicy Peanut Dressing

**Herb & Harvest Salad** v Vegan GF **CI\$13**

Arugula, Pickled Onion, Roasted Broccoli & Cauliflower, Bell Pepper, Pumpkin & Sweet Potato, Crispy Chickpea, Basil & Dill Tahini Dressing

**Avocado Smash Toast** v Vegan **CI\$13**

Cherry Tomato, Arugula, Sherry Vinegar, Pickled Onion, Everything Bagel Spice, Scallion Cashew Cream Cheeze, Hummus, Served On Toasted Sourdough

**Confit Garlic Mushroom Toast** v Vegan **CI\$13**

Smashed Avocado, Arugula, Pickled Onion, Scallion Cashew Cream Cheeze, Balsamic Reduction, Basil Pesto, Served On Toasted Sourdough

**IN Superfood Salad** **CI\$14**

Mixed Greens, Kale, Broccoli, Carrot, Cranberry, Cucumber, Tomato, Super Seeds, Candied Nuts, House Vinaigrette

## SANDWICHES

**Mediterranean Melt** v Vegan **CI\$14**

Toasted Ciabatta, Carmelised Onion, Sun-Dried Tomato, Sautéed Spinach, Tomato Jam, Scallion Cashew Cream Cheeze, Cheddar Cashew Cheeze

**Blackened Chicken Thigh Sandwich** **CI\$16**

Toasted Sourdough, Tomato, Pickle, Smoked Tomato Aioli, Slaw, Sriracha Aioli, Scallion Cashew Cream Cheeze

**TB-LAT** **CI\$16**

Toasted Sourdough, Turkey Bacon, Lettuce, Tomato Jam, Smashed Avocado, Smoked Tomato Aioli

**Blackened Mahi Sandwich** **CI\$16**

Toasted Sourdough, Arugula, Smashed Avocado, Tomato, Pickle, Cilantro Lime Aioli

## TACOS

**Jerk Chicken Tacos** **CI\$15**

Flour Tortilla, Smashed Avocado, Mango, Pico De Gallo, Lettuce, Cilantro Lime Aioli

**Crispy Asian Mushroom Tacos** **CI\$15**

Flour Tortilla, Smashed Avocado, Sesame Ginger Slaw, Teriyaki Ai

## Blackened Snapper Tacos

CI\$15

Flour Tortilla, Smashed Avocado, Escovitch, Sriracha Aioli, Mango Pico De Gallo

## DINNER

Served Daily from 4pm

### Pumpkin Gnocchi

v Vegan GF

CI\$18

Roasted Pumpkin, Arugula, Walnut Oil, Beetroot Puree, Roasted Pepita Seeds, Scallion Cashew Cream Cheeze, Sage

### Truffle Mushroom Risotto

v Vegan GF

CI\$18

Thyme, Onion, Confit Garlic, Truffle Aioli, Scallion, Lemon, Arugula, Mushroom Crisp, Mushroom Dust

### Ramen

v Vegan

CI\$18

Bok Choy, Carrot, Shitake Mushroom, Garlic, Bamboo Shoots, Nori, Egg

### Jerk Alfredo Pasta

v Vegan

CI\$18

Spinach, Mushroom, Onion, Bell Pepper, Confit Garlic, Cashew Parmesan Cheeze, Leek Ash

### Jerk Chicken

GF

CI\$22

Toasted Coconut Brown Rice, Mango Pico De Gallo, Caribbean Slaw

### Fresh Catch

GF

Chef's Creation With Fresh Local Catch

## SHAREABLE SIDES

Available All Day

### Arugula Salad

v Vegan GF

CI\$7

Grapeseed Oil, Lemon, Spinach, Cashew Parmesan Cheeze, Toasted Almonds

### Smashed Fingerling Potatoes

v Vegan GF

CI\$7

Bourbon Spice, Cashew Romesco

### Sesame Chilli Broccoli

v Vegan GF

CI\$7

Sesame Seed, Garlic

<b>Burmese Tomato Salad</b> <span>v</span> <span>Vegan</span> <span>GF</span>	<b>CI\$8</b>
Pickled Onion, Peanut, Cilantro, Lime	
<b>Chimichurri Potato Salad</b> <span>v</span> <span>Vegan</span> <span>GF</span>	<b>CI\$7</b>
Vegan Mayo	
<b>Sautéed Mushrooms</b> <span>v</span> <span>Vegan</span>	<b>CI\$7</b>
<b>Fresh Tomato Salad</b>	<b>CI\$7</b>
Pickled Onion, Sherry Vinegar, Cilantro	
<b>Mixed Greens</b>	<b>CI\$7</b>
Tomato, Cucumber, Onion, House Vinaigrette	

## DESSERT

<b>IN Cheesecake</b>	<b>CI\$8</b>
Made With Cashew Cheeze. Choice of Rum Banana, Seasonal Berries, or Mango Dark & Stormy	
<b>Dark &amp; Decadent</b>	<b>CI\$10</b>
64% Dark Chocolate Mousse, Chocolate Shavings, Blood Orange	
<b>Vegan Vanilla Gelato</b>	<b>CI\$5</b>
<b>Robert Brownie Jr</b>	<b>CI\$10</b>
Sweet Potato Brownie Made With Almond Butter, Caramel, Vegan Vanilla Gelato, Powdered Sugar	
<b>IN Affogato</b>	<b>CI\$8</b>
Island Naturals' Exclusive Coffee Espresso, Vegan Vanilla Gelato, Dark Chocolate	

Last updated: Mon 18 Nov, 2024