



ISLAND NATURALS THE GROVE

All Day 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

Snack Social v Vegan CI\$16

Hummus, Roasted Pumpkin Mousse , House Oil, Marinated Olives, Cancha Corn, Whole Wheat Chips, Grilled Sourdough

Lettuce Wraps v Vegan GF CI\$15

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

Tuna Poke Nachos CI\$18

Crispy Wonton, Avocado, Jalapeno, Radish, Wakame, Togarashi, Teriyaki and Sriracha Aioli (sub Watermelon 'Tuna' CI\$16)

Vegetable Gyoza v Vegan CI\$16

Sesame Ginger Slaw, Chili Oil, Ponzu Sauce

Smoked Mushroom Brisket Nachos v Vegan GF CI\$16

Corn Chips, Roasted Corn, Pico De Gallo, Smoked Tomato Aioli, Nacho Cheeze Sauce, Jalapeño

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 Tostadas GF CI\$20

Corn Tortillas, Smashed Avocado, Sriracha Aioli, Slaw, Cumin Lime Vinaigrette (sub Watermelon 'Tuna' CI\$16)

SOUPS

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

Add A Slice Of Sourdough Or Gluten-Free Bread CI\$2

Soup of the Day v Vegan

Ask Your Server For The Delicious Details

Caribbean Chicken Soup GF

LIGHTER

Add: Soft Boiled Egg CI\$2 / Roast Chicken Breast CI\$8 / Blackened Chicken Thigh CI\$6 / 2 Slices of Turkey Bacon CI\$4 / Plant-based Sausage / Blackened Mahi CI\$10 / Half Sesame Avocado CI\$4

Nourish Bowl v Vegan **CI\$15**

Roasted Pumpkin Mousse, Smashed Fingerling, Roasted Broccoli, Quinoa, Mixed Greens, Radish, Pomegranate Seeds, Balsamic Drizzle, House Vinaigrette, Served With A Boiled Egg

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 GF **CI\$14**

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

Avocado Smash Toast v **CI\$14**

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

Truffle Avo Toast v **CI\$13**

Smashed Avocado, Confit Garlic, Arugula, Cashew Parmesan Cheeze, Truffle Aioli, Scallion Cashew Cream Cheeze, Crispy Shallots, Balsamic Reduction, Hummus

TACOS

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

Flour Tortilla, Smashed Avocado, Sesame Ginger Slaw, Teriyaki Aioli, Lime

Jerk Chicken Tacos **CI\$15**

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

Blackened Snapper Tacos **CI\$15**

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

Island Fajitas **CI\$18**

Flour Tortilla, Onion, Bell Pepper, Garlic, Scotch Bonnet, Seasoning, Pico De Gallo, Smashed Avocado. Choice Of Blackened Mushroom, Blackened Snapper Or Blackened Chicken Thigh

SANDWICHES

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

Toasted Sourdough, 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

Cayman Club **CI\$16**

Whole Wheat Wrap, Grilled Chicken Breast, Turkey Bacon, Smashed Avocado, Caribbean Slaw, Mango Pico De Gallo, House Ranch

Blackened Mahi Sandwich **CI\$16**

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

IN BOWLS

Thai Green Curry **CI\$15**

Onion, Bell Pepper, Cauliflower, Broccoli, Spinach, Cilantro, Coconut Milk, Crispy Chickpea, Brown Jasmine Rice

Peak Performance **CI\$16**

Grilled Chicken Breast, Avocado, Roasted Corn, Tomato Salad, House Ranch, Brown Jasmine Rice

Pad Thai **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\$18)	
Island Vibes Pasta	CI\$16
Gluten Free Penne Pasta, Spinach, Mushroom, Onion, Bell Pepper, Garlic, Marinara, Scallion Cashew Parmesan Cheeze, Jerk Seasoning	
Cayman Style Mahi Mahi	CI\$21
Onion, Bell Pepper, Garlic, Spinach, Tomato, Island Hot Pepper, Thyme, Rice 'N Beans, Lime	
Caribbean Curry	CI\$15
Pumpkin, Onion, Bell Pepper, Chickpea, Spinach, Coconut Milk, Scallion, Cilantro, Crispy Sweet Potato, Brown Jasmine Rice	
Jerk It Up	CI\$16
Jerk Chicken Thigh, Caribbean Slaw, Roasted Corn, Mango Pico De Gallo, Cilantro, Rice 'N Beans, Lime	
Roasted Pumpkin Pasta	CI\$18
Gluten Free Penne, Creamy Pumpkin Sauce, Onion, Spinach, Garlic, Island Hot Peppers, Scallion, Roasted Pepitas Seeds, Arugula, Crispy Shallot, Cashew Parmesan Cheeze	

SHAREABLE SIDES

Available All Day

Arugula Salad v Vegan GF	CI\$7
Spinach, Cashew Parmesan Cheeze, Toasted Almonds, House Vinaigrette	
Sesame Chilli Broccoli v Vegan GF	CI\$7
Sesame Seed, Garlic	
Fresh Tomato Salad	CI\$7
Pickled Onion, Sherry Vinegar, Cilantro	
Smashed Fingerling Potatoes v Vegan GF	CI\$7
Bourbon Spice, Cashew Romesco	

DESSERT

IN Cheesecake	CI\$9
Made With Cashew Cheeze. Choice of Salted Caramel and Chocolate or Seasonal Berries	
Dark & Decadent	CI\$10
64% Dark Chocolate Mousse, Chocolate Shavings, Blood Orange	
Vegan Vanilla Gelato	CI\$5
Robert Brownie Jr	CI\$10
Sweet Potato Brownie Made With Almond Butter, Caramel, Vegan Vanilla Gelato, Powdered Sugar	
Espresso Martini	CI\$14
Prairie Vodka, Licor 43, Simple Syrup, Coconut Cream, Cocoa Powder, Salt. Also Available As A Mocktail CI\$9	

Last updated: Fri 14 Feb, 2025