



ISLAND NATURALS THE GROVE

Breakfast

Address: The Grove

Phone: (345) 516 7300

Cuisine: Healthy Breakfast, Lunch & Dinner

Delivery terms: Delivery available exclusively via Bento

Delivery times: Available from 11am

BREAKFAST CLASSICS

Island Acai Vegan **CI\$10**

Granola, Banana, Mango, Pineapple, Coconut Crunch

Rum French Toast Vegan **CI\$14**

Gluten-Free Bread, Caramel, Banana, Non-Alcoholic Rum, Coconut Crunch, with Maple Syrup, Powdered Sugar

Beach Please Oatmeal Vegan **CI\$7**

Coconut Milk, Banana, Strawberry, Blueberry, Chia Seeds, Berry Compote

PB & B Oatmeal **CI\$7**

Coconut Milk, Peanut Butter, Banana, Chocolate Chips

Warrior Acai Vegan **CI\$10**

Granola, Banana, Peanut Butter, Chocolate Chips, Blueberry, Super Seeds

Oat Buttermilk Pancakes Vegan **CI\$10**

With Maple Syrup, Powdered Sugar, Berry Compote. Add Blueberries, Chocolate Chips Or Bananas (+CI\$2)

IN ORIGINAL PLATES

Shakshuka **CI\$14**

2 Poached Eggs, Spiced Tomato Sauce, Sun-Dried Tomato, Bell Pepper, Onion, Chickpea, Cilantro, Parsley,
Served With Grilled Sourdough

Power Wrap **CI\$13**

Egg White, Sun-Dried Tomato, Spinach, Mushroom, Quinoa, Smoked Tomato Aioli, Scallion Cashew Cream
Cheeze, IN Seasoning, Whole Wheat Tortilla

Skillet Scramble v

CI\$14

2 Eggs Any Style, Smashed Fingerling, Seasoning, Mushroom, Bell Pepper, Onion, Spinach, Cherry Tomato, Jalapeño, Cashew Parmesan Cheeze, Microgreens, Good Tings Sauce

IN Baked Eggs v

CI\$14

2 Baked Eggs, Spinach, Mushroom, Cherry Tomato, Chimichurri, Smoked Tomato Aioli, Cashew Parmesan Cheeze, Microgreens, Served With Grilled Sourdough

Harvest Breakfast v

CI\$14

2 Eggs Any Style, Arugula, Sautéed Spinach, Quinoa, Roasted Mushroom, Smashed Fingerling, Cherry Tomato, Pickled Onion, Sherry Vinegar, Super Seeds, House Vinaigrette, Beetroot Puree

Brekkie Sandwich

CI\$14

Toasted Sourdough, Two Fried Eggs, Sauteed Mushrooms, Caramelised Onion, Tomato, Arugula, Pickles, Smoked Tomato Aioli, Good Tings Sauce

TOASTS OF THE TOWN

Served On Grilled Sourdough / Gluten-Free Available

Protein Power

CI\$14

Smashed Avocado, Sautéed Spinach, Sun-Dried Tomato, Egg White, Turkey Bacon, Smoked Tomato Aioli, Cashew Romesco

Avocado Smash v Vegan

CI\$13

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

Confit Garlic Mushroom v Vegan

CI\$13

Smashed Avocado, Arugula, Pickled Onion, Scallion Cashew Cream Cheeze, Balsamic Reduction, Basil Pesto

ON THE SIDE

Turkey Bacon

CI\$4

Chicken Sausage

CI\$5

Arugula Salad

CI\$7

Chimichurri Potato Salad

CI\$7

Smashed Fingerlings	CI\$7
Fresh Tomato Salad	CI\$7
Side Fruit	CI\$6
Sourdough or Gluten-Free Toast	CI\$2
Mixed Greens	CI\$7
Sautéed Mushrooms	CI\$7
Half Sesame Avocado	CI\$4
Egg, Any Style	CI\$2

BUILD YOUR OWN

Organic, Free-Range 3 Egg Omlette **CI\$14**
 Served with Grilled Sourdough. Choose from: Bell Pepper / Broccoli / Mushroom / Onion / Spinach / Kale / Sun-Dried Tomato / Tomato / Jalapeño / Quinoa / Cashew Cheddar Cheeze / Turkey Bacon / Chicken Sausage

Breakfast Plate **CI\$16**
 2 Eggs, Served with Grilled Sourdough. Add your Choice of 2 Sides: Pancakes / Turkey Bacon / Chicken Sausage / Sautéed Mushroom / Arugula Salad / Smashed Fingerling / Fresh Tomato Salad / Fruit / Mixed Greens / Chimichurri Potato Salad

Last updated: Tue 02 Jul, 2024