



## ISLAND NATURALS THE GROVE

### Breakfast Menu

**Address:** The Grove

**Phone:** (345) 516 7300

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

Available until 11am on weekdays and 11.30am on weekends

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

**Delivery times:** Available from 11am

## BREAKFAST CLASSICS

**Warrior Acai** v Vegan **CI\$12**

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

**Rogue Acai** v Vegan **CI\$11**

Strawberry, Watermelon, Pomegranate Seeds, Chia Seeds, Banana, Coconut Crunch

**Island Acai** v Vegan **CI\$11**

Banana, Mango, Pineapple, Coconut Crunch

**Beach Please Oatmeal** v Vegan **CI\$9**

Coconut Milk, Banana, Seasonal Berries, Chia Seeds, Berry Compote

**Island French Toast** v Vegan **CI\$15**

Choice Of Rum Caramel Or Berry Blast. Gluten-Free Bread, Coconut Crunch, Cinnamon Sugar, Seasonal Berries, Powdered Sugar

**Oat Buttermilk Pancakes** **CI\$13**

With Maple Syrup, Powdered Sugar, Berry Compote, Seasonal Berries. Add Blueberries or Chocolate Chips  
CI\$2

## ORIGINAL PLATES

<b>Shakshuka</b> <span>V</span>	<b>CI\$15</b>
2 Poached Eggs, Spiced Tomato Sauce, Sun-Dried Tomato, Bell Pepper, Onion, Chickpea, Cilantro, Served With Grilled Sourdough	
<b>Power Wrap</b> <span>V</span>	<b>CI\$14</b>
Egg White, Sun-Dried Tomato, Spinach, Mushroom, Quinoa, Smoked Tomato Aioli, Scallion Cashew Cream Cheeze, Seasoning, Whole Wheat Tortilla, Good Tings Sauce	
<b>Skillet Scramble</b> <span>V</span>	<b>CI\$15</b>
2 Eggs, Any Style, Smashed Fingerling, IN Seasoning, Mushroom, Bell Pepper, Onion, Spinach, Cherry Tomato, Cashew Parmesan Cheeze	
<b>IN Baked Eggs</b> <span>V</span>	<b>CI\$15</b>
2 Baked Eggs, Spinach, Mushroom, Cherry Tomato, Chimichurri, Smoked Tomato Aioli, Cashew Parmesan Cheeze, Served With Grilled Sourdough	
<b>Brekkie Sandwich</b> <span>V</span>	<b>CI\$15</b>
Toasted Sourdough, Fried Eggs, Sautéed Mushroom, Caramelised Onion, Tomato, Arugula, Pickle, Smoked Tomato Aioli, Good Tings Sauce	
<b>Nourish Bowl</b> <span>V</span>	<b>CI\$16</b>
Roasted Pumpkin Mousse, Smashed Fingerling, Roasted Broccoli, Quinoa, Mixed Greens, Radish, Pomegranate Seeds, Balsamic Drizzle, House Vinaigrette, Served With A Boiled Egg	

## TOASTS OF THE TOWN

Served on Grilled Sourdough. Gluten-free Available

<b>Protein Charge</b>	<b>CI\$16</b>
Smashed Avocado, Sautéed Spinach, Sun-Dried Tomato, Egg White, Turkey Bacon, Smoked Tomato Aioli, Cashew Romesco	
<b>Avocado Smash</b> <span>V</span>	<b>CI\$15</b>
Cherry Tomato, Arugula, Sherry Vinegar, Pickled Onion, Everything Bagel Spice, Hummus, Scallion Cashew Cream Cheeze	
<b>Truffle Avo</b> <span>V</span>	<b>CI\$16</b>
Smashed Avocado, Mushroom, Confit Garlic, Arugula, Cashew Parmesan Cheeze, Truffle Aioli, Scallion Cashew Cream Cheeze, Crispy Shallots, Balsamic Reduction, Hummus	

## IN Benny

CI\$17

2 Poached Eggs, Smashed Avocado, Garlic, Callaloo, Spinach, Onion, Hollandaise, Crispy Shallots, IN Seasoning

## BUILD YOUR OWN

### Organic, Free Range, 3 Egg Omelette ✓

CI\$15

Served with Grilled Sourdough. Bell Pepper | Mushroom | Onion | Spinach | Quinoa | Sun-Dried Tomato | Jalapeno | Turkey Bacon | Chicken Sausage | Plant-Based Sausage | Cashew Cheddar Cheeze

### Breakfast Plate

CI\$16

2 Eggs, Served With Grilled Sourdough. A Choice Of Two Sides: Pancakes | Sautéed Mushroom | Fruit Bowl | Smashed Fingerling | Tomato Salad | Arugula Salad | Sesame Avocado | Chicken Sausage | Plant-Based Sausage | Turkey Bacon

## ON THE SIDE

### Turkey Bacon

CI\$4

### Plant-Based Sausage

CI\$5

### Smashed Fingerlings

CI\$7

### Tomato Salad

CI\$8

### Side Fruit

CI\$6

### Sourdough or Gluten-free Toast

CI\$2

### Half Sesame Avocado

CI\$5

### Egg, Any Style

CI\$2

Last updated: Mon 07 Apr, 2025