



## ISLAND NATURALS CAFÉ

### Drink Menu

**Address:** Coconut Plaza

**Phone:** (345) 945 2252

**Cuisine:** Healthy Eating

*If you are in a hurry, you can place your order ahead. Call 945-2252.*

**Delivery terms:** Delivery is offered between West Bay and Prospect. Min order is \$30.

**Delivery times:** Opening Hours: 7am-7pm Monday to Friday, 8am-6pm Saturday and 8am-5pm Sunday

## SMOOTHIES

*Nutritious and Delicious (Add organic Brown Rice or Grassfed Whey Protein 1).*

<b>Green Smoothie</b>	<b>CI\$8</b>
Spinach, Kale, Banana, Green Supreme Juice	
<b>Chocolate Hemp Smoothie</b>	<b>CI\$8</b>
Hemp Seeds, Banana, Cacao, Cinnamon, Dates, Almond Milk	
<b>Tropical Smoothie</b>	<b>CI\$8</b>
Pineapple, Mango, Banana, Coconut & Almond Milk	
<b>Mango Blueberry Smoothie</b>	<b>CI\$8.25</b>
Mango, Blueberry, Banana, Almond Milk	
<b>Detox Smoothie</b>	<b>CI\$8</b>
Kale, Pineapple, Cinnamon, Coconut Milk, Honey	
<b>Breakfast Smoothie</b>	<b>CI\$8.75</b>
Granola, Strawberries, Banana, Almond Milk, Vanilla Chai Protein Powder	
<b>Mocha Maca Smoothie</b>	<b>CI\$8.5</b>
Maca, Coffee, Cacao, Banana, Coconut & Almond Milk	
<b>Natural Peanut Butter Chocolate Chip Smoothie</b>	<b>CI\$8.5</b>
Banana, Chocolate Chips, Peanut Butter, Chocolate Protein Powder, Rolled Oats, Almond Milk	

<b>Strawberry Peanut Butter</b>	<b>CI\$8.5</b>
Strawberry, Peanut Butter, Banana, Almond Milk	
<b>Mint Choclate Chip</b>	<b>CI\$8.75</b>
Banana, Spinach, Almond Butter, Mint Leaves, Chocolate Chips, Almond Milk	
<b>Chocolate Avocado</b>	<b>CI\$8.5</b>
Avocado, Cacao, Chocolate Chips, Vanilla, Agave, Almond Milk	
<b>Ginger Tumeric Mango</b>	<b>CI\$8.5</b>
Mango, Banana, Turmeric, Ginger, Honey, Black Pepper, Almond Milk	
<b>Tumeric Green Tea</b>	<b>CI\$8.5</b>
Spinach, Avocado, Banana, Matcha Powder, Turmeric, Almond Milk	
<b>Post Workout</b>	<b>CI\$8.5</b>
Strawberry, Raspberry, Blueberry, Banana, Oats, Brown Rice Protein Powder, Flax Seeds, Almond Milk	
<b>Flat Belly</b>	<b>CI\$8.5</b>
Almond Butter, Blueberry, Pineapple, Kale, Banana, Coconut Milk	
<b>Green Tea Cleanser</b>	<b>CI\$8.5</b>
Matcha Powder, Spinach, Kale, Banana, Chia Seeds, Flax Seeds, Almond Milk	
<b>Add Protein</b>	
Organic Brown Rice in Natural, Vanilla or Chocolate   Grass-fed Whey in Natural	

## SPECIALTY BEVERAGES

All coffees are made with filtered water and a choice of coconut milk, almond milk, oat milk, quinoa milk, organic whole milk, organic 2% milk or organic half & half.

<b>CHAI LATTE</b>	<b>CI\$5.50</b>
SERVED HOT OR ICED	
<b>MATCHA GREEN TEA LATTE</b>	<b>CI\$5.50</b>
SERVED HOT OR ICED	
<b>GOLDEN MILK LATTE</b>	<b>CI\$5.50</b>
SERVED HOT OR ICED	
<b>LONDON FOG</b>	<b>CI\$5.50</b>
SERVED HOT	

## ADD AN ORGANIC FLAVOUR SHOT

Hazelnut | Caramel | Chocolate | Vanilla

## BOOSTERS

Bulletproof Brain Octane Oil | Superfood Mushrooms

# COFFEE

All coffees are made with filtered water and a choice of coconut milk, almond milk, quinoa milk, organic whole milk, organic 2% milk or organic half & half.

<b>FRESH BREWED COFFEE</b>	<b>CI\$4</b>
<b>LATTE</b>	<b>CI\$5.25</b>
<b>CAPPUCCINO</b>	<b>CI\$5</b>
<b>AMERICANO</b>	<b>CI\$4.50</b>
<b>CAFE MOCHA</b>	<b>CI\$5.50</b>
<b>RED EYE</b>	<b>CI\$4.25</b>
<b>FLAT WHITE</b>	<b>CI\$5</b>
<b>CORTADO</b>	<b>CI\$4</b>
<b>ESPRESSO</b>	<b>CI\$3.50</b>
<b>MACCHIATO</b>	<b>CI\$3.50</b>

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# TEA

All teas are made with filtered water and a choice of coconut milk, almond milk, quinoa milk, organic whole milk, organic 2% milk or organic half & half.

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At Arbor Teas, their daily mission is to find the world's most fantastic organic teas and deliver them as

sustainably as possible. From their exceptional collection of all organic and Fair Trade Certified® teas, to Carbonfree® business practices, to backyard compostable package, their passion is steeped in a desire to do worldly good and their vision is to remain organic to a tea.™

<b>Black Teas</b>	<b>CI\$4</b>
Apricot Black Earl Grey English Breakfast Nilgiri Black * Chai *	
<b>Green Teas</b>	<b>CI\$4</b>
Bancha Green Ceylon Green Jasmine Green Moroccan Mint * Citrus Ginger Green * Raspberry Green *	
<b>White Tea</b>	<b>CI\$4</b>
Bai Mu Dan White	
<b>Oolong Tea</b>	<b>CI\$4</b>
Makaibari Estate Oolong	
<b>Lemongrass Tea</b>	<b>CI\$4</b>
Yaupon Lemongrass Orange Spice Lemongrass Tisane [caffeine free]	
<b>Rooibos Tea [caffeine free]</b>	<b>CI\$4</b>
Rooibos Peach Rooibos	
<b>Herbal [caffeine free]</b>	<b>CI\$4</b>
Chamomile Mint Echinacea Golden Ginger Turmeric Holy Basil Nettle Peppermint Crimson Berry *	

\*Try these teas iced!

## ICED BEVERAGES

MAKE ANY COFFEE LARGE FOR \$1 MORE!

All coffees are made with filtered water and a choice of coconut milk, almond milk, oat milk, quinoa milk, organic whole milk, organic 2% milk or organic half & half.

<b>ICED COLD BREW</b>	<b>CI\$4.75</b>
<b>ICED LATTE</b>	<b>CI\$5.25</b>
<b>ICED AMERICANO</b>	<b>CI\$4.50</b>
<b>ICED MOCHA</b>	<b>CI\$5.50</b>
<b>ICED BREWED COFFEE</b>	<b>CI\$4</b>

**CARAMEL FRAPPE**

**CI\$6.50**

**MOCHA FRAPPE**

**CI\$6.50**

**VANILLA FRAPPE**

**CI\$6.50**

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Last updated: Tue 11 Jan, 2022