



ISLAND NATURALS CAFÉ

Food Menu

Address: Coconut Plaza

Phone: (345) 945 2252

Cuisine: Healthy Eating

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

BREAKFAST WRAPS

Sweet Apple Hash Wrap **CI\$10.00**

Roasted sweet potato, onion, apple, avocado

Spicy Hummus & Veggie **CI\$10.00**

Hummus, mushroom, spinach, red pepper, onion, tomato, jalapeno, cashew cheese

Hearty Breakfast Wrap **CI\$10.50**

Chorizo, potato, onion, tomato, jalapeno, spinach, cashew cheese

Breakfast wraps are served 7am-11am weekdays and 8am-1pm on the weekends. They are served in a whole wheat wrap with a side of fruit. Gluten-free spinach wrap CI\$3

SALADS

Small \$7/ Large \$12

Salad Add-Ons

Chorizo, Falafel, Black Beans, Chickpeas, Quinoa, Brown Jasmine Rice, Sweet Potato, Avocado, Mixed Nuts, Almond Leaves, Cashews, Walnuts, Cashew Cheese, Hemp Seeds, Flax Seeds, Chia Seeds, Cashew Parmesan

Southwest Salad **CI\$12.00**

Spinach, Tomato, Red Pepper, Chickpeas, Red Quinoa, Black Beans, Corn, Red Onion, Avocado w/ Mango Chia Dressing

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| Kale & Spinach Salad | CI\$12.00 |
| Spinach, Kale, Mixed Nuts, Goji Berries, Strawberry, Chickpeas, Red Pepper, Cashew Cheese, Avocado w/ Acai Dressing | |
| Thai Crunch Salad | CI\$12.00 |
| Kale, Mixed Greens, Mixed Nuts, Red Pepper, Avocado, Roasted Sweet Potato, Quinoa, Red Cabbage, Chickpeas w/ Spicy Peanut Dressing | |
| Pad Thai Salad | CI\$12.00 |
| Romaine, zucchini, carrots, red pepper, cucumber, quinoa, green onion, peanuts, sesame seeds with a spicy Thai sauce. | |
| Sesame Soba Noodle Salad | CI\$12.00 |
| Soba Noodles, Green Onion, Red Pepper, Broccoli, Romaine, Cilantro, Sesame Seeds w/ Sesame Ginger Dressing | |
| Taco Salad | CI\$12.00 |
| Corn Chips, Romaine, Walnut Taco Meat, Pico De Gallo, Cashew Sour Cream, Guacamole | |
| Strawberry Balsamic Salad (large) | CI\$12.00 |
| Spinach, Blueberry, Strawberry, Mango, Avocado, Chia Seeds, Balsamic Reduction Dressing (small \$7) | |
| Harvest Salad (large) | CI\$12.00 |
| Romaine, Carrot, Walnut, Red Cabbage, Apples, Cranberry, Local Pepper Jelly Dressing (small \$7) | |
| Caesar Salad (large) | CI\$12.00 |
| Kale, romaine, cashew parmesan, coconut bacon bits, tomato, croutons with a tahini dressing. (small \$7) | |
| BLT Salad | CI\$12.00 |
| Romaine, Kale, Red Cabbage, Carrots, Tomato, Cucumber, Coconut Bacon Bits, Avocado w/ Italian Dressing. Small available for CI\$6.00 | |

SOUPS

8oz CI\$5 | 12oz CI\$7 | 16oz CI\$10 | 32oz Family Size CI\$16 (Add Gluten-Free Focaccia Bread \$2)

Vegetable Noodle

Creamy Pumpkin

Black Bean and Lentil

Soup of the Day

OATMEALS

Super **CI\$7.50**

Oats, Granola, Agave, Goji Berries, Cacao Nibs, Chia Seeds, Coconut Flakes

Fruity **CI\$7.50**

Oats, Granola, Agave, Strawberry, Blueberry, Banana

Apple Pie **CI\$7.50**

Oats, Granola, Warm Apples, Chia Seeds

Nourish **CI\$7.50**

Oats, Granola, Agave, Kiwi, Blueberry, Coconuts Flakes, Hemp Seeds

Snicker **CI\$8.00**

Oats, granola, peanut butter, chocolate chips, banana, mixed nuts, caramel

Additional Toppings

Chia Seeds, Flax Seeds, Bee Pollen, Cashews, Banana, Blueberries, Strawberries, Coconut Flakes, Cacao Nibs, Goji Berries, Almond Leaves, Mixed Nuts, Hemp Seeds, Peanut Butter, Almond Butter, Honey

PASTA

Pasta Carbonara **CI\$14.00**

Fusilli pasta, mushroom, sundried tomato, simmered in carbonara sauce topped with coconut bacon bits and cashew parmesan

Creamy Pesto Pasta **CI\$14.00**

Fusilli pasta, broccoli, almond leaves, grape tomato, simmered in coconut pesto topped with cashew parmesan

ACAI BOWLS

Super Acai Bowl **CI\$9.50**

Acai, granola, goji berries, cacao nibs, coconut flakes

Fruity Acai Bowl **CI\$9.50**

Acai, granola, blueberries, strawberries, banana

Tropical Acai Bowl **CI\$9.50**

Boost Your Acai Bowl: Boost up your bowl with protein powder, peanut butter, almond butter or maca powder

Snickers Acai Bowl**CI\$9.50**

Acai, granola, peanut butter, chocolate chips, banana, mixed nuts, caramel

Nourish Acai Bowl**CI\$9.50**

Acai, granola, kiwi, blueberry, coconut flakes, hemp seeds

Additional Toppings

Chia Seeds | Flax Seeds | Bee Pollen | Cashews | Banana | Blueberries | Strawberries | Coconut Flakes | Cacao Nibs | Goji Berries | Almond Leaves | Mixed Nuts | Hemp Seeds | Peanut Butter | Almond Butter | Honey

Boost Your Acai Bowl

Organic Brown Rice Protein | Grass-fed Whey Protein | Peanut Butter | Almond Butter | Maca Powder | Matcha Powder | Cacao Powder | Moringa Powder | Spirulina Powder

BOWLS

Served over quinoa, buckwheat soba noodles, jasmine rice or a bed of spinach.**Bowl Add-Ons**

Falafel, Chorizo, Mixed Nuts, Sweet Potato, Avocado

Jamaican Jerk Bowl**CI\$10.00**

Black Beans, Jerk Mushroom Medley, Kale, Red Cabbage, Red Pepper, Coconut Cream Sauce. Large CI\$14.

Pad Thai Bowl**CI\$9.00**

Zucchini, Carrot, Red Pepper, Peanuts, Chickpeas, Cilantro, Green Onion, Lemon, Pad Thai Sauce. Large \$13

Zen Buddha Bowl**CI\$10.00**

Quinoa, Red Cabbage, Sweet Potato, Broccoli, Avocado, Tomato, Kale, Beet Hummus, Sesame Seeds w/ Greek Dressing. Large \$14

Greek Buddha Bowl**CI\$9.00**

Tomato, Cucumber, Avocado, Chickpeas, Spinach, Quinoa, Hummus, Parsley, Sesame Seeds w/ Greek Dressing. Large \$13

Fajita Bowl**CI\$10.00**

Red Pepper, Mushroom, Red Onion, Black Beans, Roasted Corn, Pico De Gallo, Guacamole, Lime, BBQ Chipotle Dressing. Large \$14

Spicy Pan Asian**CI\$10.00**

Onions, mushrooms, red peppers, zucchini, carrots, cauliflower, celery, red cabbage and jalapenos tossed in tamari sauce and spiced peanut sauce. Large \$14

Quinoa Falafel **CI\$9.00**

Crispy Chickpea Falafel, Red Onion, Cilantro, Avocado, Tomato, Black Beans, Almond Leaves, Tahini Sauce, over Quinoa served w/ side Cashew Tzatziki. Large \$13

Mango Chipotle Curry **CI\$10.00**

Mango, Onion, Chickpeas, Tomato, Cauliflower, Cilantro, Chipotle Curry simmered in Coconut Milk, served w/ side of Mango Chutney. Large \$14

Curried Sweet Potato **CI\$9.00**

Sweet Potato, Onion, Chickpeas, Spinach, Red Pepper, Tomato, Zucchini, Yellow Curry simmered in Coconut Milk. Large \$13

Green Coconut Curry **CI\$10.00**

Mushroom, Onion, Red Pepper, Zucchini, Carrot, Red Cabbage w/ Green Curry simmered in Coconut Milk, topped w/ Mixed Nuts. Large \$14

PARFAITS

Strawberry Kiwi **CI\$6.75**

Strawberry Greek Yogurt, Granola, Strawberry, Kiwi, Blueberry, Mint Leaf

Tropical Parfait **CI\$6.75**

Mango Greek yogurt, granola, mango, blueberries, coconut flakes

Super Parfait **CI\$6.75**

Strawberry Greek yogurt, granola, goji berries, cacao nibs, blueberry, strawberry

TOASTS

Beet Hummus Toast **CI\$9.00**

Beet hummus, avocado, grape tomato, hemp seeds

Apple Pie Toast **CI\$9.00**

Almond butter, warm Apples, chia seeds

Almond Berry Toast **CI\$9.00**

Almond butter, mixed berry jam, banana, strawberry, blueberry, hemp seeds

Savoury Avocado Toast **CI\$9.00**

Avocado, sautéed mushrooms, spinach, w/ balsamic reduction

Smashed Avo & Tomato Toast

CI\$8.00

Avocado, grape tomato, everything bagel spice

WRAPS

Served in a whole wheat wrap. Gluten-free spinach wrap available for CI\$3.

Make Any Wrap a Combo

Add Small soup 3.50 | Add Caesar salad 3.25 | Add BLT salad 3.25

Taco Wrap

CI\$10.50

Romaine, Walnut Taco Meat, Pico De Gallo, Cashew Sour Cream

Chipotle Chorizo Wrap

CI\$10.75

Chorizo, Mushroom, Mixed Greens, Tomato, Coconut Bacon, Chipotle Tahini Sauce

BBQ Burrito Wrap

CI\$10.75

Black Beans, Jasmine Rice, Sweet Potato, Mushroom, Onion, Tomato, Avocado, BBQ Sauce

Baked Falafal Wrap

CI\$10.25

Chickpea Falafel Patties, Mixed Greens, Tomato, Onion, Tahini Sauce, served w/ side Cashew Tzatziki

Jerk Caesar Wrap

CI\$10.75

Romaine, Kale, Tomato, Coconut Bacon Bits, Cashew Parmesan, Jerk Mushroom Medley, Tahini Dressing

Black Bean and Avocado Wrap

CI\$10.75

Black Beans, Onion, Mushroom, Red Pepper, Tomato, Avocado, Cashew Cheese, Cilantro Lime Dressing

Sweet Potato Black Bean Burger Wrap

CI\$10.5

Sweet Potato, Spinach, Chickpeas, Black Beans, Tomato, Onion, Avocado, Jalapeno

Curried Lentil Wrap

CI\$10.50

Curried Red Lentils, Cucumber, Mango Chutney, Cashew Cheese

OVERNIGHT OATS

APPLE CHIA OVERNIGHT OATS

CI\$5

Oats, Chia Seeds, Agave, Cinnamon, Vanilla, Apple, Almond Milk

Last updated: Tue 11 Jan, 2022