



**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

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

<b>Quinoa Falafel</b>	<b>CI\$9.00</b>
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Crispy Chickpea Falafel, Red Onion, Cilantro, Avocado, Tomato, Black Beans, Almond Leaves, Tahini Sauce, over Quinoa served w/ side Cashew Tzatziki. Large \$13

<b>Mango Chipotle Curry</b>	<b>CI\$10.00</b>
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Mango, Onion, Chickpeas, Tomato, Cauliflower, Cilantro, Chipotle Curry simmered in Coconut Milk, served w/ side of Mango Chutney. Large \$14

<b>Curried Sweet Potato</b>	<b>CI\$9.00</b>
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Sweet Potato, Onion, Chickpeas, Spinach, Red Pepper, Tomato, Zucchini, Yellow Curry simmered in Coconut Milk. Large \$13

<b>Green Coconut Curry</b>	<b>CI\$10.00</b>
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Mushroom, Onion, Red Pepper, Zucchini, Carrot, Red Cabbage w/ Green Curry simmered in Coconut Milk, topped w/ Mixed Nuts. Large \$14

## PARFAITS

<b>Strawberry Kiwi</b>	<b>CI\$6.75</b>
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Strawberry Greek Yogurt, Granola, Strawberry, Kiwi, Blueberry, Mint Leaf

<b>Tropical Parfait</b>	<b>CI\$6.75</b>
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Mango Greek yogurt, granola, mango, blueberries, coconut flakes

<b>Super Parfait</b>	<b>CI\$6.75</b>
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Strawberry Greek yogurt, granola, goji berries, cacao nibs, blueberry, strawberry

## TOASTS

<b>Beet Hummus Toast</b>	<b>CI\$9.00</b>
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Beet hummus, avocado, grape tomato, hemp seeds

<b>Apple Pie Toast</b>	<b>CI\$9.00</b>
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Almond butter, warm Apples, chia seeds

<b>Almond Berry Toast</b>	<b>CI\$9.00</b>
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Almond butter, mixed berry jam, banana, strawberry, blueberry, hemp seeds

<b>Savoury Avocado Toast</b>	<b>CI\$9.00</b>
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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 Falafel 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