

*island*  
naturals **ISLAND NATURALS CAFÉ**  
**Drinks Menu**

**Address:** Ground Floor, Sunbird House

**Phone:** (345) 945 2252

**Cuisine:** Healthy Eating

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

**Delivery times:** See Bento app for delivery times.

## SMOOTHIES

Personalise your smoothie by adding: Whey Protein / Plant Protein (\$1.75) and Oats (\$1)

<b>Maca Mocha</b>	CI\$9
Maca Powder, Banana, Espresso, Cacao, Dates, Almond Milk	
<b>Green Matcha Monster</b>	CI\$9.50
Matcha, Avocado, Agave, Banana, Almond Butter, Coconut Milk	
<b>Cinnamon Crunch</b>	CI\$9
Coconut Crunch, Cinnamon, Dates, Banana, Almond Butter, Almond Milk	
<b>Island Twister</b>	CI\$9
Strawberry, Mango, Pineapple, Banana, Coconut Milk	
<b>Flat Belly</b>	CI\$9
Kale, Blueberry, Pineapple, Banana, Almond Butter, Coconut Milk	
<b>Pitaya Paradise</b>	CI\$9
Dragon Fruit Powder, Mixed Berry, Banana, Agave, Coconut Milk	
<b>Blue Wave</b>	CI\$9
Blue Spirulina, Banana, Pineapple, Mango, Coconut Milk	
<b>Breakfast Smoothie</b>	CI\$9
Banana, Strawberry, Granola, Whey Protein, Almond Milk	
<b>Peanut Butter Choco Chip</b>	CI\$9
Peanut Butter, Chocolate Rice Protein, Oats, Banana, Almond Milk	

**Tropic-Kale**

CI\$9

Pineapple, Mango, Banana, 'Green Harvest' Juice

**REFRESH'IN**

Made with local Coconut Water

**Coconut Dream**

CI\$7

Mango, Coconut, Lemon, Butterfly Pea, Soda

**Hibiscus Coconut**

CI\$7

Hibiscus, Lemon, Soda

**Rocket-Pop**

CI\$7

Raspberry, Blue Curacao, Lemon, Butterfly Pea, Soda

**Cool as a Cucumber**

CI\$7

Cucumber, Mint, Lemon, Butterfly Pea, Soda

**FRESH PRESSED JUICES****Green Harvest**

[V]

CI\$7.50

Spinach, Kale, Pineapple, Mint, Apple

**Ginger Beet**

[V]

CI\$7

Watermelon, Apple, Lemon, Ginger, Beet

**Carotene Dream**

CI\$7.50

Orange, Carrot, Turmeric, Pineapple, Ginger, Lemon

**Local Coconut Water**

[V]

CI\$7

**HOT COFFEE**

Make any coffee a large for CI\$1 extra

Add an organic flavour shot: Hazelnut / Caramel / Chocolate / Vanilla / Lavender

Milk Options: Coconut Milk / Almond Milk / Oat Milk / Organic Whole Milk / Organic 2% Milk

Allergy friendly substitutions are available for many of our drinks.

<b>Fresh Brew</b>	<b>CI\$4</b>
<b>Latte</b>	<b>CI\$5.25</b>
<b>Flat White</b>	<b>CI\$5</b>
<b>Cappuccino</b>	<b>CI\$5</b>
<b>Americano</b>	<b>CI\$4.50</b>
<b>Espresso</b>	<b>CI\$3.5</b>
<b>Macchiato</b>	<b>CI\$3.5</b>
<b>Cafe Mocha</b>	<b>CI\$5.5</b>
<b>Cortado</b>	<b>CI\$4</b>

## ICED COFFEE AND FRAPPES

Make any coffee a large for CI\$1 extra

Add an organic flavour shot: Hazelnut / Caramel / Chocolate / Vanilla / Lavender

Milk Options: Coconut Milk / Almond Milk / Oat Milk / Organic Whole Milk / Organic 2% Milk

Allergy friendly substitutions are available for many of our drinks.

<b>Cold Brew</b>	<b>CI\$4.75</b>
<b>Iced Brew</b>	<b>CI\$4</b>
<b>Iced Latte</b>	<b>CI\$5.25</b>
<b>Iced Mocha</b>	<b>CI\$5.5</b>
<b>Iced Americano</b>	<b>CI\$4.5</b>
<b>Vanilla Frappe</b>	<b>CI\$6.5</b>
<b>Mocha Frappe</b>	<b>CI\$6.5</b>
<b>Salted Caramel Frappe</b>	<b>CI\$6.5</b>
<b>Hazelnut Frappe</b>	<b>CI\$6.5</b>
<b>Matcha Frappe</b>	<b>CI\$6.5</b>

## SPECIALTY BEVERAGES

Add a shot of espresso

Add an organic flavour shot: Hazelnut / Caramel / Chocolate / Vanilla / Lavender / Rose

Boosters: Bulletproof Brain Octane Oil / Superfood Mushrooms

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

<b>Chai Latte</b>	CI\$5.5
Served hot or iced	
<b>Hot Chocolate</b>	CI\$5
Served hot or iced	
<b>London Fog</b>	CI\$5.50
Served hot or iced	
<b>Matcha Latte</b>	CI\$5.50
Served hot or iced	

## TEAS

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.

\*Try these teas iced!

<b>Black Tea</b>	CI\$4
Earl Grey / Masala Chai / English Breakfast	
<b>Green Tea</b>	CI\$4
Jasmine Green / Raspberry Green* / Citrus Ginger Green* / Moroccan Mint*	
<b>Herbal</b>	CI\$4
Peppermint / Crimson Berry* / Peach Rooibos* / Golden Ginger Turmeric	