



## ISLAND NATURALS THE GROVE

### All Day & Dinner Menu

**Address:** The Grove

**Phone:** (345) 623 2252

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

## SHAREABLES

### A-Mezze-ing Board v Vegan **CI\$16**

Hummus, Cashew Romesco, Beetroot Hummus, IN House Oil, Whole Wheat Chips, Grilled Sourdough

### Lettuce Wraps v Vegan GF **CI\$12**

Bell Pepper, Carrot, Onion, Ginger Sesame Sauce, Cilantro, Scallion, Peanut, Crispy Sweet Potato. Choice of Chicken or Mushroom

### IN Ceviche v Vegan GF **CI\$18**

Fresh Catch, Leche De Tigre, Chili, Avocado, Bell Pepper, Red Onion, Orange Spiced Sweet Potato, Cancha, Aji, Cilantro, Spiced Plantain Chips

### Tuna Tiradito **CI\$20**

Sesame Oil, Jalapeno, Blood Orange, Ponzu, Green Chili Oil, Puffed Quinoa

### Vegetable Gyoza v Vegan **CI\$14**

Sesame Ginger Slaw, Chili Oil, Ponzu Sauce

### Smoked Mushroom Brisket Nachos v Vegan GF **CI\$15**

Corn Chips, Roasted Corn & Black Bean Salsa, Pico De Gallo, Smoked Tomato Aioli, Ancho Cheeze Sauce

### Snapper Crudo GF **CI\$15**

Serrano Pepper, Shallots, Cucumber, Radish, Pink Peppercorn, Dashi, Good Tings Sauce, Lime, Lemon Oil, Scallion, Rice Paper Crisp

### Tuna Tostadas GF **CI\$20**

Homemade Tortillas, Smashed Avocado, Sriracha Crema Aioli, Slaw, Cumin Lime Vinaigrette. (Sub Watermelon 'Tuna' CI\$14)

## SOUPS

8oz CI\$5 / 12oz CI\$8

### Soup of the Day v Vegan

Ask your server for details

### Caribbean Chicken Soup GF

## IN BOWLS

### OC Green Curry v Vegan GF CI\$14

Mushroom, Onion, Bell Pepper, Cauliflower, Green Bean, Sweet Potato, Pumpkin, Coconut Milk, Candied Nuts, Cilantro With Brown Jasmine Rice

### Sesame Soba Noodles v Vegan CI\$14

Bok Choy, Mushroom, Broccoli, Onion, Bell Pepper, Carrot, Red Cabbage, Cashew, Sesame Seeds, Sesame Ginger Sauce, Chili Oil

### Pad Thai v Vegan CI\$14

Onion, Carrot, Bell Pepper, Chickpea, Peanut, Green Onion, Cilantro, Lime, Pad Thai Sauce With Rice Noodles

### Tuna Poke Bowl CI\$20

Carrot, Cucumber, Mango, Wakame, Radish, Nori, Sesame Ginger Sauce, Sriracha Aioli On Sushi Rice (Sub Watermelon 'Tuna' CI\$14)

## LIGHTER

Add ons: Soft Boiled Egg CI\$2 / Roast Chicken Breast CI\$8 / Blackened Chicken Thigh CI\$6 / 2 Slices of Turkey Bacon CI\$4 / Fresh Catch CI\$10 / Half Sesame Avocado CI\$4

### Caesar Salad v Vegan CI\$13

Kale, Romaine, Pickled Onion, Cashew Parmesan Cheeze, Coconut Bacon, Crouton, Cashew Caesar Dressing, Jerk Cashews

### IN Season Salad v Vegan GF CI\$14

Mixed Greens, Arugula, Pickled Onion, Cucumber, Tomato, Strawberry, Candied Nuts, Basil, Balsamic Vinaigrette

### Sweet & Spicy Thai Salad v Vegan GF CI\$14

Kale, Mixed Greens, Candied Nuts, Bell Pepper, Carrot, Roasted Sweet Potato, Red Cabbage, Mango, Pineapple, Crispy Chickpea With Spicy Peanut Dressing

**Herb & Harvest Salad** v Vegan GF **CI\$13**

Arugula, Pickled Onion, Roasted Broccoli & Cauliflower, Bell Pepper, Pumpkin & Sweet Potato, Crispy Chickpea, Basil & Dill Tahini Dressing

**Avocado Smash Toast** v Vegan **CI\$13**

Cherry Tomato, Arugula, Sherry Vinegar, Pickled Onion, Everything Bagel Spice, Scallion Cashew Cream Cheeze, Hummus, Served On Toasted Sourdough

**Confit Garlic Mushroom Toast** v Vegan **CI\$13**

Smashed Avocado, Arugula, Pickled Onion, Scallion Cashew Cream Cheeze, Balsamic Reduction, Basil Pesto, Served On Toasted Sourdough

## MID SIZE

**Portobello Dip** v Vegan **CI\$14**

Toasted Ciabatta, Balsamic, Basil Pesto, Scallion Cashew Cream Cheeze, Caramelised Onion, Mushroom Jus

**Blackened Chicken Thigh Sandwich** **CI\$16**

Toasted Sourdough, Tomato, Pickle, Smoked Tomato Aioli, Slaw, Sriracha Aioli, Scallion Cashew Cream Cheeze

**Smoked Mushroom Tacos** v Vegan **CI\$15**

Wheat Tortilla, Smashed Avocado, Escovitch Slaw, Pickled Onion, Roasted Jalapeno Sauce

**Chicken Tinga Tacos** **CI\$15**

Wheat Tortilla, Smashed Avocado, Lettuce, Pico De Gallo, Roasted Corn, Black Bean Salsa

**TB-LAT** **CI\$16**

Toasted Sourdough, Turkey Bacon, Lettuce, Tomato Jam, Smashed Avocado, Smoked Tomato Aioli

**Mediterranean Melt** v Vegan **CI\$14**

Toasted Ciabatta, Caramelised Onion, Sun-Dried Tomato, Sautéed Spinach, Tomato Jam, Scallion Cashew Cream Cheeze, Cheddar Cashew Cheeze

**Blackened Snapper Tacos** **CI\$15**

Wheat Tortilla, Smashed Avocado, Escovitch, Pickled Onion, Sriracha Aioli, Mango Pico De Gallo

## DINNER

Served Daily from 4pm

**Pumpkin Gnocchi** v Vegan GF **CI\$18**

Roasted Pumpkin, Arugula, Walnut Oil, Beetroot Puree, Roasted Pepita Seeds, Scallion Cashew Cream Cheeze, Sage

**Truffle Mushroom Risotto** v Vegan GF **CI\$18**

Thyme, Onion, Confit Garlic, Truffle Aioli, Scallion, Lemon, Arugula, Mushroom Crisp, Mushroom Dust

**Ramen** v Vegan **CI\$18**

Bok Choy, Carrot, Shitake Mushroom, Garlic, Bamboo Shoots, Nori, Egg

**Jerk Alfredo Pasta** v Vegan **CI\$18**

Spinach, Mushroom, Onion, Bell Pepper, Confit Garlic, Cashew Parmesan Cheeze, Leek Ash

**Farm Roasted Chicken** GF **CI\$18**

Herb Brined Chicken, Agave Sage Jus, Smashed Fingerlings, Charred Lemon, Confit Roasted Garlic

**Fresh Catch** GF

Chef's Creation With Fresh Local Catch

## SHAREABLE SIDES

Available All Day

**Baby Carrots** v Vegan GF **CI\$8**

Maple Dijon, Cranberry, Super Seeds

**Broccoli Kale Salad** v Vegan GF **CI\$8**

Carrot, Cranberry, Candied Nuts, Lemon, House Vinaigrette

**Garlic Green Beans** v Vegan GF **CI\$8**

Crispy Green Chili Oil

**Arugula Salad** v Vegan GF **CI\$7**

Grapeseed Oil, Lemon, Spinach, Cashew Parmesan Cheeze, Toasted Almonds

**Smashed Fingerling Potatoes** v Vegan GF **CI\$7**

Bourbon Spice, Cashew Romesco

**Sesame Chilli Broccoli** v Vegan GF **CI\$7**

Sesame Seed, Garlic

<b>Burmese Tomato Salad</b>	<div><div>v</div><div>Vegan</div><div>GF</div></div>	<b>CI\$8</b>
Pickled Onion, Peanut, Cilantro, Lime		
<b>Chimichurri Potato Salad</b>	<div><div>v</div><div>Vegan</div><div>GF</div></div>	<b>CI\$7</b>
Vegan Mayo		
<b>Sautéed Mushrooms</b>	<div><div>v</div><div>Vegan</div></div>	<b>CI\$8</b>

DESSERT

<b>IN Cheesecake</b>		<b>CI\$7</b>
Made With Cashew Cheeze. Choice of Rum Banana, Seasonal Berries, or Mango Dark & Stormy		
<b>Dark &amp; Decadent</b>		<b>CI\$9</b>
64% Dark Chocolate Mousse, Chocolate Shavings, Blood Orange		
<b>Robert Brownie Jr</b>		<b>CI\$9</b>
Sweet Potato Brownie Made With Almond Butter, Caramel, Vegan Vanilla Gelato, Powdered Sugar		
<b>IN Affogato</b>		<b>CI\$8</b>
Island Naturals' Exclusive Coffee Espresso, Vegan Vanilla Gelato, Dark Chocolate		

Last updated: Fri 15 Mar, 2024