ISLAND NATURALS THE GROVE

All Day Menu

Address: The Grove
Phone: (345) 516 7300
Cuisine: Healthy Breakfast, Lunch & Dinner

Delivery terms: Delivery available exclusively via Bento

Delivery times: See Bento app for delivery times.

SHAREABLES

Hearty Plates

Vegetable Gyoza Vegan **CI$16**

Sesame ginger slaw, chili oil, ponzu sauce

Lettuce Wraps **CI$16**

Choice of chicken or mushroom. Bell pepper, carrot, onion, ginger sesame sauce, cilantro, peanut, crispy sweet potato

Firecracker Cauliflower Vegan **CI$9**

Crispy cauliflower, firecracker sauce, sesame seeds

Tuna Poke Nachos **CI$20**

Crispy wontons, avocado, jalapeno, radish, wakame, togarashi, teriyaki and sriracha aioli. Sub watermelon 'tuna' ($16)

Smoked Mushroom Brisket Nachos **CI$18**

Corn chips, roasted corn, pico de gallo, smoked tomato aioli, nacho cheeze sauce, jalapeno

Ceviche **CI$21**

Fresh catch, leche de tigre, chili, avocado, bell pepper, red onion, orange spiced sweet potato, cancha, aji, cilantro, spiced plantain chips

Jerk Chicken Empanadas **CI$9**

Corn, bell peppers, onion, cilantro lime aioli

LIGHT BITES

Zucchini Chips Vegan **CI$7**

Zucchini, salt, herb and garlic aioli

Arugula Salad Vegan **CI$7**

Spinach, cashew parmesan cheeze, toasted almonds, house vinaigrette

Crispy Herb Potatoes v **CI$8**

Blackened spice, pickled onion, pickles, capers, garlic, chimichurri, dill

Sesame Broccoli Vegan **CI$7**

Sesame seeds, garlic, scallion oil, sesame ginger dressing

Crispy Brussels Vegan **CI$7**

Balsamic glaze

Fresh Tomato Salad Vegan **CI$8**

Pickled onion, sherry vinegar, cilantro

SOUPS

Size options: 8oz $6 | 12oz $8.

Add a slice of sourdough or gluten-free bread ($2)

Soup of the Day

Ask your server for the delicious details

Caribbean Chicken Soup

LIGHTER

Papaya Crunch Salad Vegan **CI$15**

Green papaya, carrot, cabbage, tomato, cucumber, crispy sweet potato, crispy shallots, cilantro, basil, peanuts, rice noodles, tamarind lime ponzu

Sweet and Spicy Thai Salad Vegan **CI$15**

Mixed greens, candied nuts, bell pepper, carrot, roasted sweet potato, cabbage, mango, pineapple, crispy chickpea, spicy peanut dressing

Nourish Bowl v **CI$16**

Roasted pumpkin mousse, roasted broccoli, quinoa, mixed greens, watermelon radish, pomegranate seeds, balsamic drizzle, house vinaigrette, served with a soft-boiled egg

Cobb Salad **CI$20**

Shredded chicken, turkey bacon, lettuce, cherry tomato, cucumber, avocado, cashew fresco, house ranch, served with a soft-boiled egg

Herb and Harvest Salad V **CI$14**

Arugula, pickled onion, roasted broccoli, cauliflower, bell pepper, pumpkin, sweet potato, crispy chickpea, basil and dill tahini dressing

Avocado Smash Toast V **CI$15**

Cherry tomato, arugula, sherry vinegar, pickled onion, everything bagel spice, hummus, scallion cashew cream cheeze

Egg Bomba Toast **CI$15**

Shredded hard-boiled egg, sautéed spinach, sun-dried tomato, spicy bomba sauce, scallions

ADD ONS

Soft Boiled Egg **CI$2**

Grilled Chicken Breast **CI$8**

Blackened Chicken Thigh **CI$7**

Turkey Bacon **CI$4**

Plant-Based Sausage **CI$5**

Blackened Mahi **CI$10**

Half Sesame Avocado **CI$4.50**

TACOS

Gluten-free option available.

Chimichurri Chicken Taco **CI$16**

Flour tortilla, smashed avo, cabbage, lettuce, roasted corn, pico de gallo, chimichurri, cilantro lime aioli

Jerk Chicken Taco **CI$16**

Flour tortilla, smashed avo, lettuce, mango pico de gallo, cilantro lime aioli

Blackened Snapper Tacos **CI$16**

Flour tortilla, smashed avocado, escovitch, pickled onion, sriracha aioli, mango pico de gallo

Piri Piri Lentil Tofu Taco **CI$15**

Flour tortilla, smashed avo, lettuce, cabbage, mango pico de gallo, pickled onion, piri piri sauce

BOWLS

Add-ons available:

Grilled chicken breast ($8), Blackened chicken thigh ($7), Blackened mahi ($10), Soft-boiled egg ($2)

Chargrilled Chicken Skewer Bowl **CI$18**

Grilled chicken skewers, red onion, bell pepper, zucchini, mixed greens, cherry tomato, cashew fresco, fingerling potato, brown rice, house balsamic vinaigrette

Stew Chicken Bowl **CI$18**

Chicken thigh, Caribbean stew sauce, coleslaw, rice ‘n beans, spiced plantain chips

Peak Performance Bowl **CI$17**

Grilled chicken breast, avocado, roasted corn, tomato salad, house ranch, brown jasmine rice

Jerk It Up Bowl **CI$17**

Jerk chicken thigh, Caribbean slaw, roasted corn, mango pico de gallo, cilantro, rice ‘n beans, lime

Pad Thai Bowl **CI$15**

Carrot, bell pepper, onion, chickpea, peanut, green onion, cilantro, lime, pad thai sauce, rice noodles

Tuna Poke Bowl **CI$22**

Carrot, cucumber, mango, wakame, radish, nori, sesame ginger sauce, sushi rice, sriracha aioli, sambal. Sub watermelon ‘tuna’ ($18)

Polpette Pesto Bowl **CI$21**

Pesto chicken meatballs, black kale, orzo, turkey bacon, cherry tomatoes, watermelon radish, crispy chickpeas, crispy shallots, parmesan cashew cheeze, caesar dressing

Tikka Masala

Choice of cauliflower, chicken thigh or mahi. Masala sauce, carrot pickle, raita, brown rice. Prices: $16 / $18 / $22

SANDWICHES

Gluten-free options available.

South Carolina BBQ Chicken **CI$16**

Toasted sourdough, apple and fennel slaw, pickle, lettuce, vegan mayo, mustard, South Carolina BBQ sauce

Cayman Club Wrap **CI$16**

Whole wheat wrap, grilled chicken breast, turkey bacon, smashed avocado, Caribbean slaw, mango pico de gallo, house ranch

Blackened Chicken Thigh **CI$16**

Toasted sourdough, tomato, pickle, smoked tomato aioli, slaw, sriracha aioli, scallion cashew cream cheeze

Crispy Eggplant V **CI$15**

Italian roll, eggplant, arugula, pine nuts, pesto scallion cashew cream cheeze, balsamic vinegar, marinara

Blackened Mahi Wrap **CI$18**

Whole wheat wrap, arugula, smashed avocado, tomato, pickle, cilantro lime aioli

Banh Mi **CI$16**

Italian roll, pulled chicken, carrot, cucumber, watermelon radish, cilantro, garlic, scallion oil

CRAFTED COMBO

Pick any half sandwich and add a fresh salad, side or 8oz soup.

Choice of salad: Kale Caesar, Papaya Crunch, Arugula, Fresh Tomato.

Choice of side: Crispy Brussels, Sesame Broccoli, Zucchini Chips, Herb Potatoes.

Choice of soup: Soup of the Day, Caribbean Chicken.

Crafted Combo **CI$15**

DESSERT

Cashew Cheesecake V **CI$10**

Choice of guava pomegranate or seasonal berries

Chocolate Fudge Cake V **CI$10**

Chocolate shavings, maldon salt, strawberry compote

Affogato V **CI$9**

Island Naturals exclusive coffee espresso, plant-based vanilla gelato, dark chocolate

Robert Brownie Jr V **CI$10**

Sweet potato brownie, almond butter, caramel, plant-based vanilla gelato, powdered sugar

Plant-Based Vanilla Gelato V **CI$6**

Espresso Martini **CI$14**

Prairie vodka, Licor 43, simple syrup, coconut cream, cocoa powder, salt; also available as a mocktail CI$9.00.

COCKTAILS & MOCKTAILS

Colada Vibes **CI$14**

Siesta Key toasted coconut rum, Licor 43, coconut cream, cachaca rum, pineapple juice, lime juice, coconut milk

Cucumber Basil Smash **CI$14**

Tito's vodka, Italicus, lime juice, mint simple syrup, soda

G & Tea **CI$14**

Peach rooibos infused Citadel gin, lemon juice, simple syrup, tonic

Low Tide **CI$14**

Prairie organic vodka, mango syrup, lemon juice, blue curacao, aquafaba, tonic

Spicy Hibiscus Margarita **CI$14**

Casa Noble tequila, triple sec, lime juice, grapefruit juice, simple syrup, jalapeno. Also available as a mocktail CI$9.00

IN Margarita Flight **CI$20**

Trio of our favorite margaritas including: Spicy Hibiscus, Coconut Bloom, Smoked Cucumber

BREKKIE BEVY'S

IN Caesar **CI$12**

Choice of vodka or gin, Clamato, Worcestershire sauce, Good Tings sauce, lime, celery, Tajin rim

Mimosa **CI$13**

Bellini **CI$13**

Sparkling Rose [N/A] **CI$12**

Gruvi Dry-Secco [N/A] **CI$9**

WHITE WINES

Dog Point Sauvignon Blanc

Juicy, intense citrus, refreshing acidity. New Zealand. CI$14.00 | CI$48.00

Riff Pinot Grigio

Citrus zest, crisp, dry, clean. Italy. CI$13.00 | CI$45.00

RED WINES

Cooper Hill Pinot Noir

Dry, earthy, supple, fruity. USA. CI$13.00 | CI$45.00

ROSE WINES

Petale De Rose Cotes De Provence

Zesty with a spicy twist. France. CI$13.00 | CI$45.00

Lucien Sancerre Rose

Delightful, balanced, spicy finish. France. CI$15.00 | CI$56.00

PROSECCO

Alberto Nani Prosecco

Crisp, savory, complex. Italy. CI$13.00 | CI$52.00

Bellini Cipriani

Sparkling peach, zesty. Italy. CI$13.00 | CI$44.00

BEER

Thornbridge – Lukas Helles Lager [GF]	**CI$7**
Michelob	**CI$7**
Corona	**CI$7**

GOOD BOY VODKA SELTZERS

Tropical Strawberry Hibiscus **CI$7.25**

Summer Watermelon **CI$7.25**

John Daly Lemonade **CI$7.25**

NON-ALCOHOLIC

Stiegl Lemon Radler **CI$6**

Corona Zero **CI$6**

Prosecco **CI$9**

Gruvi Dry Secco (GF)

Semi-dry, floral & tart endnotes

REFRESHERS

Made with refreshing, local coconut water.

Make it boozy! +$5.

Black Lavender **CI$7**

Charcoal, simple syrup, lemon, soda

Coconut Dream **CI$7**

Mango, lemon, butterfly pea syrup, soda

Rocket Pop **CI$7**

Butterfly pea syrup, curacao, raspberry, lemon, soda

Hibiscus Coconut **CI$7**

Lemon, simple syrup, soda

Tropical Grapefruit **CI$7**

Grapefruit, lemon, butterfly pea syrup, soda

Cool as a Cucumber **CI$7**

Cucumber, mint, lemon, butterfly pea syrup, soda

SMOOTHIES

Add natural whey or plant protein for $1.75.

Tropic-Kale **CI$9**

Banana, pineapple, mango, Green Harvest juice

Mocha Smoothie **CI$9**

Banana, almond butter, espresso, cacao, chocolate plant protein, almond milk

Purple Superfood **CI$9**

Banana, blueberry, acai, pineapple, orange juice, chia seeds

Island Twister **CI$9**

Banana, strawberry, mango, pineapple, coconut milk

Berry Beneficial **CI$9**

Banana, almond butter, blueberry, pineapple, spinach, coconut milk

Peanut Butter Chocolate Chip **CI$9**

Banana, chocolate plant protein, oats, almond milk

JUICES

Green Harvest Juice **CI$7.5**

Spinach, kale, pineapple, mint, apple

Carotene Dream **CI$7.5**

Orange, carrot, turmeric, pineapple, ginger, lemon

Ginger Beet **CI$7**

Ginger, beet, apple, watermelon, lemon

Vital C **CI$7.5**

Orange, carrot, pineapple, apple, lemon

Recharge **CI$7**

Watermelon, mint, apple, lemon

Local Coconut Water **CI$7**

COFFEE

Make any coffee large for $1 more. Selected coffees available iced.

Frappe flavours: Vanilla, Mocha, Salted Caramel ($6.50), Matcha ($7).

Organic flavour shots: Caramel, Hazelnut, Vanilla, Chocolate, Lavender

Milk options: Coconut milk, Almond milk, Oat milk, Organic whole milk, Organic 2% milk.

Blood Orange Cold Brew Orange-infused cold brew, maple syrup, vanilla foam	**CI$6.5**
Iced Strawberry Cloud Mocha Espresso, dark chocolate, strawberry foam	**CI$6.75**
Iced Spiced Ginger Chai Latte Chai, cinnamon, coconut milk, vanilla foam	**CI$6.5**
Espresso Tonic Espresso, tonic, orange zest	**CI$6.5**
Hot Creme Brulee Espresso, salted caramel.	**CI$6.5**
Latte	**CI$5.25**
Flat White	**CI$5.25**
Fresh Brew	**CI$4**
Cappuccino	**CI$5**
Americano	**CI$4.5**
Espresso	**CI$3.5**
Macchiato	**CI$3.5**
Cafe Mocha	**CI$5.5**
Cortado	**CI$4**
Chai Latte	**CI$5.5**
Hot Chocolate	**CI$5**
London Fog	**CI$5.5**
Spanish Latte	**CI$6**

Cold Brew	**CI$5**
Vanilla Frappe	**CI$6.5**
Java Crunch	**CI$7**
Mocha Frappe	**CI$6.5**
Salted Caramel Frappe	**CI$6.5**

MATCHA

Traditional matcha is served hot or iced.

All other matchas are served iced.

Traditional Matcha	**CI$6**
Berry Matcha	**CI$6.5**
Chocolate Matcha	**CI$6.75**
Jasmine Matcha	**CI$6.5**
Mango Matcha	**CI$6.5**
Matcha Flight	**CI$12**

Trio including berry, mango, chocolate.

TEAS

All teas are fair trade and organic.

Select teas available iced.

Earl Grey **CI$4**

Black tea

Masala Chai **CI$4**

Black tea

English Breakfast **CI$4**

Black tea

Jasmine Green **CI$4**

Green tea

Raspberry Green **CI$4**

Green tea

Moroccan Mint **CI$4**

Green tea

Peppermint **CI$4**

Herbal tea

Crimson Berry **CI$4**

Herbal tea

Peach Rooibos **CI$4**

Herbal tea

Golden Ginger Turmeric **CI$4**

Herbal tea

Last updated: Thu 18 Dec, 2025