



ISLAND NATURALS THE GROVE

Breakfast

Address: The Grove

Phone: (345) 623 2252

Cuisine: Healthy Breakfast, Lunch & Dinner

BREAKFAST CLASSICS

Classic Oatmeal v Vegan **CI\$6**

Coconut Milk, Maple, Raisins, Cinnamon

Island Acai v Vegan **CI\$10**

Granola, Banana, Mango, Pineapple, Coconut Crunch

Rum French Toast v Vegan **CI\$14**

Gluten-Free Bread, Caramel, Banana, Non-Alcoholic Rum, Coconut Crunch, with Maple Syrup, Powdered Sugar

Beach Please Oatmeal v Vegan **CI\$7**

Coconut Milk, Banana, Strawberry, Blueberry, Chia Seeds, Berry Compote

Warrior Acai v Vegan **CI\$10**

Granola, Banana, Peanut Butter, Chocolate Chips, Blueberry, Super Seeds

Oat Buttermilk Pancakes v Vegan **CI\$10**

With Maple Syrup, Powdered Sugar, Berry Compote. Add Blueberries, Chocolate Chips Or Bananas (+CI\$2)

IN ORIGINAL PLATES

Shakshuka v **CI\$14**

2 Poached Eggs, Spiced Tomato Sauce, Sun-Dried Tomato, Bell Pepper, Onion, Chickpea, Cilantro, Parsley,
Served With Grilled Sourdough

Power Wrap v **CI\$13**

Egg White, Sun-Dried Tomato, Spinach, Mushroom, Quinoa, Smoked Tomato Aioli, Scallion Cashew Cream
Cheeze, IN Seasoning, Whole Wheat Tortilla

Skillet Scramble v **CI\$14**

2 Eggs Any Style, Smashed Fingerling, Seasoning, Mushroom, Bell Pepper, Onion, Spinach, Cherry Tomato,
Jalapeño, Cashew Parmesan Cheeze, Microgreens, Good Tings Sauce

IN Baked Eggs v**CI\$14**

2 Baked Eggs, Spinach, Mushroom, Cherry Tomato, Chimichurri, Smoked Tomato Aioli, Cashew Parmesan Cheeze, Microgreens, Served With Grilled Sourdough

Harvest Breakfast v**CI\$14**

2 Eggs Any Style, Arugula, Sautéed Spinach, Quinoa, Roasted Mushroom, Smashed Fingerling, Cherry Tomato, Pickled Onion, Sherry Vinegar, Super Seeds, House Vinaigrette, Beetroot Puree

TOASTS OF THE TOWN

Served On Grilled Sourdough / Gluten-Free Available

Protein Power**CI\$13**

Smashed Avocado, Sautéed Spinach, Sun-Dried Tomato, Egg White, Turkey Bacon, Smoked Tomato Aioli, Cashew Romesco

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

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

AB & J v Vegan**CI\$10**

Organic Almond Butter, Berry Compote, Banana, Seasonal Berries, Chia Seeds

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

Smashed Avocado, Arugula, Pickled Onion, Scallion Cashew Cream Cheeze, Balsamic Reduction, Basil Pesto

ON THE SIDE

Turkey Bacon**CI\$4****Chicken Sausage****CI\$5****Arugula Salad****CI\$7****Chimichurri Potato Salad****CI\$7****Broccoli Kale Salad****CI\$8****Smashed Fingerlings****CI\$7****Burmese Tomato Salad****CI\$8**

Garlic Green Beans	CI\$8
Side Fruit	CI\$6
Sourdough or Gluten-Free Toast	CI\$2
Sautéed Mushrooms	CI\$8
Half Sesame Avocado	CI\$4
Egg, Any Style	CI\$2

BUILD YOUR OWN

Organic, Free-Range 3 Egg Omlette **CI\$14**

Served with Grilled Sourdough. Choose from: Bell Pepper / Broccoli / Mushroom / Onion / Spinach / Kale / Sun-Dried Tomato / Tomato / Jalapeño / Quinoa / Cashew Cheddar Cheeze / Turkey Bacon / Chicken Sausage

Breakfast Plate **CI\$16**

2 Eggs, Served with Grilled Sourdough. Add your Choice of 2 Sides: Pancakes / Turkey Bacon / Chicken Sausage / Sautéed Mushroom / Arugula Salad / Smashed Fingerling / Broccoli Kale Salad / Burmese Tomato Salad

Last updated: Fri 15 Mar, 2024