



ISLAND NATURALS THE GROVE

Breakfast Menu

Address: The Grove

Phone: (345) 516 7300

Cuisine: Healthy Breakfast, Lunch & Dinner

Served until 11:00 AM on weekdays and until 11:30 AM on weekends.

Delivery terms: Delivery available exclusively via Bento

Delivery times: See Bento app for delivery times.

BREAKFAST CLASSICS

Warrior Acai v	CI\$12
Granola, banana, peanut butter, chocolate chips, blueberry, granola, super seeds	
Glow Up Acai v	CI\$12
Pomegranate, banana, mango, pineapple, coconut crunch	
Beach Please Oatmeal v	CI\$9
Coconut milk, banana, seasonal berries, chia seeds, berry compote	
Island French Toast v	CI\$15
Choice of rum caramel or berry blast, gluten-free bread, coconut crunch, cinnamon sugar, seasonal berries, powdered sugar	
Oat Buttermilk Pancakes v	CI\$13
With maple syrup, powdered sugar, berry compote, seasonal berries. Add blueberries or chocolate chips (+CI\$2.00)	

ORIGINAL PLATES

Shakshuka v	CI\$15
2 poached eggs, spiced tomato sauce, sun-dried tomato, bell pepper, onion, chickpea, cilantro, served with grilled sourdough	

Skillet Scramble ☐ **CI\$15**

2 eggs, any style, smashed fingerling, in-seasoning, mushroom, bell pepper, onion, spinach, cherry tomato, cashew parmesan cheeze

Huevos Tostadas ☐ **CI\$15**

2 fried eggs, corn tortillas, spiced tomato sauce, avocado, cilantro, cashew fresco, pickled onion

Rise' n Wrap ☐ **CI\$13**

Whole wheat wrap, scrambled egg, potato, tomato, onion, spinach, mushroom, scallion cashew cream cheeze

Power Wrap ☐ **CI\$14**

Whole wheat wrap, egg white, sun-dried tomato, spinach, mushroom, quinoa, smoked tomato aioli, scallion cashew cream cheeze, in-seasoning, good t'ings sauce

Brekkie Sandwich ☐ **CI\$15**

Toasted sourdough, fried eggs, sautéed mushroom, caramelized onion, tomato, arugula, pickle, smoked tomato aioli, good t'ings sauce

TOASTS OF THE TOWN

Protein Charge ☐ **CI\$16**

Smashed avocado, sautéed spinach, sun-dried tomato, egg white, turkey bacon, smoked tomato aioli, cashew romesco

Avocado Smash ☐ **CI\$15**

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

Egg Bomba ☐ **CI\$15**

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

In Benny ☐ **CI\$17**

2 poached eggs, smashed avocado, garlic, callaloo, spinach, onion, hollandaise, crispy shallots, in-seasoning

BUILD YOUR OWN

Organic, Free-Range 3 Egg Omelette ☐ **CI\$16**

Served with grilled sourdough. Bell pepper, mushroom, onion, green onion, spinach, sun-dried tomato, jalapeño, turkey bacon, chicken sausage, plant-based sausage, green pesto, spiced tomato sauce

Breakfast Plate

2 eggs, served with grilled sourdough. Choice of two sides: pancakes, sautéed mushroom, fruit bowl, breakfast potatoes, tomato salad, arugula salad, sesame avocado, plant-based sausage, turkey bacon, chicken sausage

CI\$16

ON THE SIDE

Turkey Bacon	CI\$4
Plant-Based Sausage <div></div>	CI\$5
Crispy Breakfast Potatoes <div></div> <div>With in-ketchup.</div>	CI\$7
Sautéed Mushrooms <div></div>	CI\$6
Tomato Salad <div></div>	CI\$8
Side Fruit <div></div>	CI\$6
Sourdough or Gluten-Free Toast <div></div>	CI\$2
Half Sesame Avocado <div></div>	CI\$4.5
Egg, Any Style <div></div>	CI\$2